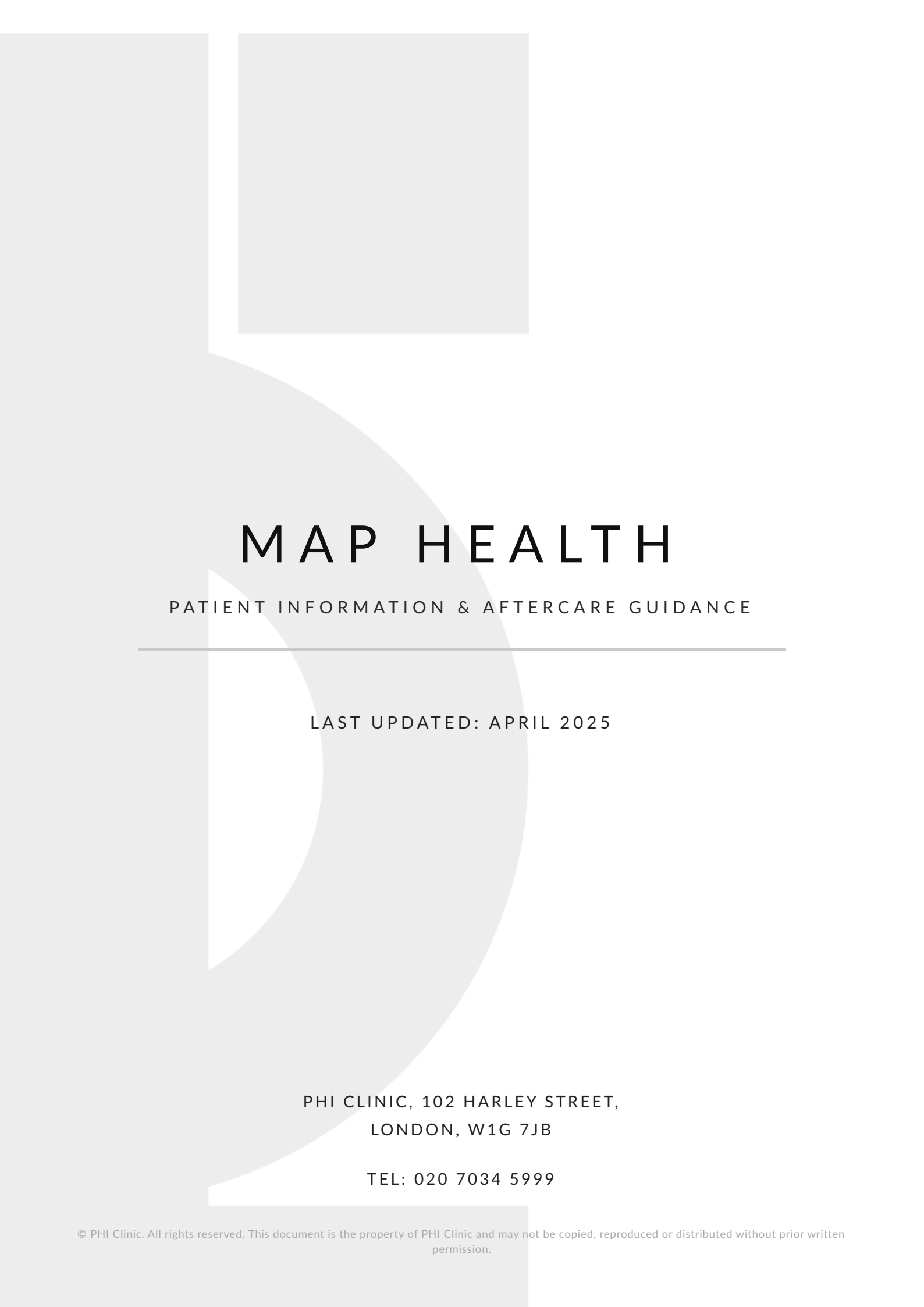




MAP HEALTH

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: APRIL 2025

PHI CLINIC, 102 HARLEY STREET,
LONDON, W1G 7JB

TEL: 020 7034 5999

MAP HEALTH INFORMATION

WHAT IS MAP HEALTH?

MAP Health DNA Testing is a non-invasive genetic test designed to provide insight into your unique genetic makeup. This test helps guide personalised health, wellness, and treatment strategies based on your DNA. We can analyse key genetic markers that influence your:

- **Skin health & ageing:** Understanding how your body naturally produces collagen and responds to environmental stressors.
- **Metabolism & weight management:** Discover how your body processes nutrients, burns fat, and regulates energy.
- **Hormonal balance & gut health:** Identify factors that impact digestion, inflammation, and overall well-being.

This is a powerful tool to help you and your healthcare provider make smarter, more personalized decisions about your health and lifestyle.

WHAT TO EXPECT, WHAT IS THE PROCESS?

1. INITIAL CONSULTATION (IF APPLICABLE)

We may begin with a consultation to understand your goals (e.g., optimizing wellness, managing a condition, etc.).

2. SAMPLE COLLECTION

Your genetic test involves a simple blood draw from your arm it also typically involves a painless saliva/spit sample.

3. GLUCOSE MONITORING SET UP

Once the blood & saliva tests are completed, you'll be provided with a glucose monitoring device. This device connects to a user-friendly app that tracks your glucose levels throughout the day. You'll use the app to monitor and manage your glucose levels, providing real-time feedback and helping optimize your diet and activity levels.

4. SUBMISSION & PROCESSING

Your sample is securely sent to our accredited lab for analysis.

5. ANALYSIS TIMEFRAME

Results are typically ready within **6 to 8 weeks**.

HOW TO PREPARE?

- **Blood Test:** Fasting for up to an hour may be required for the blood draw, depending on the tests being performed. Your provider will give you specific instructions prior to your appointment.
- **Saliva Collection:** Avoid eating, drinking, or smoking for 30 minutes before providing your saliva sample.
- **Glucose Monitoring:** Follow the guidelines provided for using the glucose monitor. Be sure to record and log readings in the app for accurate data

RECEIVING YOUR RESULTS?

After the samples are processed, your results will be reviewed during a follow-up appointment with your practitioner. You will receive:

- Personalised Insights based on your genetic profile, including wellness, nutrition & bespoke treatment and skincare recommendations
- Glucose monitoring data including trends in your blood sugar levels and lifestyle adjustments
- Any potential next steps (diet plans, exercise changes, referrals, etc.)

We create a bespoke wellness strategy tailored specifically to you. This isn't a generic approach; it's a fully individualised lifestyle plan designed to enhance your treatment outcomes and long-term health.

WHAT MAKES THIS DIFFERENT?

- **Clinician-led approach:** Your plan is developed and guided by expert healthcare professionals.
- **Science-backed recommendations:** Every insight is based on rigorous research and advanced genetic testing.
- **Integrated with your treatment plan:** Your wellness strategy is aligned with your aesthetic treatments for maximum impact.

IS THERE DOWNTIME?

No downtime at all. The sample collection is quick and non-invasive, and you can return to your normal activities immediately.

HOW MUCH WILL IT COST?

The MAP Health Testing is £995. Please talk to your practitioner for more information.

DATA PRIVACY & SECURITY

Your genetic information is protected with the highest standards of privacy and security. We comply with all relevant health data regulations and will never share your data without your consent

NEED MORE INFORMATION OR GUIDANCE?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment or to schedule for an appointment.

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