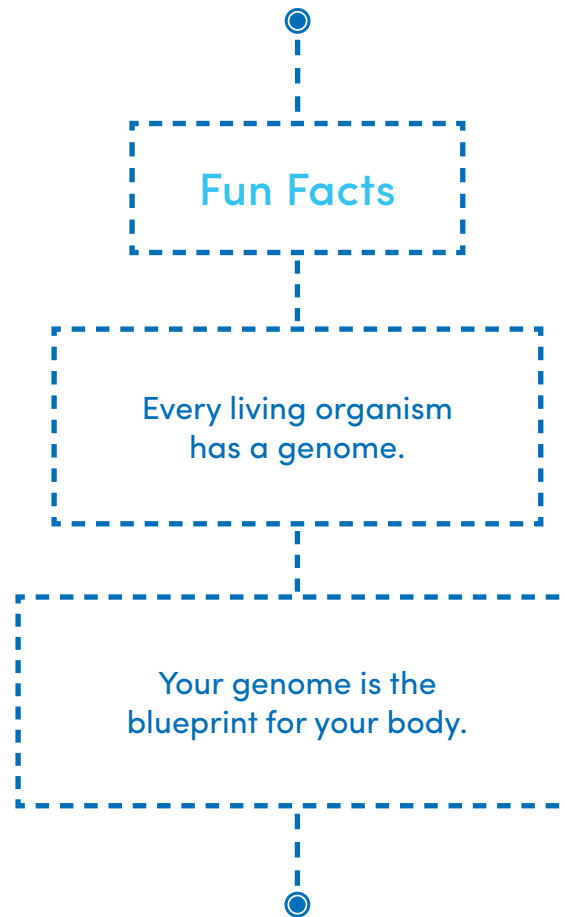
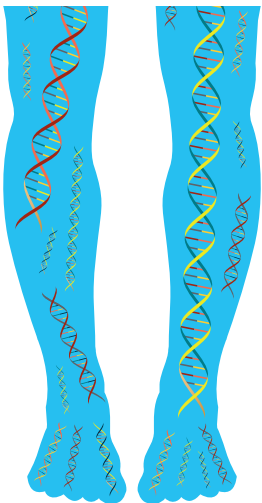


Precision Medicine

Genomic scientists work to help us understand more about how the **genome** can be used for **healthcare decisions**. Precision medicine will change the way you manage your health with your doctor, as you use **genetic information** for preventative healthcare, understanding disease risk, and applying treatment options.



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MIND YOUR GENOME

GET SMART ABOUT
Your Health





You Are Your Genome

Your genome is the **DNA** sequence that has all the instructions your body needs to stay alive. About **99.9%** of your genetic sequence is the same as everyone else's. This means that just **0.1%** of your sequence has all of the **variations** that make you unique.

Healthy Choices Matter

You can't control the genes you inherit, but you can try to control what you do with them. The **food** you eat, where you **live**, how you **exercise**, your **stress** levels, and many of your daily **behaviors** have a direct impact on your health.

Microbiome in Your Genome

Your microbiome is the billions of microbes, including bacteria, that live **in** and **on** your body. Your body has more DNA from your microbes than from your human genome! Researchers are beginning to uncover the links between a **healthy microbiome** and a **healthy you**.



Did You Know

Your Genes
+
Your Choices

How Healthy You Are