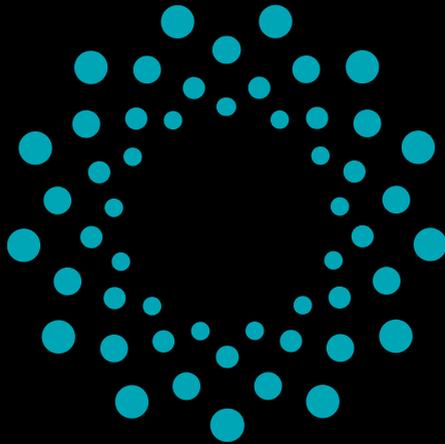


**Go**  
**Navigate™**



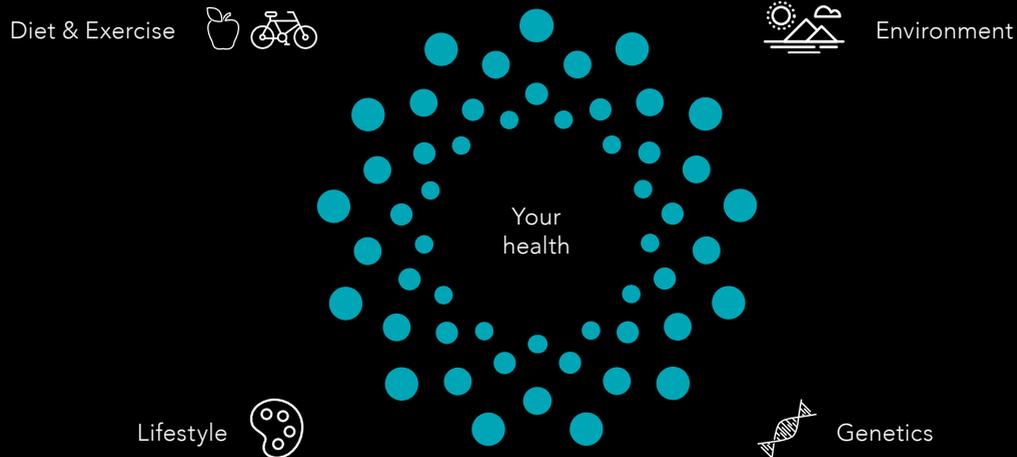
**Empowering your health decisions**

# Your story is unique

It's a complex intersection of where you've come from, and where your everyday choices are taking you. Optimal health choices for you might be different from others.

So, how do you make decisions to live your life in the healthiest way?

Breakthroughs in medical research are giving us increasingly accurate and tailored answers to our personal health questions.



## A PICTURE OF YOUR HEALTH

Health is complex. A combination of factors, such as your lifestyle, your environment and the information encoded in your DNA all interact to influence your health.

For the first time in Australia, we can integrate medical and genetic information to give you a picture of your health now, and in the future. With the **GoNavigate™** program, you will be offered genuine insights into your health risks to help and empower your future health decisions.

A photograph of a woman with long dark hair smiling warmly while holding the hands of a young child with blonde curly hair. An older man with white hair is leaning in from the left, looking down at the child's hands. The background is a soft-focus outdoor setting.

## Hands-on health professionals looking after your wellbeing

**GoNavigate™** combines a thorough medical assessment of your current health status with genetic information to understand your risk of developing certain inherited conditions in the future.

You and your doctor can use this knowledge to make personalised plans to help you proactively manage your health.

This information may help you and your doctor detect certain inherited conditions early, tailor treatment or take steps to prevent or reduce the impact of inherited disease. It may also help you and your doctor identify risks of serious inherited health conditions before they can be diagnosed by conventional methods.

The **GoNavigate™** program is delivered by healthcare professionals. You will spend time one-on-one with doctors specialised in preventative healthcare, exercise physiologists, dietitians and genetic health professionals.

If your assessment reveals a need to consult with other medical specialists, your doctor at Life First can refer you to specialist colleagues in the St Vincent's Hospital precinct in Sydney.

# Empowering your personal health journey

## Healthcare today

Our healthcare system's ability to diagnose and treat conditions has never been higher. However, the focus on preventative care is low. In 2013-14, only 1.4% of total health expenditure in Australia went to public health activities, including prevention<sup>1</sup>.

With rapid advances in genetics, Australians now have access to an additional layer of personalised health information to take a more proactive approach to managing their health.

## WHAT IS YOUR GENOME?



All of us have our own unique genome. Your genome, or your genetic 'instruction manual', is written within your DNA. Your genetic instructions guide how you grow and develop.

Our advanced technology can generate a view of your whole genome from a single blood test. The **GoNavigate™** program is one of the first to offer this information integrated with a personal medical assessment to better understand your current and future health.

## The GoNavigate™ advantage

### Integrated health tests

Your genetic information is considered with results from your medical assessment to help you and your doctor to identify health risks which may enable better health outcomes now and in the future.

### Tailoring your medications based on your genetic information

Genetic insights may also assist your GP or medical specialist in making better informed prescription decisions.

### Personal access to experts

Our specialised health coaches will work with you to create a plan to meet your health goals, based on your medical assessment by our doctors and exercise physiologists. You will also meet genetic health professionals from Genome.One to understand how increased genetic risk of certain inherited conditions may affect your health.

### An unfolding story

You only need to give a blood sample once to enable genomic information to be generated. Genetic science is advancing rapidly and our analyses will evolve to incorporate new discoveries and evidence. Your genomic information can be reanalysed in the future upon request from your doctor (additional fees may apply).

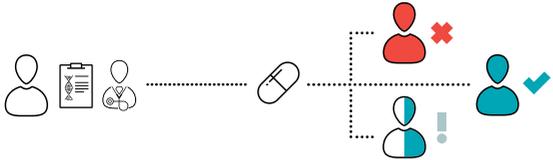
## SAME PRESCRIPTION, DIFFERENT RESULTS

Your unique metabolism may contribute to diminished or adverse effects for many commonly prescribed medications.



If you are taking a medication for the first time...

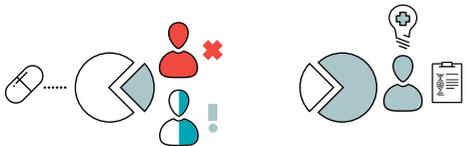
... you are not certain whether it will work, have diminished or adverse effects.



With knowledge of your genetic information, you and your doctor can consider which medications may work best for you, and which may not...

... with our report where medications covered are classified in various risk categories.

While there are a number of factors that influence your body's response to medications, genetic testing through **GoNavigate™** may help you and your doctor anticipate your body's likely response to a range of common prescription and over-the-counter medications. Your genes are just one of a number of factors which influence your body's likely response to medications.



Response rates for many drugs fall in the range of **50-75%**, as reported by international research<sup>2</sup>.

Over **74%** of people taking a genetic test for medication compatibility learned information that is relevant for them, as reported by a variety of studies<sup>3-6</sup>.

## COMPREHENSIVE SCIENCE AND SERVICE

Many genetic testing companies operate outside Australia with tests less comprehensive than whole genome sequencing, limited or no access to genetic health professionals, and no ongoing clinical support for their clients.

The **GoNavigate™** program includes whole genome sequencing provided by Genome.One, a wholly-owned subsidiary of one of Australia's leading medical research institutes.

## UNDERSTANDING YOUR RISKS EMPOWERS PROACTIVE HEALTH DECISIONS

Knowing your risks can help you and your doctor take steps to detect diseases early, or even prevent them from developing. Early detection of certain diseases can sometimes greatly increase the chance for effective treatment. In some cases, early detection can also help you to improve your health outcome by modifying your lifestyle, diet or exercise. **GoNavigate™** can help your doctor identify increased genetic and other risk factors, and provide recommendations for further monitoring or action.

# Your GoNavigate™ journey

Complete your detailed health questionnaire including family history, lifestyle and medications. You will receive a guide on genetics and whole genome sequencing to help you understand the potential use and impact of the results that you may receive.

Visit our Life First clinic to meet our experienced doctors and exercise physiologists. You will be asked to provide blood and urine samples for testing and complete a full medical assessment.

Meet a genetic health professional from Genome.One to discuss any questions you may have about genetics and whole genome sequencing. At this time, you can provide consent to continue with the full **GoNavigate™** program, or undertake Life First (only).

Receive your medical assessment results from our Life First clinic one week after your visit.

Meet with your health coach, who will provide personalised information and make recommendations to help you to improve your lifestyle\*\*.

When results from Genome.One are available, the genetic health professional will contact you to inform you of your results. If you have a result that has implications for your health, it is recommended to have a follow-up appointment with the genetic health professional. You will receive a copy of your test results, which can also be sent to your GP or other health care providers at your request.

Genomic information is securely stored by Genome.One.

After entering the **GoNavigate™** program your genomic information can be reanalysed upon referral from your doctor and payment of additional fees.

## WHOLE GENOME SEQUENCING



We can analyse your genome (the entirety of a person's genetic material including all their genes) in a single test.



We identify differences\* (variants) across your entire genome that are known to cause or increase your risk of certain inherited conditions. You only receive results that are backed by current scientific evidence. You can contact us for more information about the current list of inherited conditions tested for.



When combined with other health information, this genomic assessment can help you and your doctor make personalised health decisions, such as preventative health choices.

\*Your DNA is sequenced and compared to a reference human DNA sequence to look for variants associated with selected inherited conditions.

\*\* Additional coaching services and other allied professionals such as trainers, dietitians and other health coaches may accompany the **GoNavigate™** program. These are available at an additional cost.

\*\*\* You may be advised by our healthcare professionals to seek additional specialist advice based on findings in the assessment.

## THE PEOPLE BEHIND THE SCIENCE

**GoNavigate™** is a collaboration between Genome.One and Life First.

**Genome.One** helps to provide answers to life's biggest health questions through the use of whole genome sequencing technologies and data analytics.

Genome.One is a wholly-owned subsidiary of Garvan Institute of Medical Research in Sydney, Australia. For more than 50 years Garvan has focused on understanding and improving the lives of people with some of the most common, yet complex diseases affecting society today such as cancer, diabetes, osteoporosis, immune disorders and neurological disorders.

**Life First** has been developed from the success and knowledge of its parent company, Executive Health Solutions (EHS). EHS has been a leading provider of executive health and wellbeing programs in Australia for more than 30 years having completed around 100,000 detailed health screens since its inception within the St Vincent's Hospital precinct in Sydney.

The **GoNavigate™** program is initially being delivered by Life First from its premises at St Vincent's Clinic in Sydney, Australia.

# What will you discover with GoNavigate™?

The **GoNavigate™** program will offer you insights on:



## Your current health status



A thorough medical assessment in consultation with our doctors and exercise physiologists including:



- Head-to-toe physical examination
- Resting and stress ECG
- Full physiology review and analysis
- Extensive pathology testing



## Your genome

An assessment of increased genetic risks of certain inherited conditions that could impact your future health:

- 31 cancers
- 13 cardiac conditions
- 8 other hereditary conditions

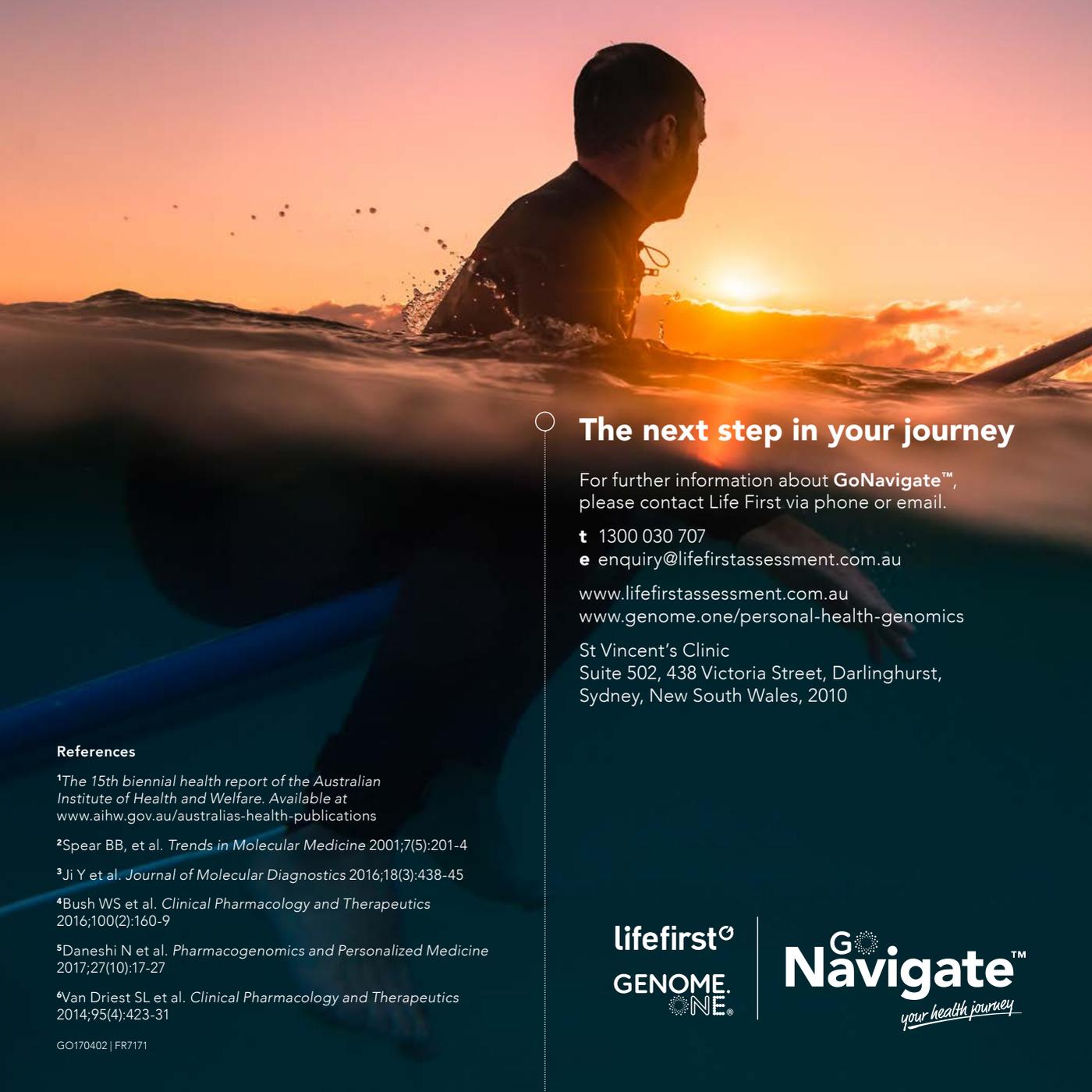


Your genome testing includes an analysis predicting **your likely response to certain medications.**

This information may help your healthcare professional to prescribe the most appropriate medications for you. Please note that there are other non-genetic factors, which also contribute to your body's response to medications.

- Covering approximately 220 medications

For more details on these tests please contact us.



## The next step in your journey

For further information about **GoNavigate™**, please contact Life First via phone or email.

**t** 1300 030 707

**e** [enquiry@lifefirstassessment.com.au](mailto:enquiry@lifefirstassessment.com.au)

[www.lifefirstassessment.com.au](http://www.lifefirstassessment.com.au)

[www.genome.one/personal-health-genomics](http://www.genome.one/personal-health-genomics)

St Vincent's Clinic

Suite 502, 438 Victoria Street, Darlinghurst,  
Sydney, New South Wales, 2010

### References

<sup>1</sup>The 15th biennial health report of the Australian Institute of Health and Welfare. Available at [www.aihw.gov.au/australias-health-publications](http://www.aihw.gov.au/australias-health-publications)

<sup>2</sup>Spear BB, et al. *Trends in Molecular Medicine* 2001;7(5):201-4

<sup>3</sup>Ji Y et al. *Journal of Molecular Diagnostics* 2016;18(3):438-45

<sup>4</sup>Bush WS et al. *Clinical Pharmacology and Therapeutics* 2016;100(2):160-9

<sup>5</sup>Daneshi N et al. *Pharmacogenomics and Personalized Medicine* 2017;27(10):17-27

<sup>6</sup>Van Driest SL et al. *Clinical Pharmacology and Therapeutics* 2014;95(4):423-31

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GENOME.  
ONE<sup>®</sup>

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Navigate<sup>™</sup>  
*your health journey*