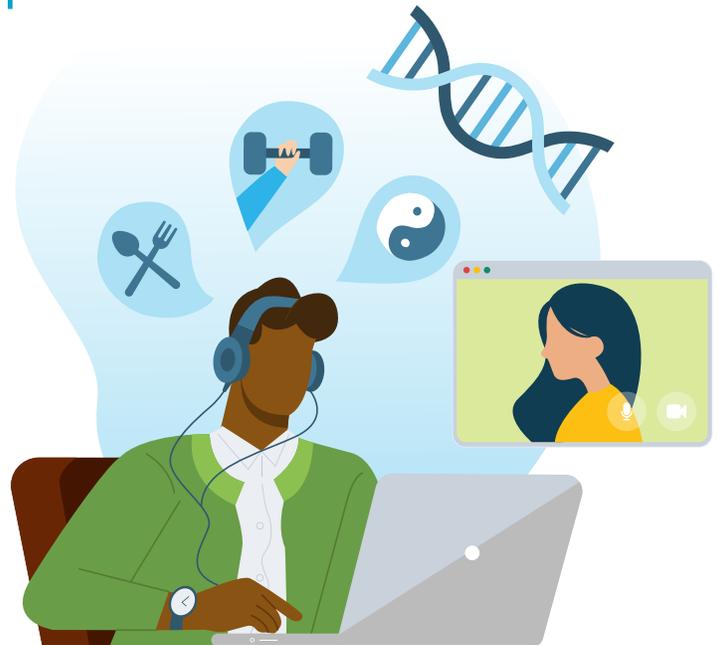


Genetic Testing for Behavioral Health

As a Newtopia participant, you'll have the option to complete a genetic test! This genetic test looks for specific genes that impact your nutrition, exercise, behavioral tendencies, and choices. Knowing what your genes say about you will allow you to better understand how to make changes to your habits and make the right improvements to your lifestyle. The genes being tested do not suggest the presence of a disease or the potential for a disease to manifest in the future. This test is strictly to help your Inspirator (health coach) make the appropriate recommendations tailored **just for you**.



Newtopia Genetics Looks at 4 Genes

Studying these genes will help us make the best recommendations as it relates to:



Diet



Activity



Behavior Change



Mental Health

The Test

A genetic testing kit will be sent to participants once they have registered. The kit includes 2 swabs that look like long ear buds. Participants are asked to rub the swab against the inside of their cheek for 20 seconds. Once they have completed this on both sides of their cheeks, they insert the swabs into the provided clear collection envelope and place in the provided mailing envelope. The postage is already pre-paid and the return package is labeled.

The Result

Only the participant's Inspirator will receive the results to review and prepare a genetic reveal. They will use the information to customize their participant's experience and ensure recommendations are personalized—all the way down to their genes!

Newtopia never shares results with employers or insurance providers.

join.newtopia.com/ab

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Newtopia looks at 4 genes where predispositions can be mitigated through behavior change.

FTO The Body Fat Gene

What does it do?

- Determines how your body breaks down fat
- Responsible for how easily you gain or lose weight

What can you do?

- Eliminate sugar and excess carbs
- Increase healthy fats and proteins
- Exercise regularly, and switch up routines
- Eat small meals regularly throughout the day

DRD2 The Cravings Gene

What does it do?

- Regulates dopamine, which reduces stress-related cravings for unhealthy foods

What can you do?

- Choose foods with less salt and sugar to stop cravings long-term
- Find a different coping mechanism for stress (e.g. meditate, go for a walk, etc.)

MC4R The Appetite Gene

What does it do?

- Regulates how quickly you feel full after eating

What can you do?

- Eat slowly to give your brain time to catch up to your body
- Control portion sizes
- Drink more water

BDNF The BDNF Gene

What does it do?

- Lower levels of the BDNF protein may lead to an increased risk of obesity, increased vulnerability to stress, and difficulty managing emotions

What can you do?

- Incorporate regular practices to boost mood every day and activities that are calming
- Eat more healthy foods
- Remain consistent with exercise
- Understand stress triggers and identify new ways to cope