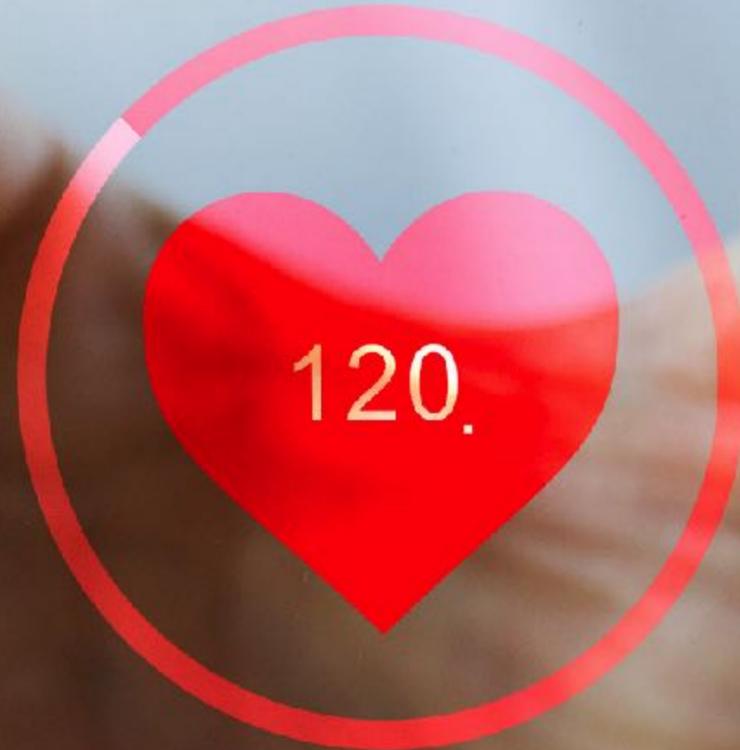
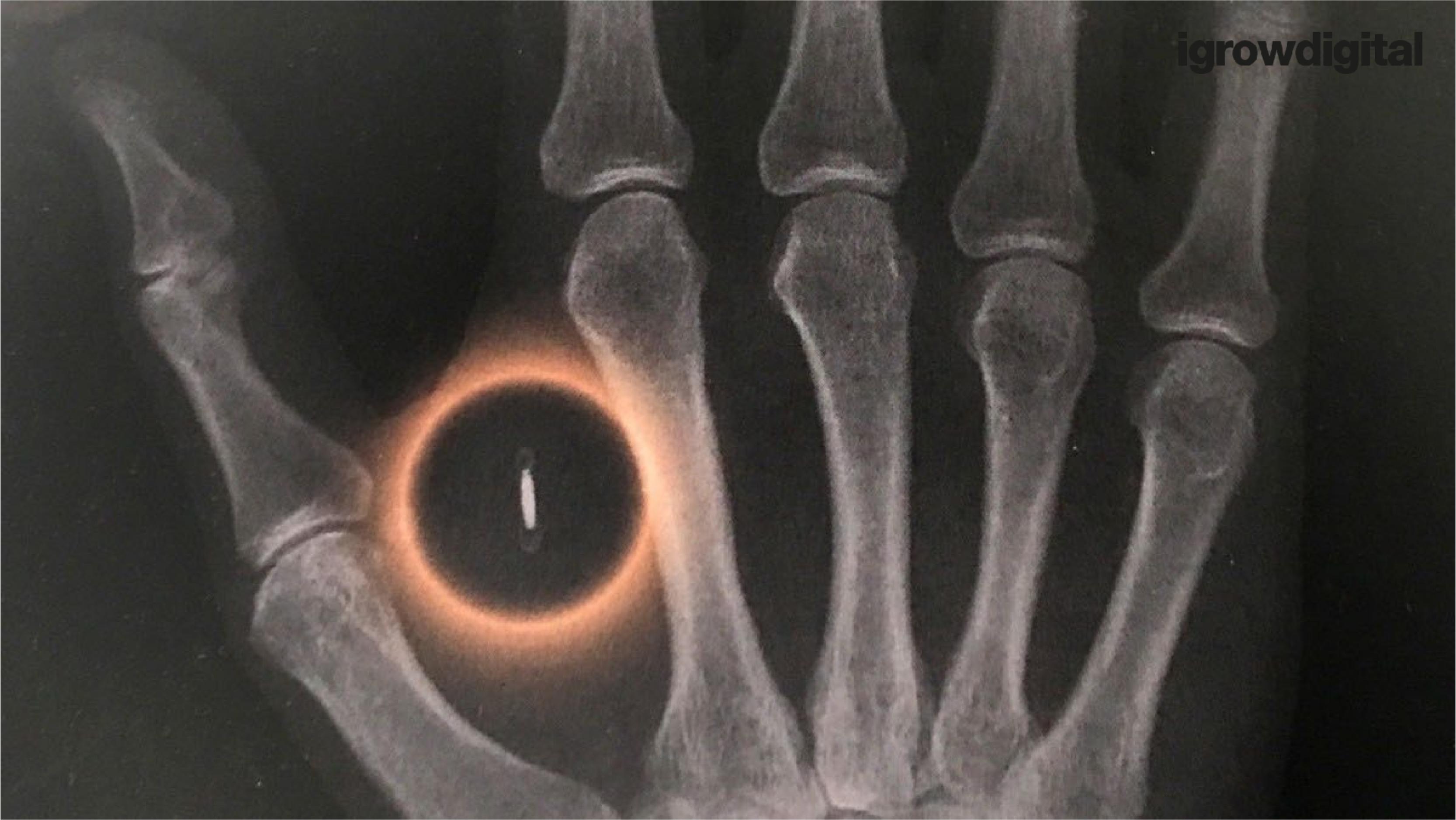


📶 🎧 12:03 📧 🔋 25%

# DIY Health



Florian Schumacher  
@igrowdigital





The smart place to get answers.



The smart place to get answers.







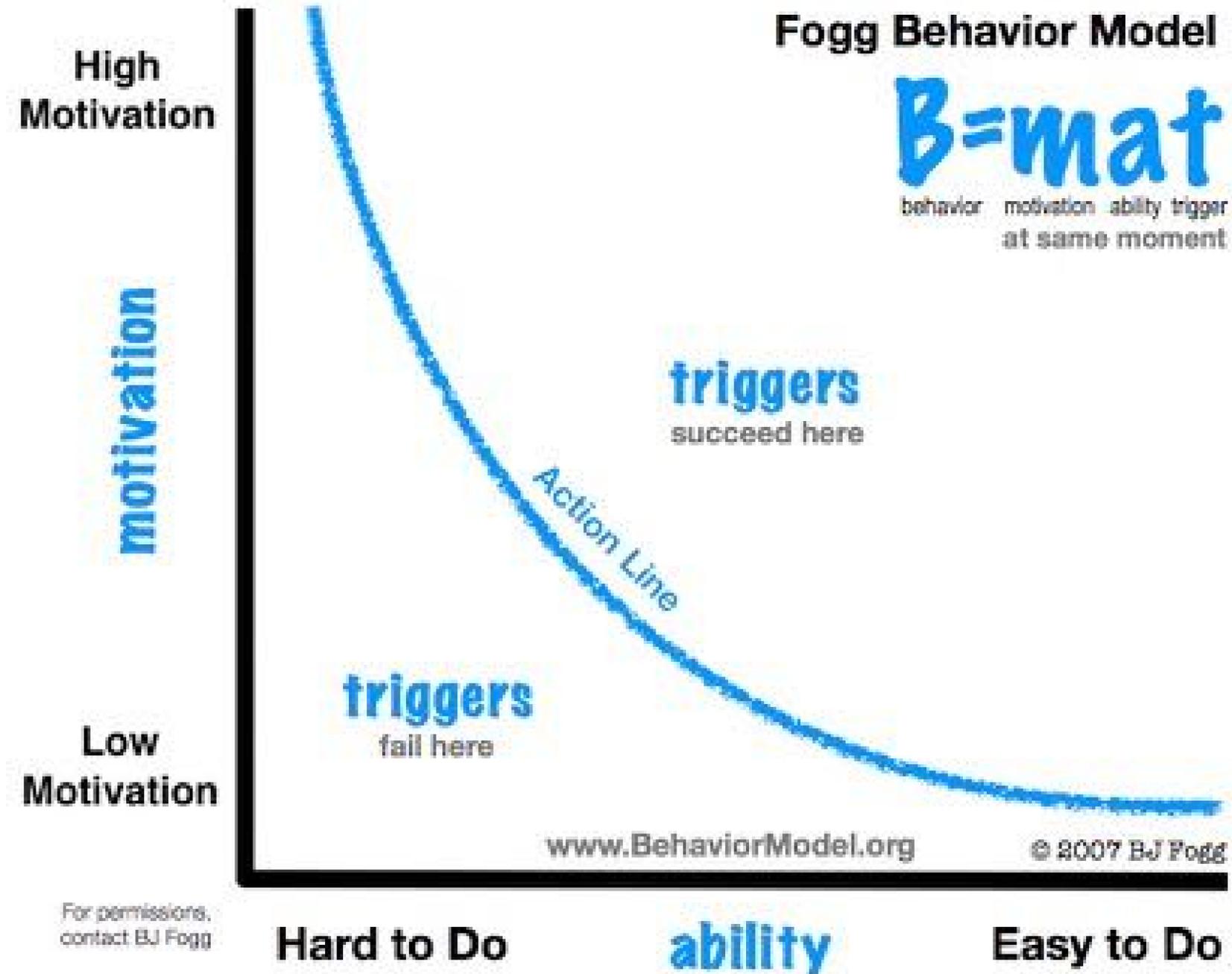




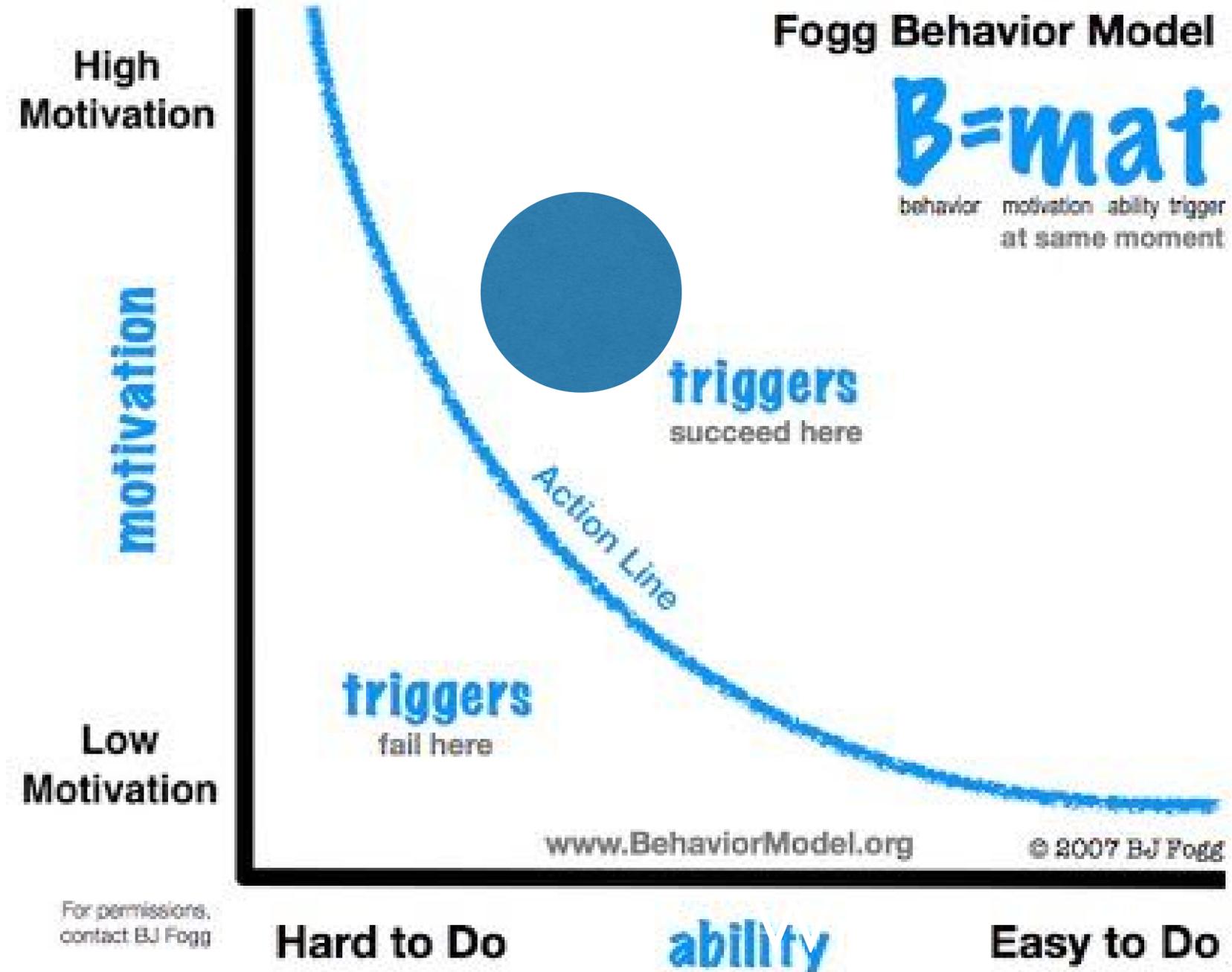
Bild: Florian Schumacher



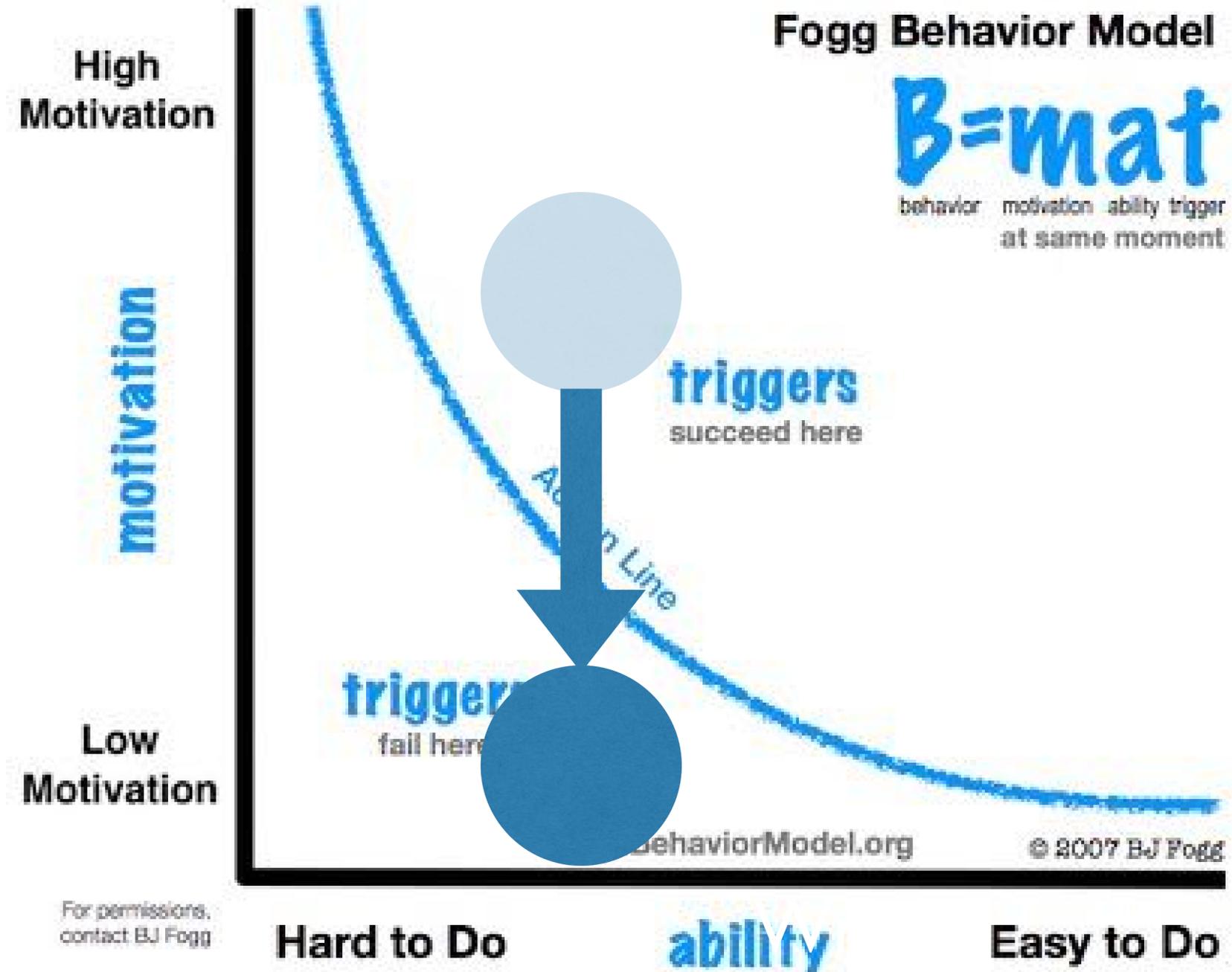




For permissions,  
contact BJ Fogg



For permissions,  
contact BJ Fogg





## A DATA-EMPOWERED HEALTH COACH

Based on your engagement and assisted by data science, your Omada health coach helps you through challenges, big or small, and is there for you when you need support.



Health Coach Emily

30 minutes ago

Great job tracking your food today. How about trying a handful of nuts instead of a cookie? Your body will thank you for that extra punch of healthy fats and protein.

EYE-OPENING INTERACTIVE LESSONS ▾

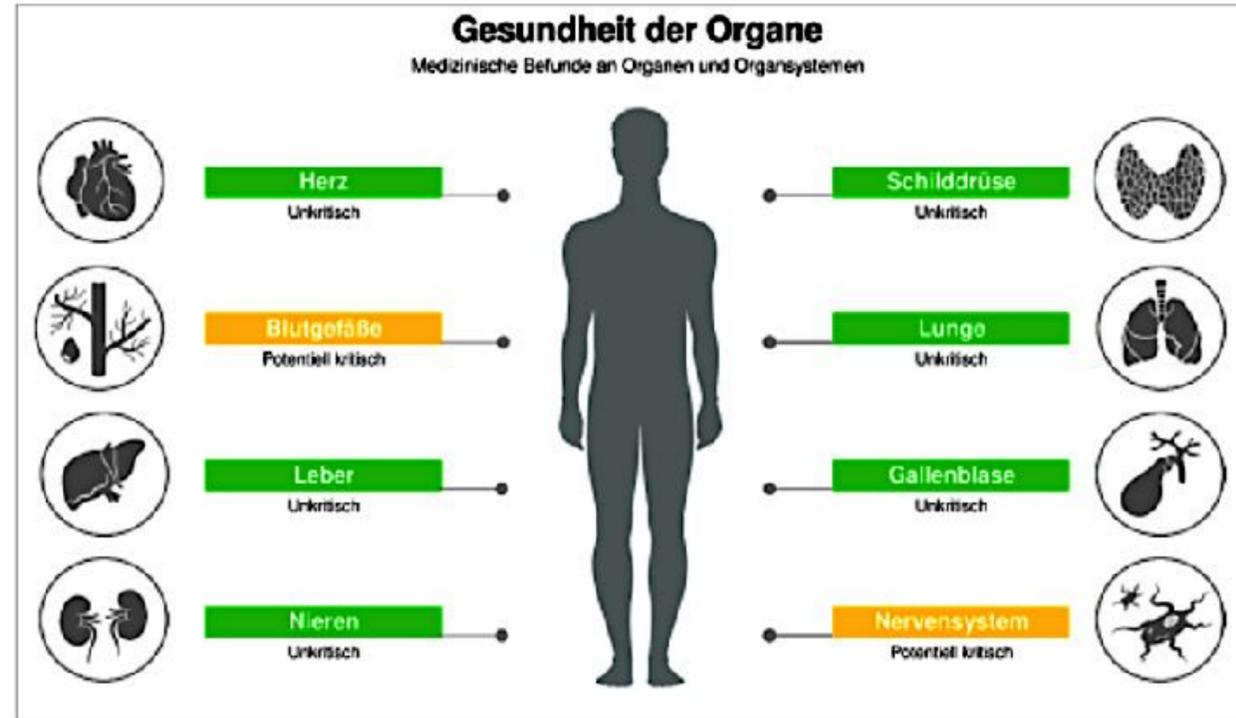
FEEDBACK THAT HELPS YOU FOCUS ▾



# Prävention ist unsere Mission

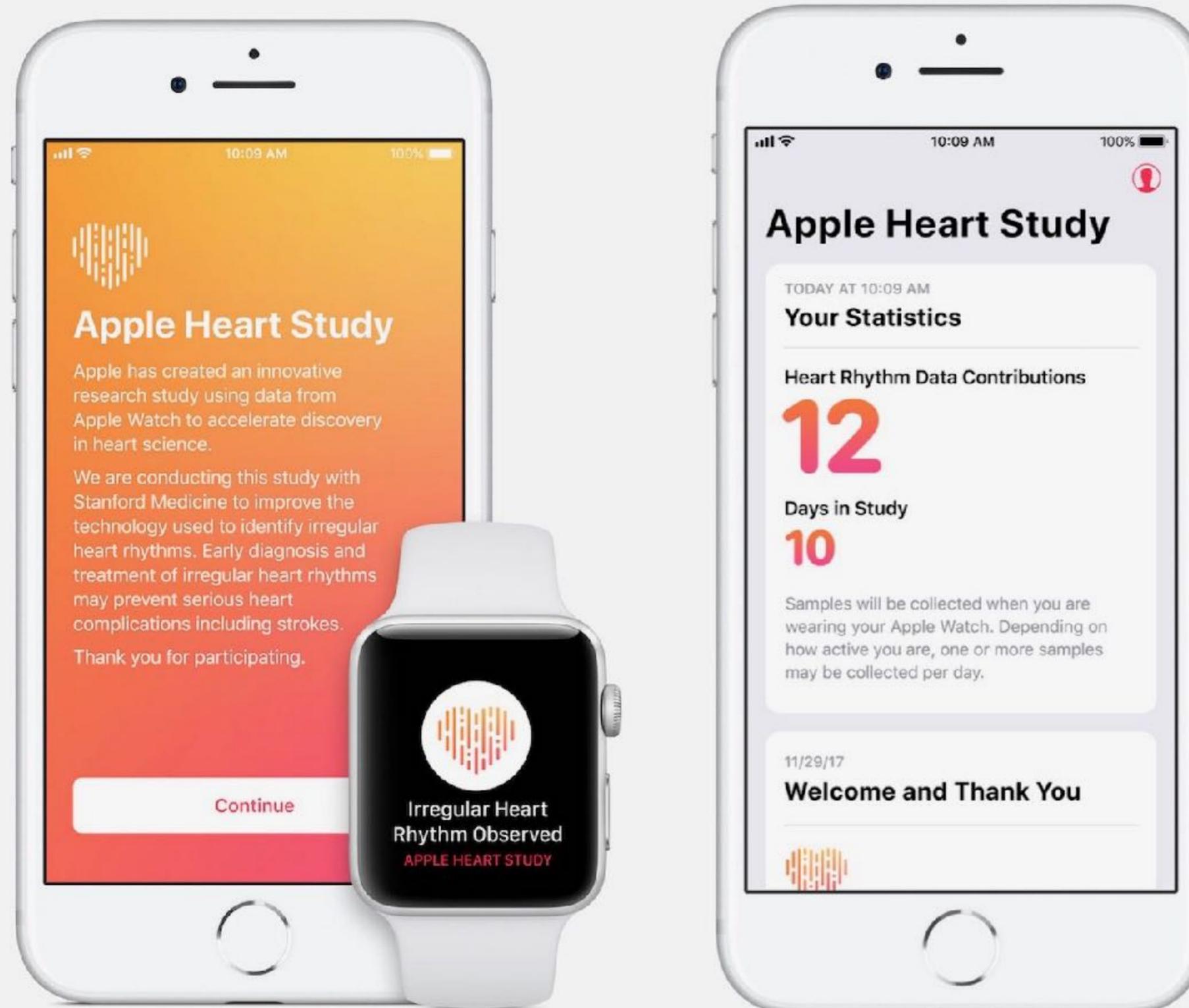
Wir machen hochwertige Präventionsangebote  
für alle Menschen verfügbar

KONTAKT



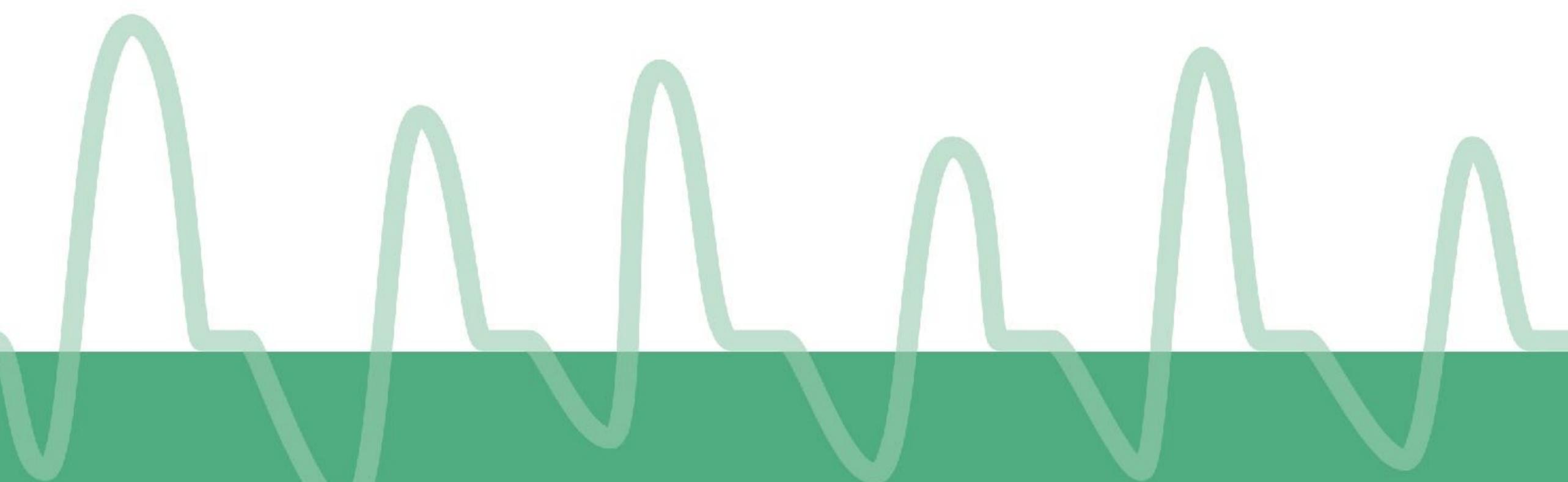


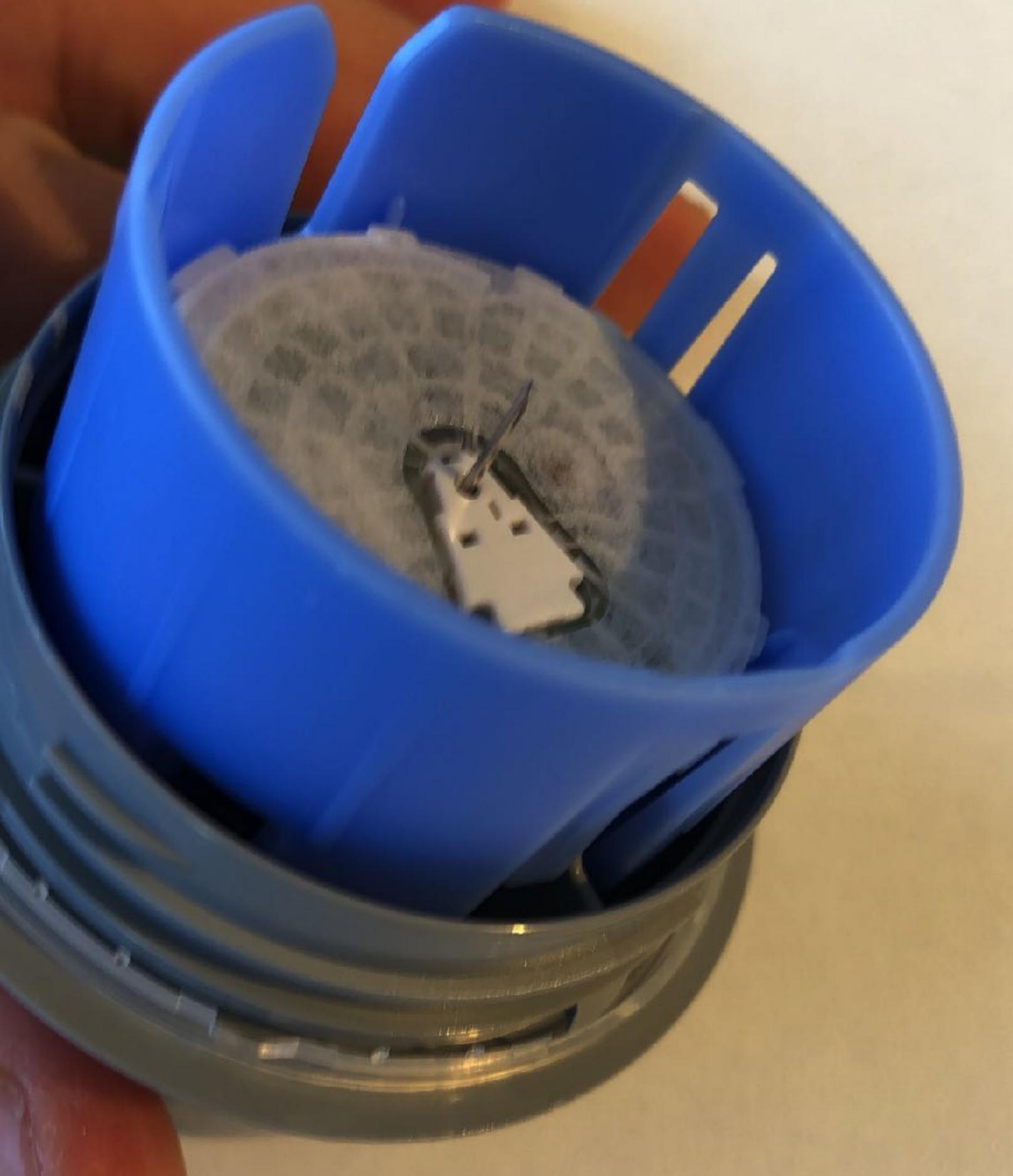


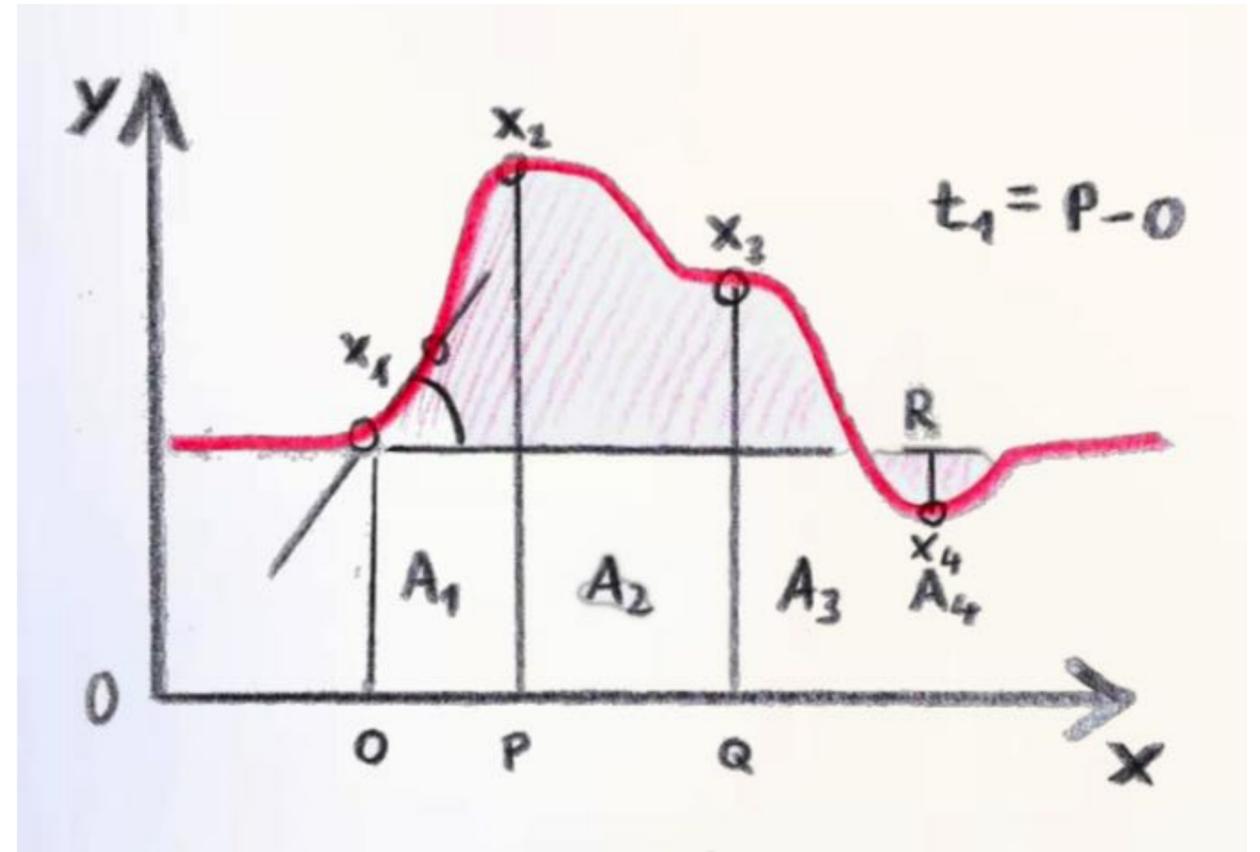
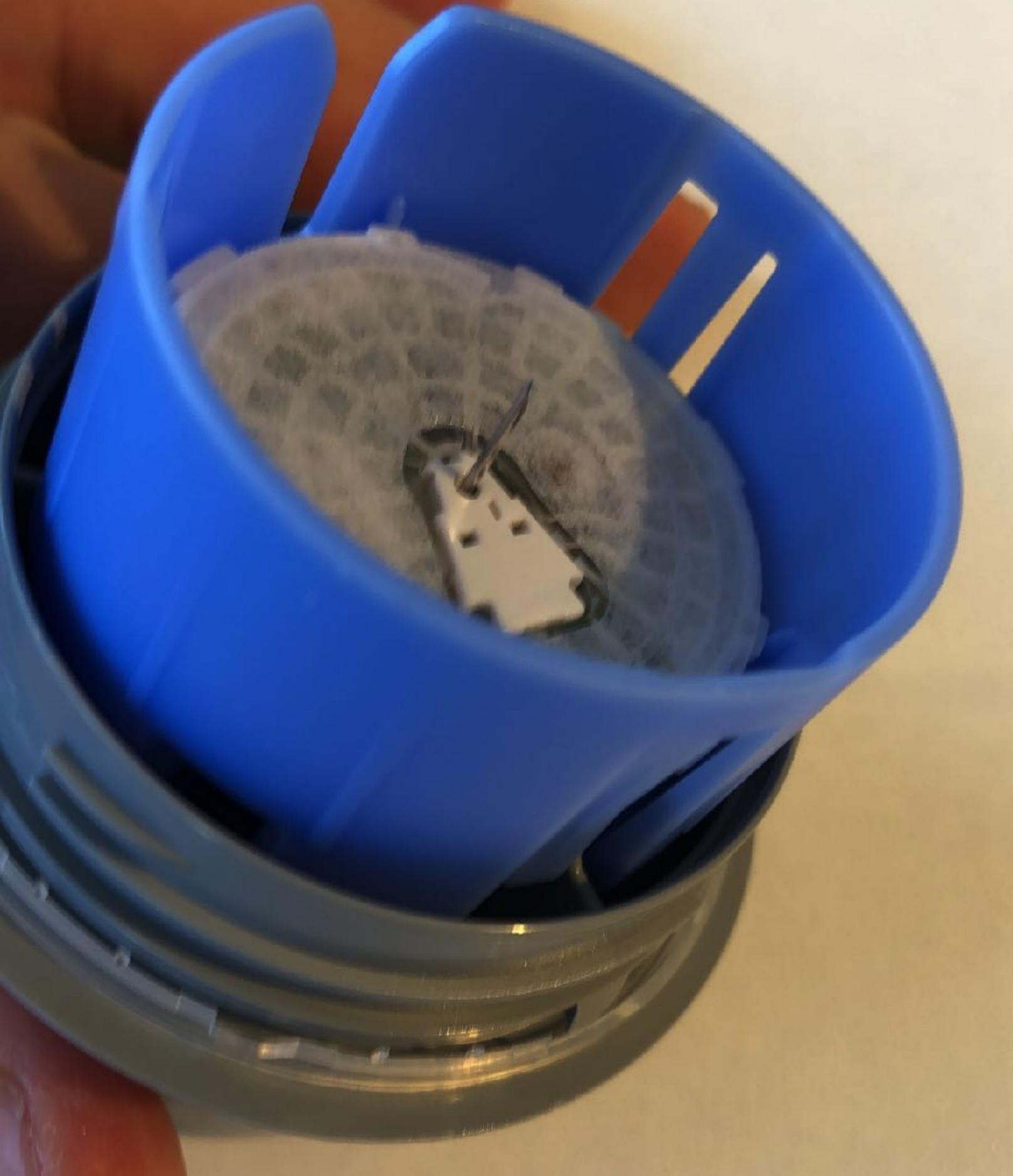


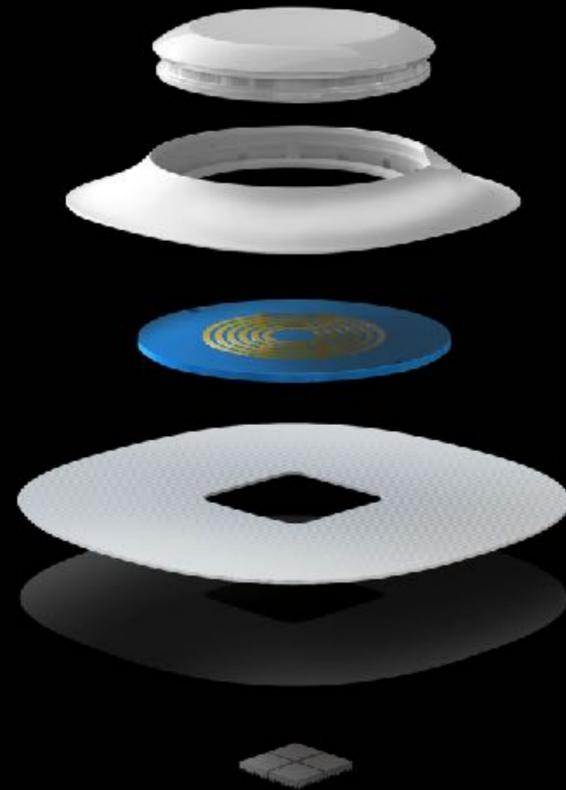
# aktiia

**THE OPTICAL REVOLUTION FOR BLOOD PRESSURE MONITORING**





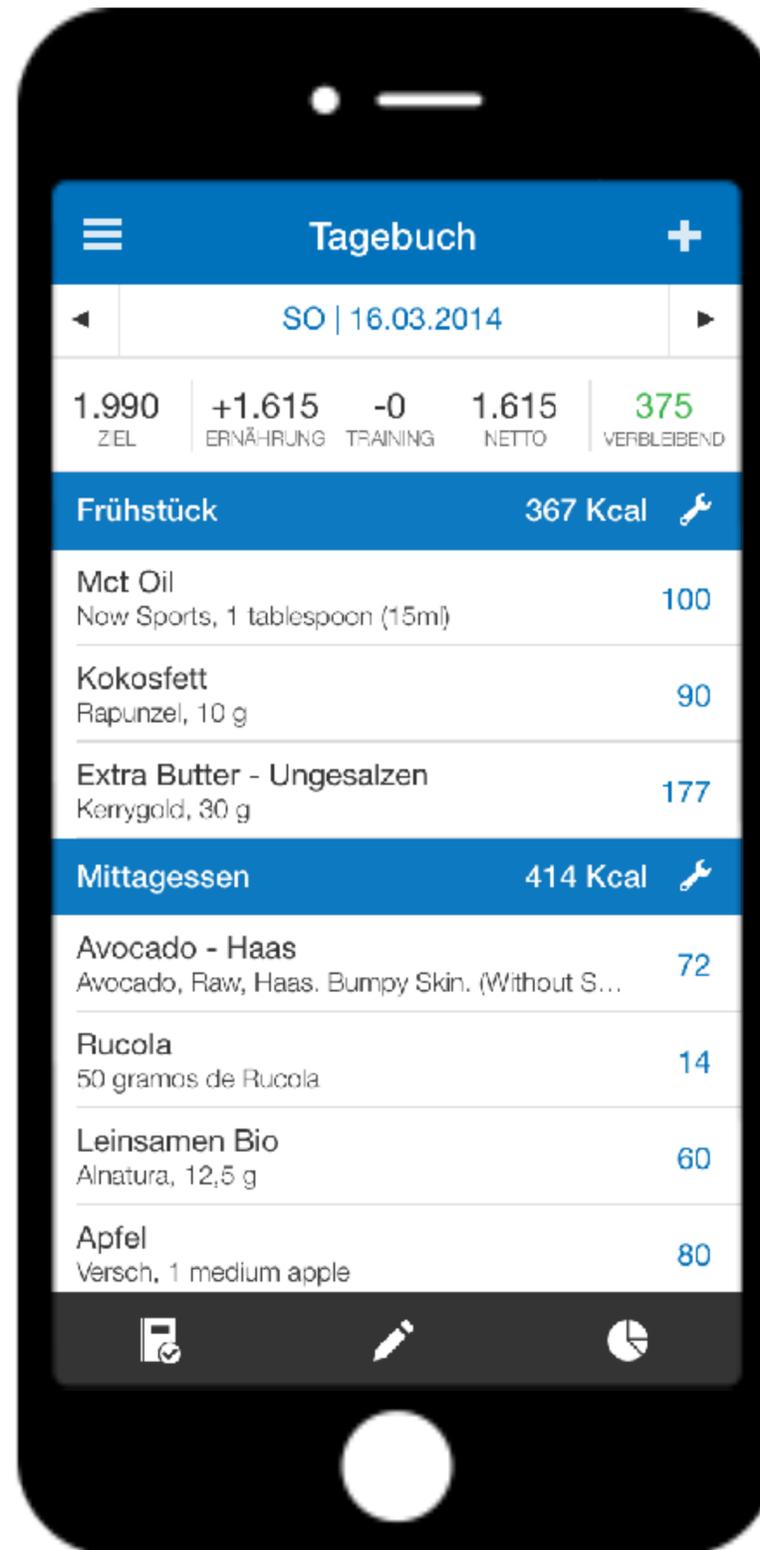


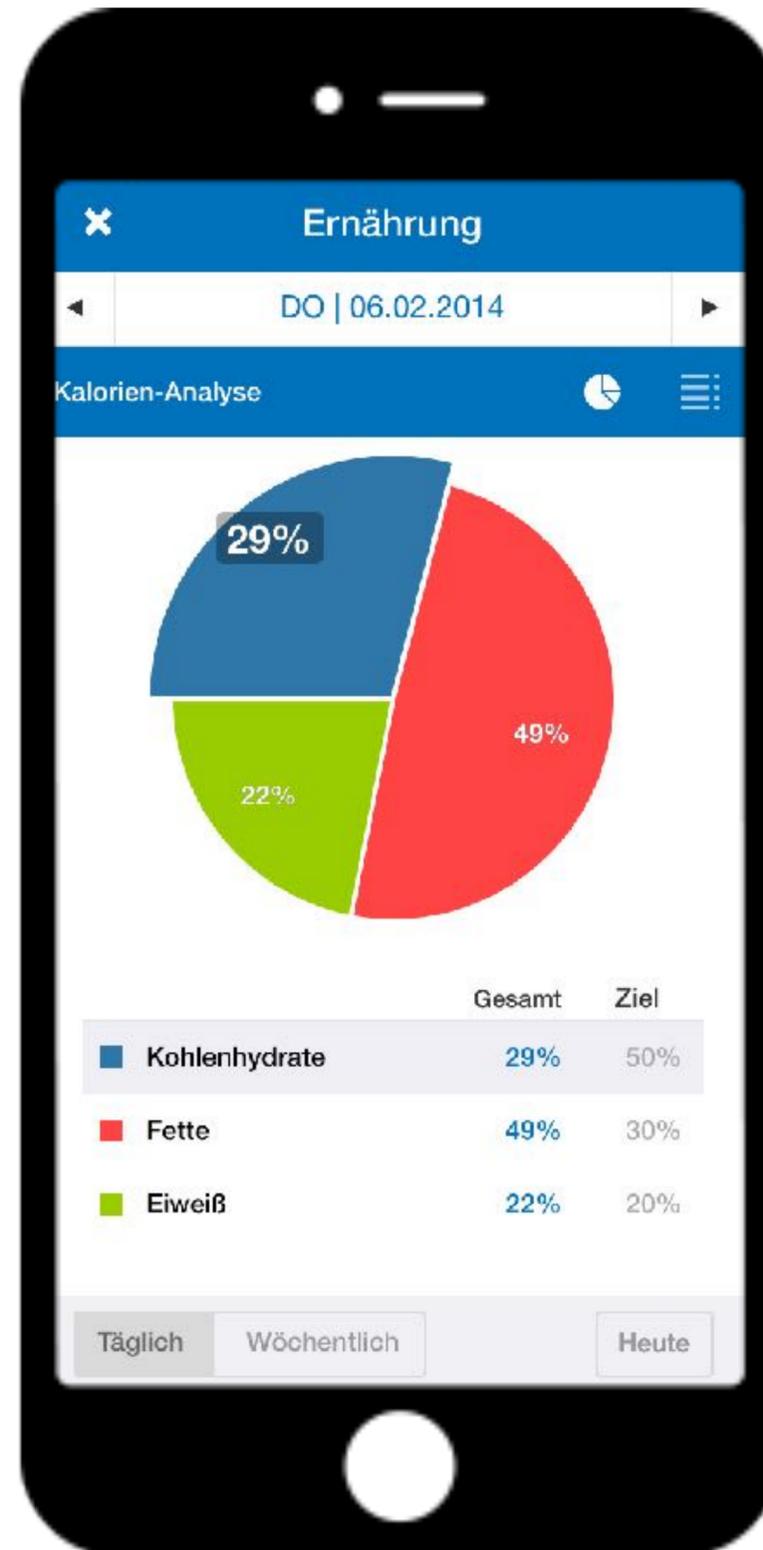


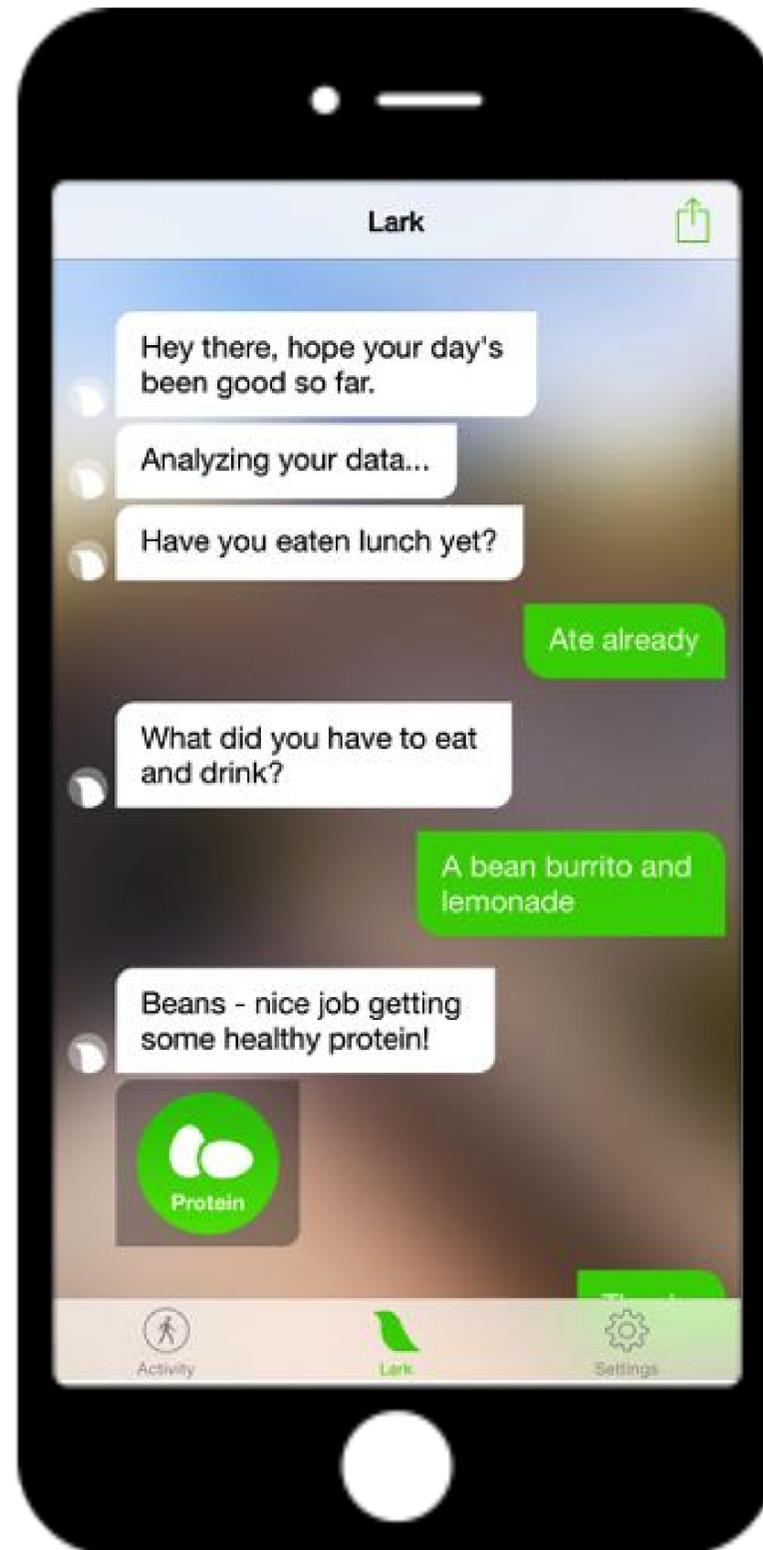
**Designed by experts.  
Made for all.**

Sano is a simple way to continuously monitor your glucose levels. Completely painless. Totally affordable.

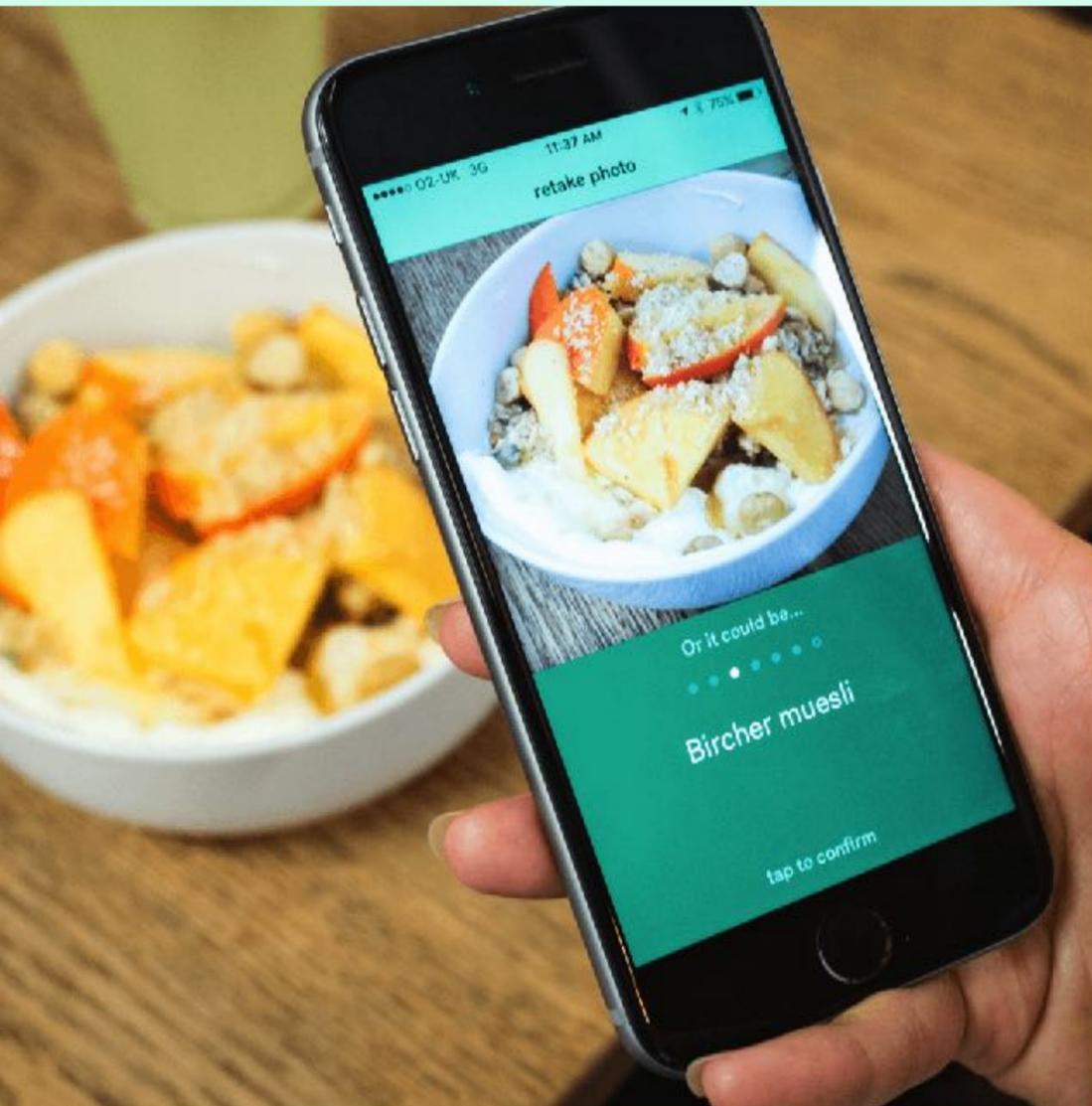
Our patented biometric sensor is contained in a comfortable and low-profile patch.





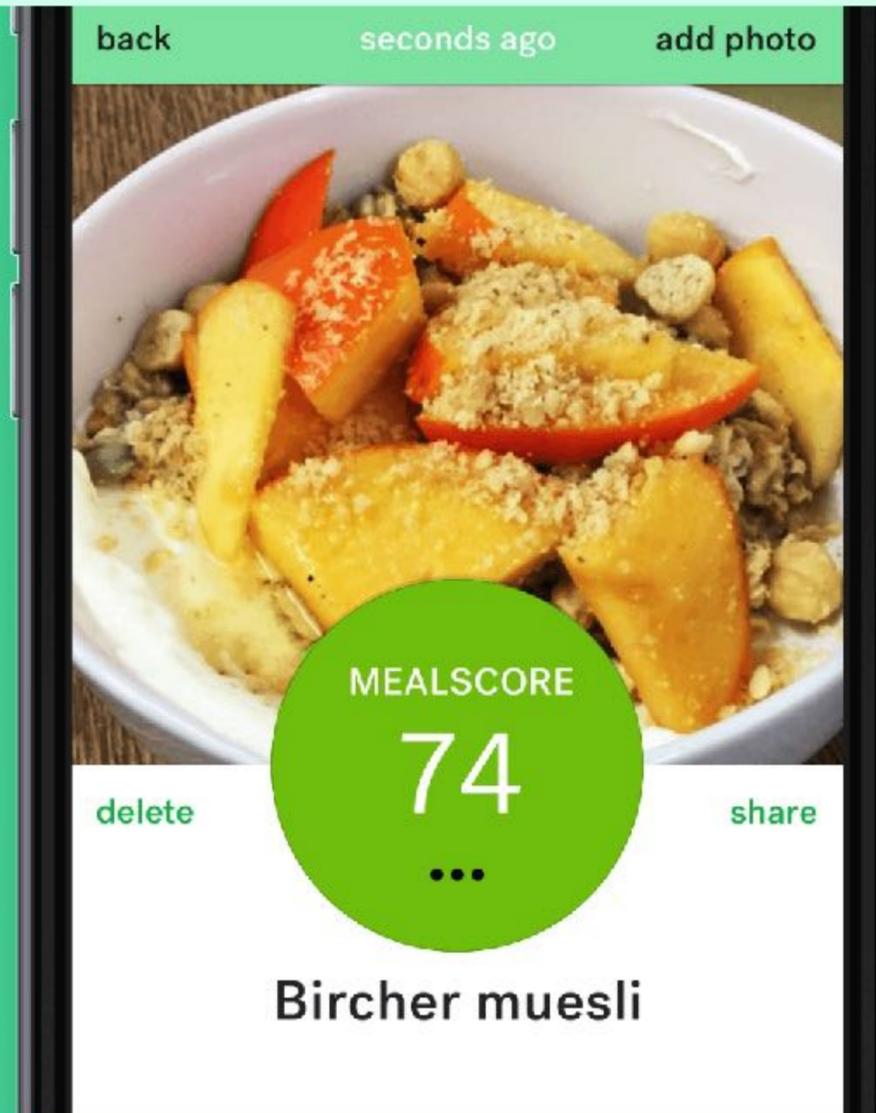


## 1. Take a photo.



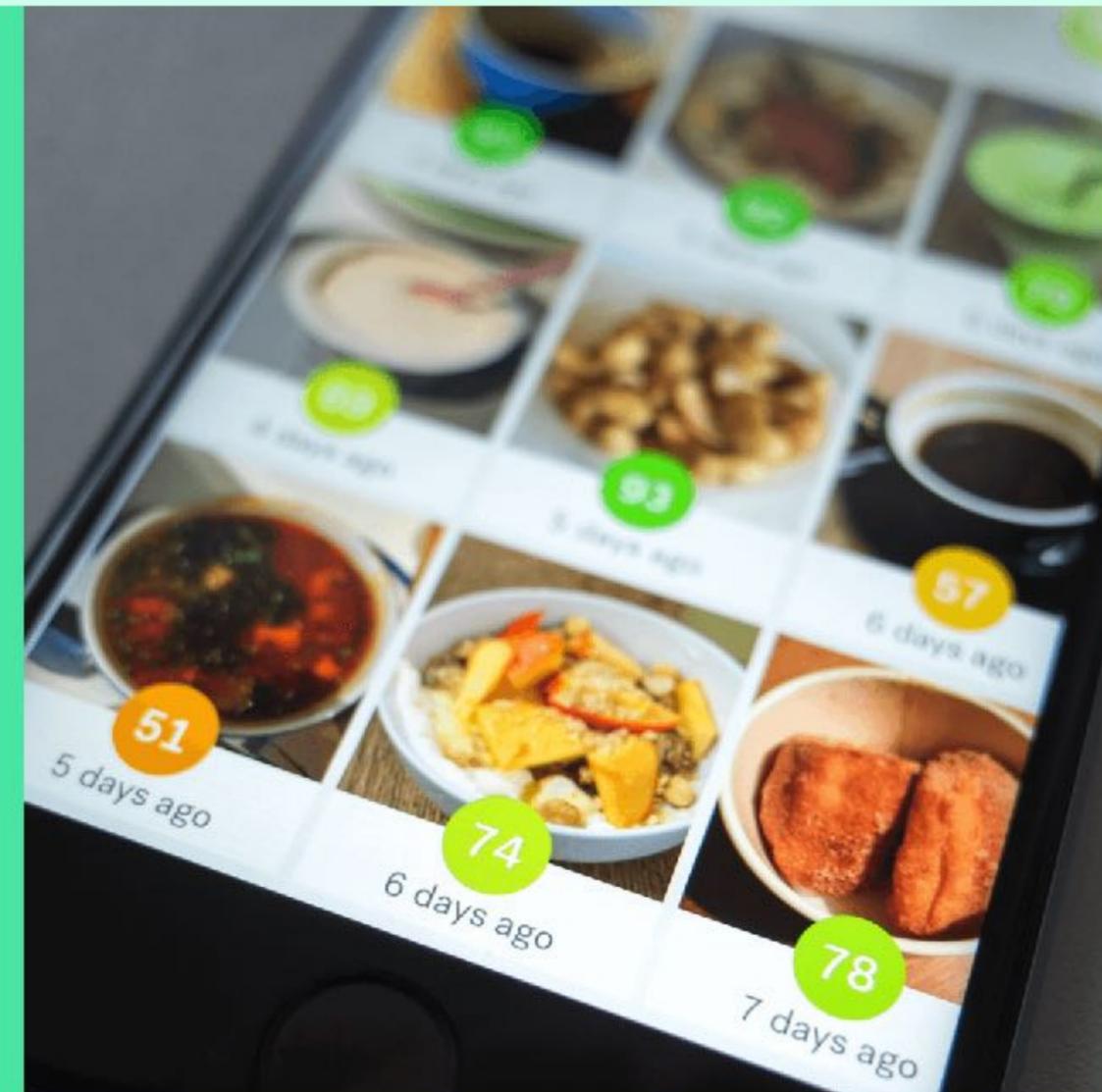
Just take a photo of what you're about to eat or drink.

## 2. Get a score.



Each meal gets a score from 0 to 100 according to its nutrient density.

## 3. Track & improve.



Your meals are compiled into a visual food diary that lets you track how well you are eating.

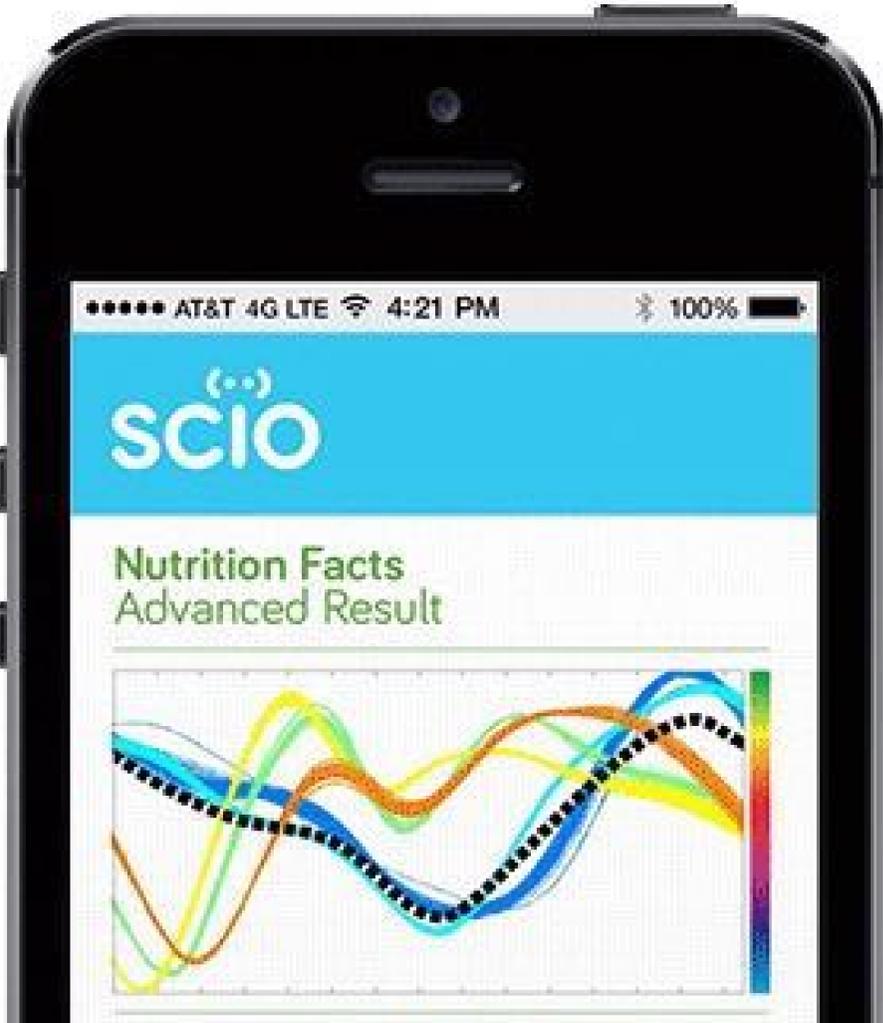
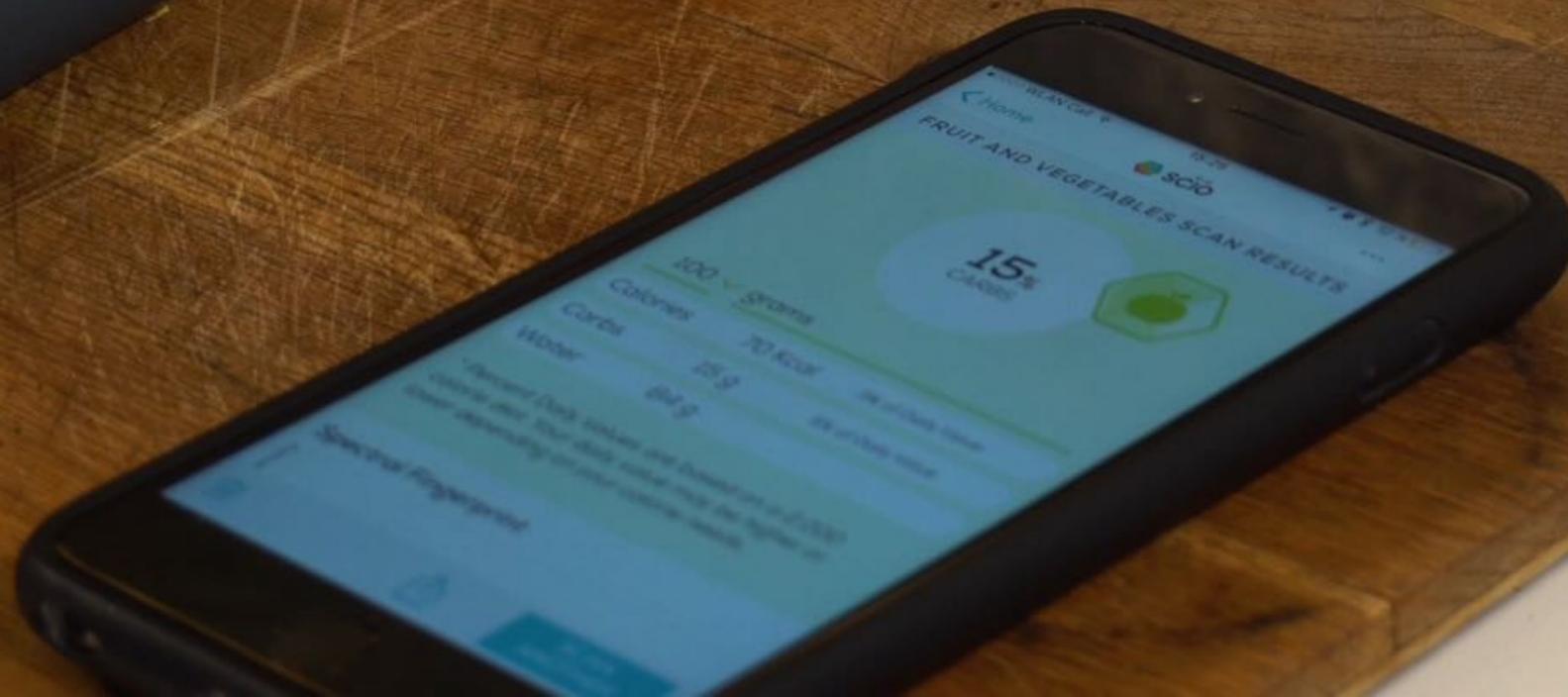


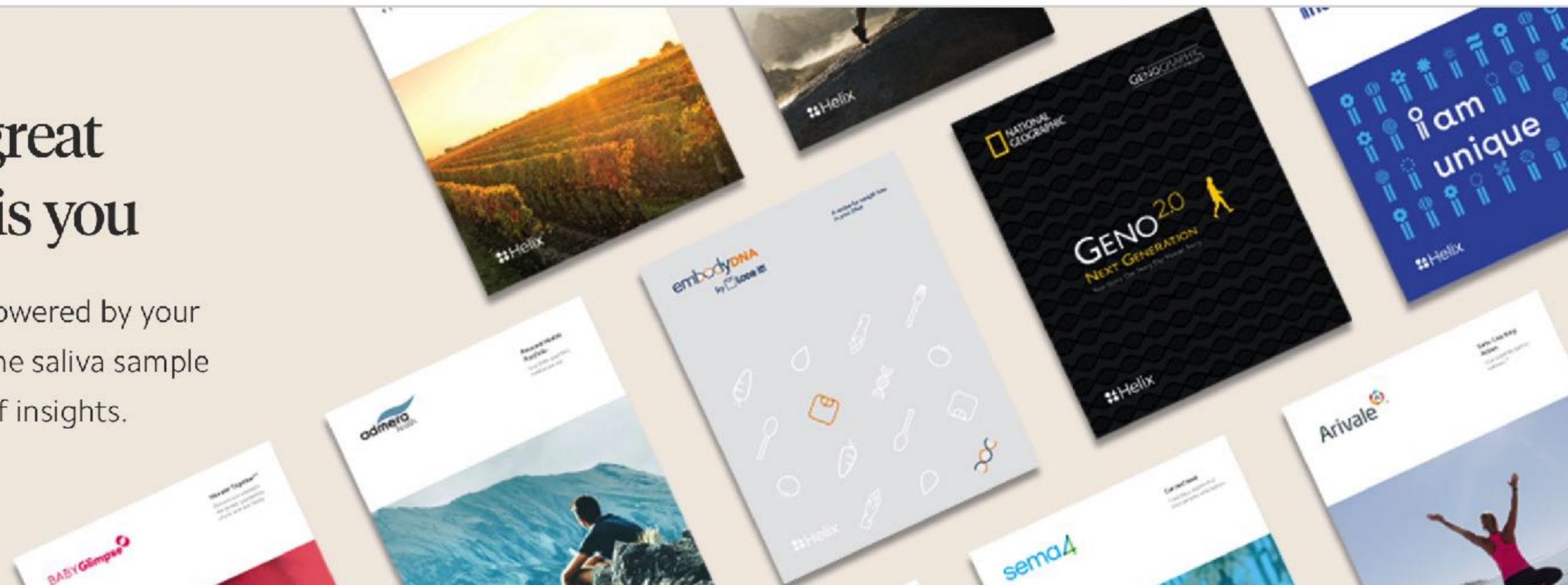
Bild: Consumer Physics



# The next great discovery is you

Explore products powered by your DNA. With Helix, one saliva sample unlocks a lifetime of insights.

[Shop the Helix Store >](#)



## SHOP PRODUCTS BY CATEGORY



Ancestry



Entertainment



Family



Fitness

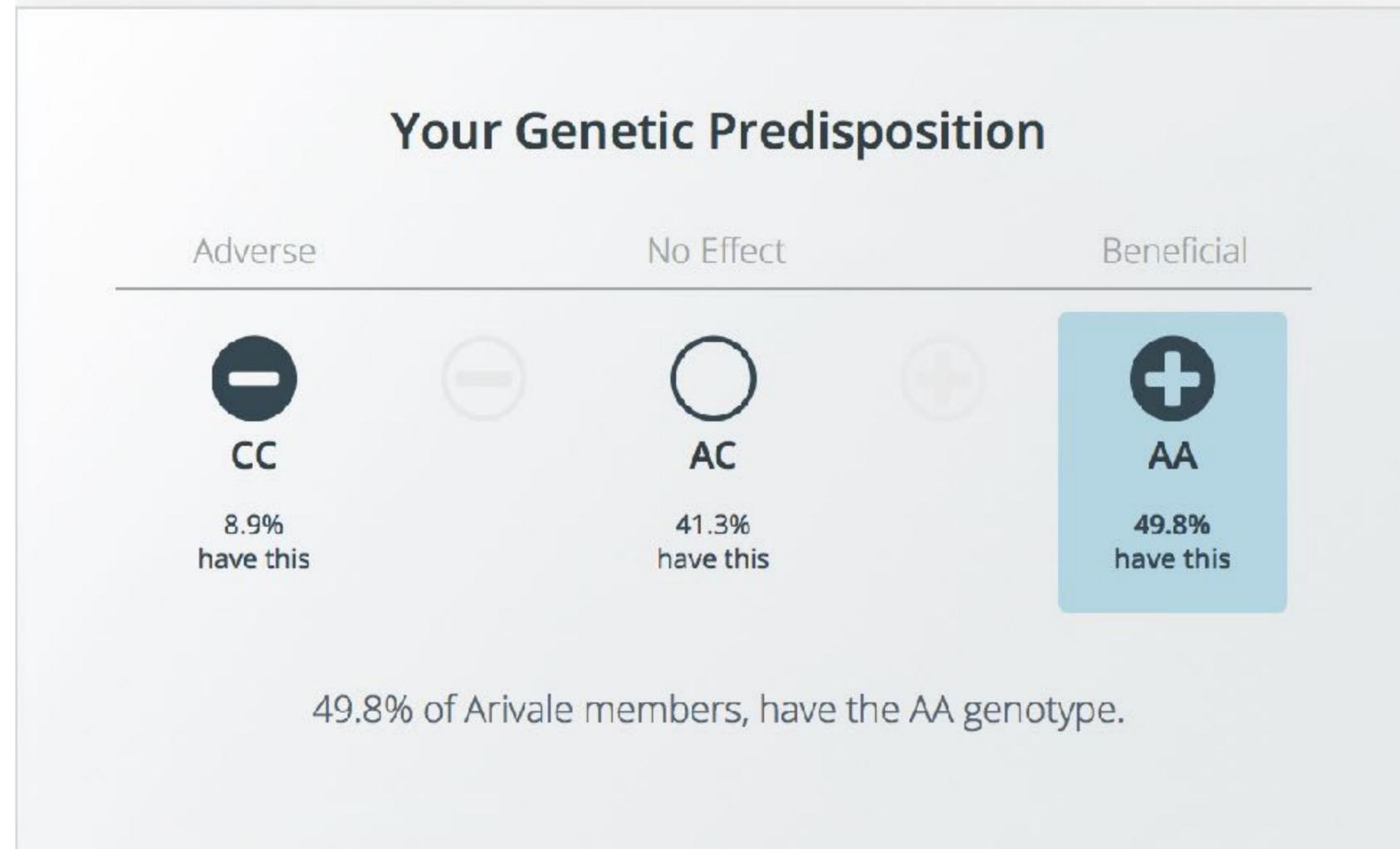


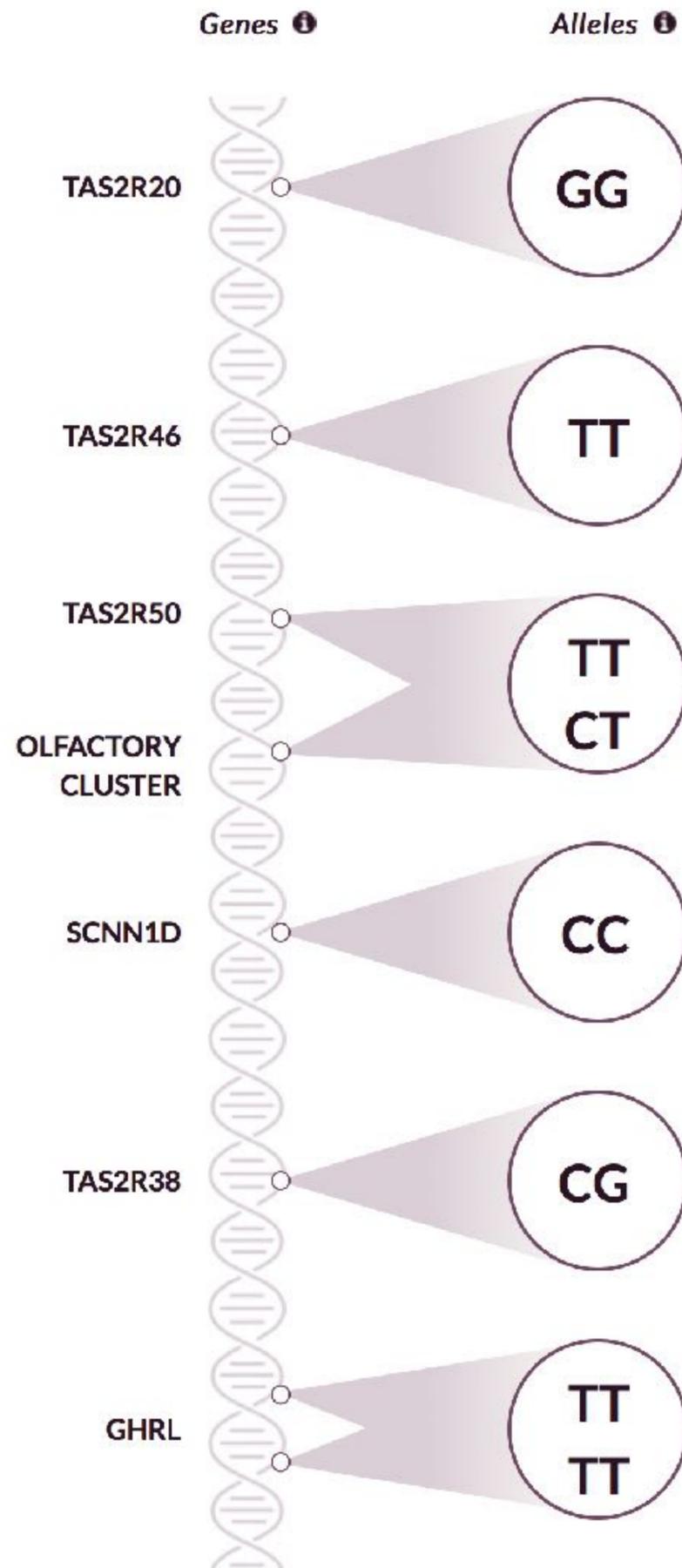
Health



Nutrition

## Caffeine and Blood Pressure





### Tonic too bitter?

Those with at least one G allele may perceive quinine, a chemical found in tonic water, to be more bitter or more intense than those with the T allele.



### Caffeine in your cup

People with your genotype may find caffeine to taste less bitter than those with one or more C alleles.



### Cilantro, anyone?

These two genetic locations both affect cilantro preference. Your genotype is associated with a higher likelihood of enjoying the taste of cilantro.



### Feel the burn!

People with your genotype may find alcohol to have less of a burning sensation than those with one or more G alleles.



### Brussels sprouts - love 'em or hate 'em?

People with one or more G alleles are more likely to be able to taste propylthiouracil, a bitter chemical found in Brussels sprouts and other cruciferous vegetables.



### Sweet tooth

Your genotype at these two different locations within the GHRL gene suggests that you have an average preference for sweet foods and drinks.



### Pinot noir

Delicate but structured reds such as a cherry filled pinot noir or a gamay with touches of light pepper and raspberry will make all of your varietal dreams come true.



### Chardonnay

The bigger the white, the better! A chardonnay full of oak, nuts, and butterscotch or a pinot blanc with round structure and a big mouth feel will fulfill your desire.

*Your*  
**HERO FOOD**

EGGS

Pr 35%

Ft 20%

Cb 45%

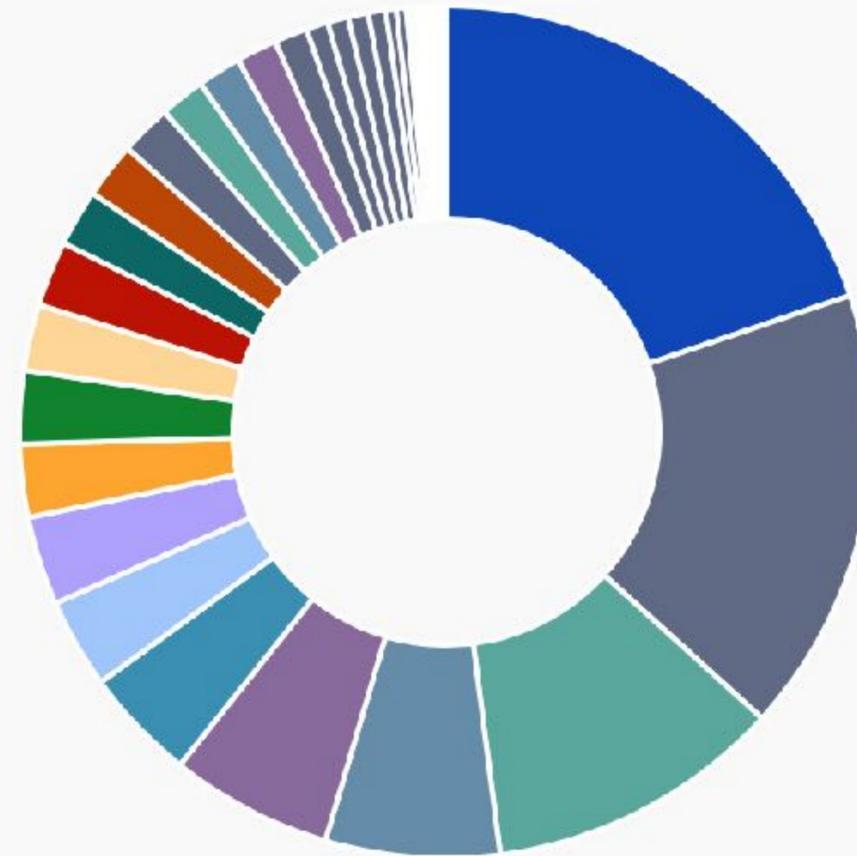
360  
GOALS





Bacteria at the Genus rank

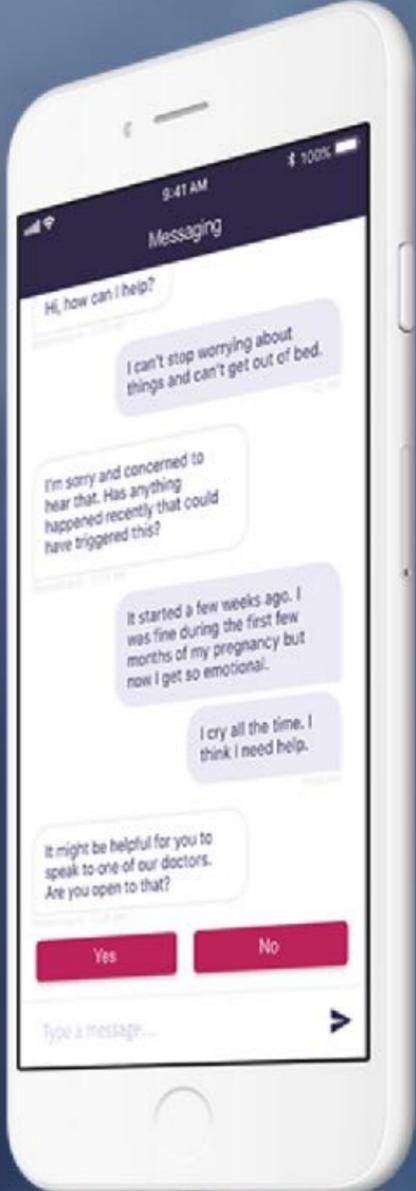
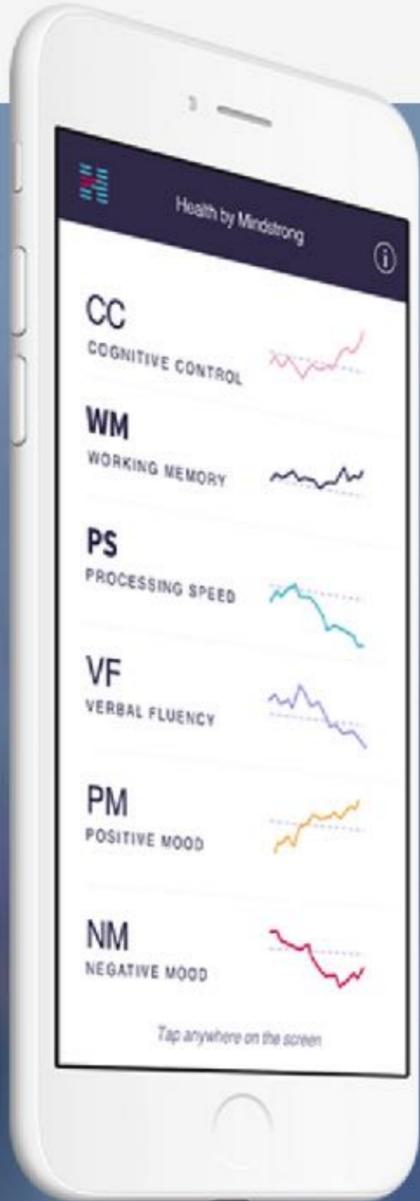
Faecalibacterium:	17.99%
Bacteroides:	15.35%
Blautia:	10.21%
Subdoligranulum:	6.00%
Roseburia:	5.59%
Intestinibacter:	3.89%
Sutterella:	3.09%
Pseudobutyrvibrio:	3.06%
Paraprevotella:	2.51%

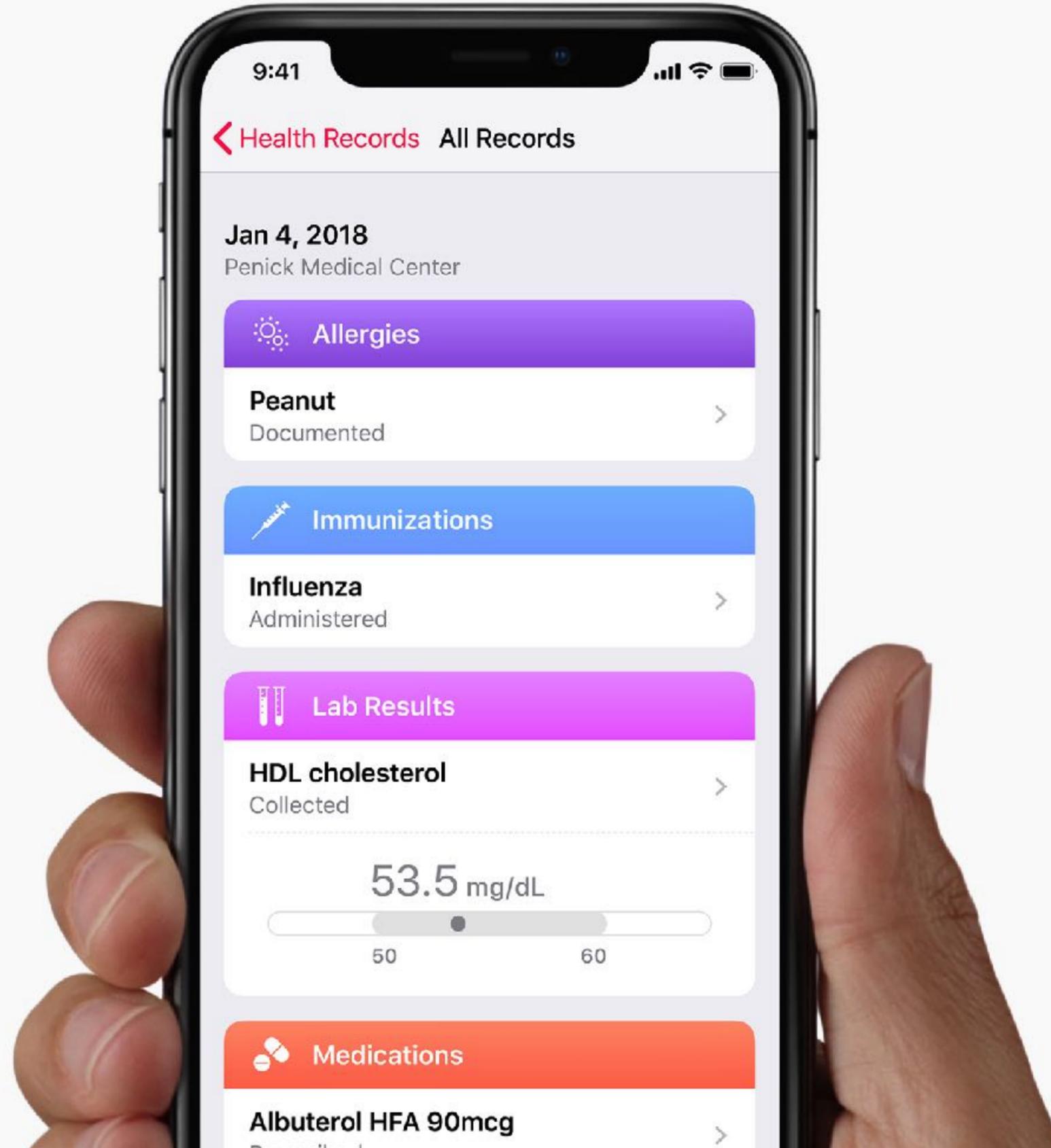


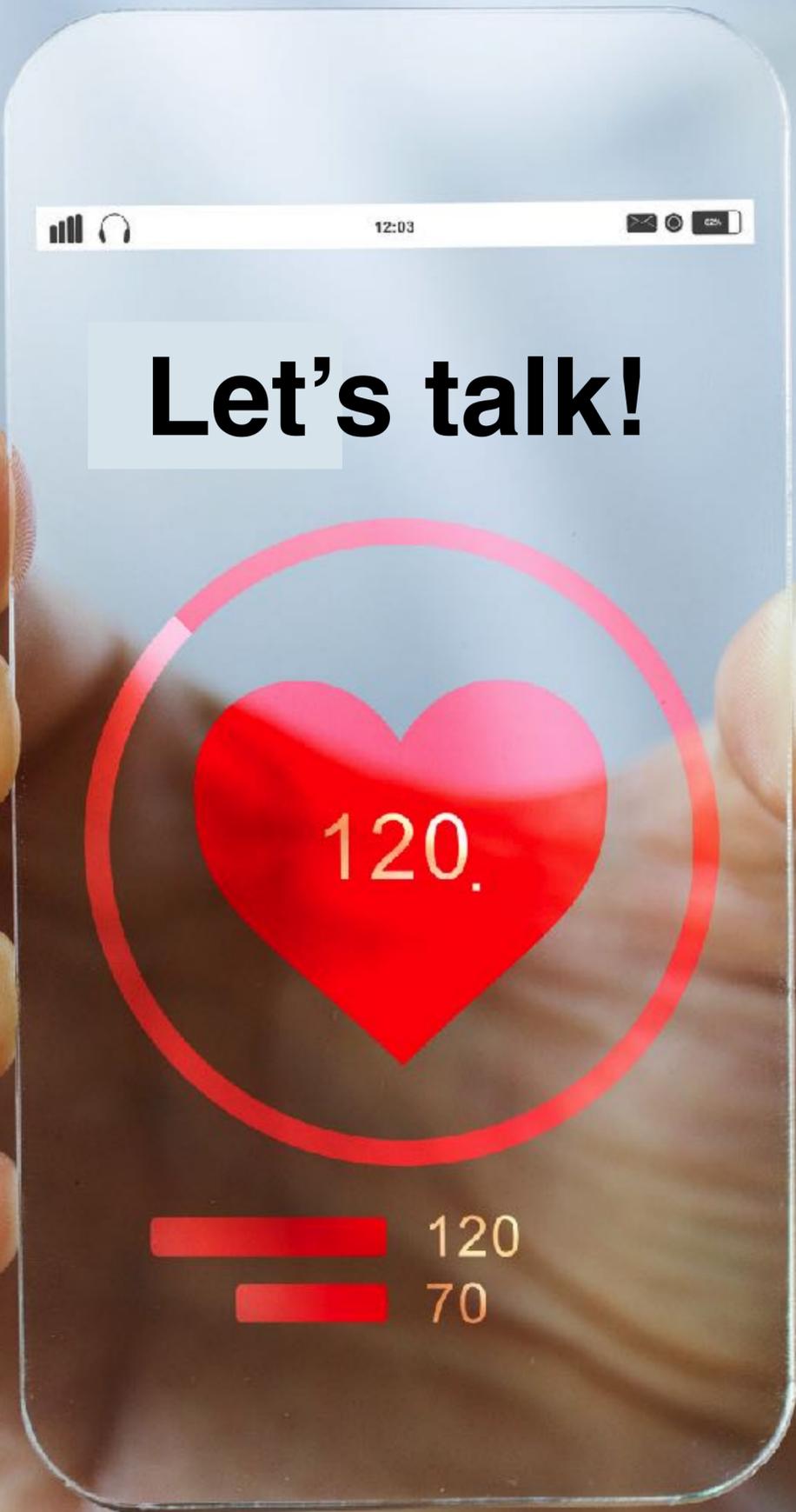


FOR PATIENTS AND INDIVIDUALS AT RISK  
*Health* by Mindstrong

The *Health* by Mindstrong smartphone app provides **real-time measurement** and support through **messaging and telehealth** from Mindstrong's licensed provider care team.







**Let's talk!**

120.

120  
70

**Florian Schumacher**  
**@igrowdigital**

**[schumacher@igrowditital.com](mailto:schumacher@igrowditital.com)**