



## About myGenetics

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HealthPartners is proud to offer myGenetics. This exciting new research study looks at how DNA impacts health and how it can be used to provide more personalized care options for you, your family and the community.

A better understanding of your genetic health risks for certain cancers and heart disease can help you proactively plan for a healthier future.

## Helix

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HealthPartners has teamed up with Helix, a leading population genomics company, to deliver genetic information to you and your provider for proactive health care planning. This community health research program is part of the Helix Research Network™, which is combining the genetic and health information from health organizations across the country to power genetic discovery.



[healthpartners.com/mygenetics](https://healthpartners.com/mygenetics)

# Know your genes. Unlock a healthier future.



## Why participate?

You'll learn unique and powerful insights about your DNA, such as:

### Genetic health risks

- Hereditary breast and ovarian cancer
- Hereditary non-polyposis colorectal cancer (Lynch syndrome)
- Familial hypercholesterolemia (hereditary high cholesterol)

### Your ancestry and other traits

- Regional ancestry
- Traits like caffeine sensitivity, earwax type and more

### The power of knowing your genes

- 1 in 75 participants in similar programs<sup>1</sup> learned that they are at higher risk for common cancers and heart disease.
- 90% of conditions we test for would have been missed based on current medical practice or family history alone.
- Sharing your health information with your family members can help them take steps to prevent disease and catch it early if it develops.

<sup>1</sup>helix.com/pages/renown-ihl-case-study



## Make a difference

Your secure contribution to community research could improve health care for you, your family, and generations to come.

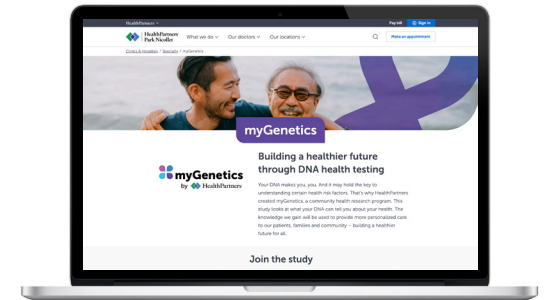
The program will also develop a secure genetic research database, in collaboration with our partners at Helix, a leading population genomics company. Over time, the information in this database will help researchers learn what may cause certain diseases, how to treat them more effectively, and help improve the standard of health care for all.

## Participant requirements

This no-cost, voluntary program is available to HealthPartners and Park Nicollet patients over the age of 18.

### Get started at [healthpartners.com/mygenetics](https://healthpartners.com/mygenetics)

- Review and sign the HealthPartners electronic consent form.
- Schedule a visit at a HealthPartners site to provide a sample, which takes about 15 minutes.
- If interested, you can create an account with our partner, Helix, to learn about your ancestry, traits and health-related DNA insights.



DNA results will be available for you and your provider in about 8-12 weeks.

We go above and beyond to keep your information safe and secure and will not share personal data beyond what you have consented to. Please visit our FAQs to learn more.