

Here's what Aetna DNA reveals

Fitness

+ Power/Endurance Response

+ Aerobic (VO2 Max) Training Response

+ Injury Risk

+ Recovery Speed

Stress

+ Stress tolerance

+ Warrior to strategist

Nutrition

+ Optimal Diet Type

+ Carbohydrate and Saturated Fat Sensitivity

+ Salt, Alcohol and Caffeine Sensitivity

+ Lactose Intolerance and Coeliac Predisposition

+ Individual Vitamin and Mineral Needs

+ Detox Ability and Antioxidant Need

Sleep

+ Genetic chronotype

+ Sleep quality

+ Caffeine and sleep

Here's what you get



Nutrition Report | Fitness Report |
Stress and Sleep Report |
Infographic of Results



Aetna DNA portal



Bespoke diet and meal plans



Genetically guided online training
platform



Access to expert sports scientists
and dieticians for advice and
guidance



Access to Aetna EAP, virtual
healthcare and health coaching
support for long-term success

Please note: This test will in no way affect your insurance premiums, nor will it influence your risk rating. It is only to help you manage your health.