

Discover Your Genetic Fitness Profile.



Feel confident in knowing that Pathway Fit® may help you reach your health goals. This groundbreaking service was developed in collaboration with world-class scientists, medical professionals, geneticists, and nutritional and performance experts. Pathway Fit is currently being used by thousands of individuals, as well as weight management clinics, medical doctors, and Fortune 500 companies. Ask your doctor for more information.

A simple non-invasive saliva test. Includes 30 minute physician consultation either phone or in person.

Unlock your potential today!
(407) 303-4624


Advent Health
Wellness Center

Taking Action is Easy



Your Actionable Reports

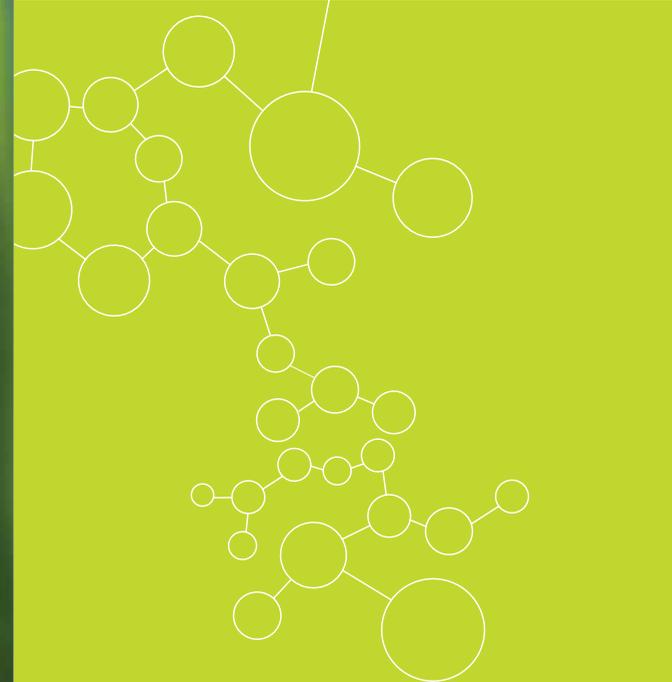
While genetic tests may use state-of-the-art medical technology, Pathway Genomics' reports are designed to be easily understood, allowing you to use your genetic profile to plan healthy strategies. Additionally, our staff of genetic counselors, physicians, and nutritionists are available to help ensure that you and your physician can take action.

Government Accredited Laboratory
Pathway Genomics conducts all genetic tests at its own on-site clinical laboratory, which is accredited by the College of American Pathologists (CAP), accredited in accordance with the U.S. Health and Human Services' Clinical Laboratory Improvement Amendments (CLIA) of 1988, and licensed by the state of California. Pathway is also a member of the American Clinical Laboratory Association (ACLA).

Genetic Report Security
As soon as your saliva sample arrives to our laboratory, we handle your DNA with care. We store your DNA in a secure DNA Lockbox™ and share your genetic reports with only your physician. If your physician releases your report to you, it will be accessible to you via a password-protected online member account with an SSL-encrypted connection.

Genetic Information Nondiscrimination Act (GINA) In 2008, Congress passed the Genetic Information Nondiscrimination Act. This legislation prohibits employers and health insurers from discriminating against you based on your genetic information. Pathway will not share your information with anyone other than your ordering physician without your consent.

Know More. Live Better.




Advent Health
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Smarter Fitness Through Genetics

The Pathway Fit® nutrigenomic profile provides you with an individualized report with powerful information to help you understand how your genetics and lifestyle may affect your diet, nutrition and exercise. Our report is like no other. It's designed for your body, about your body. With your genetic information, you are able to gain insights into how your body may process sugars, fats, nutrients and vitamins. You can also learn how your genes might affect how you perceive and desire specific foods, and how they may influence eating behaviors. What's more, Pathway Fit screens for muscle potential and how your body responds to exercise, as well as your potential to maintain a healthy weight. Start living smarter, not harder with these key findings. Pathway Fit, your genetic fitness profile.

The Science of You

Understand Your Individuality

By analyzing over 75 genetic markers, the Pathway Fit genetic and lifestyle report is designed to help give you the power to understand your metabolism and response to exercise, which may help you to establish and maintain a healthier lifestyle.

Find Answers

- Would you like to know what type of diet may be best for you?
- Have you ever wondered why you can't say "no" to certain foods?
- Is snacking in your genes?
- What vitamins are you likely to be deficient in?
- Would you like to know what types of exercise might be most effective for you?



Individualized Nutrition May Help You

- Achieve your right weight
- Increase your mental and physical performance
- Optimize your metabolism and gain more energy
- Live better and do more



Unlock Your Potential for a Healthy Lifestyle

Diet

Personalize your diet with genetics. The way we eat, how our bodies process foods, and our resulting health are related to our genetics. Using your own genetic code, we determine the best diet for you to maintain your optimal metabolism, lose weight and improve your health.

Eating Behavior Traits

Eating behaviors can have as much effect on health as our diet. Some of our behaviors are learned over time and some are influenced by our genetics. Through the Pathway Fit report, we describe certain genetic markers that are associated with eating behaviors, and with this information, you and your physician can modify your lifestyle to help you achieve or maintain health and wellness.

Metabolic Health Factors

Being overweight or obese is linked to many health conditions. Obesity leads to negative impacts on a person's metabolic system, such as decreased levels of HDL cholesterol and elevated levels of LDL cholesterol, as well as elevated blood sugar and triglycerides. These adverse metabolic effects are precursors to metabolic syndrome, as well as health conditions such as coronary artery disease, stroke and type 2 diabetes.



Exercise

Exercise has long been shown to provide many health benefits. Many studies have shown a link between genetics and exercise. Your genes can affect your chances of losing weight, having improved cholesterol levels, and other health benefits in response to exercise. Pathway Fit tests for a number of genes related to exercise and optimal performance.

Your Body and Weight

Your weight can be influenced by many genes. Our test includes genetic markers associated with metabolism, the tendency to regain weight after losing it, as well as a predisposition to obesity.



Food Reactions

How you may respond to some foods can be linked to your genetics. We currently screen for genes related to caffeine, bitter and sweet taste, as well as lactose intolerance and alcohol flush.

Nutritional Needs

Vitamins are an important part of your health. Our test includes genetic markers associated with your likelihood of having lower levels of certain antioxidants and nutrients such as folate and vitamins A, B2, B6, B12, C, D and E.