

## Wellcode Life Emerging Programmes:

Targeted approach to enhance your physical performance and improve energy levels.

**Process and programme description:** The programme starts with an on-line health assessment – organ and body system analysis. The outcome of this assessment will allow us to select which accessory test for a choice of DNA, Microbiome or Metabolic to include in your personalised package to help you to achieve your individual goals and objectives. The blood test panel for this Tier consists of approximately 45 markers. This allows to gather objective indications of the health status of your digestion, immunity, kidney, bladder and more. It will also include assessment of your health on a molecular level by looking at your chronic inflammation statuses via Glyhealth blood tests.

Comprehensive three-month health transformation protocol with actionable and easy to follow personalised nutrition, exercise and lifestyle recommendations will be sent to your e-mail. You will have access to four-hours of on-line coaching with one of our health practitioners who will explain your results, educate about how to implement our programme and support you at each step of your journey. Nutraceutical support, including a three-month supply of personalised supplements, is also included in your programme.

### **Tests and Assessments:**

- Organ Systems assessment (this can be done online or in person)
- Functional blood test (a panel of 45 biomarkers including a full biochemistry profile)
- Omics blood test to assess your chronic inflammation level
- One of the following: DNA/Microbiome or PNOE Assessment (recommended based on Organ Systems Assessment)

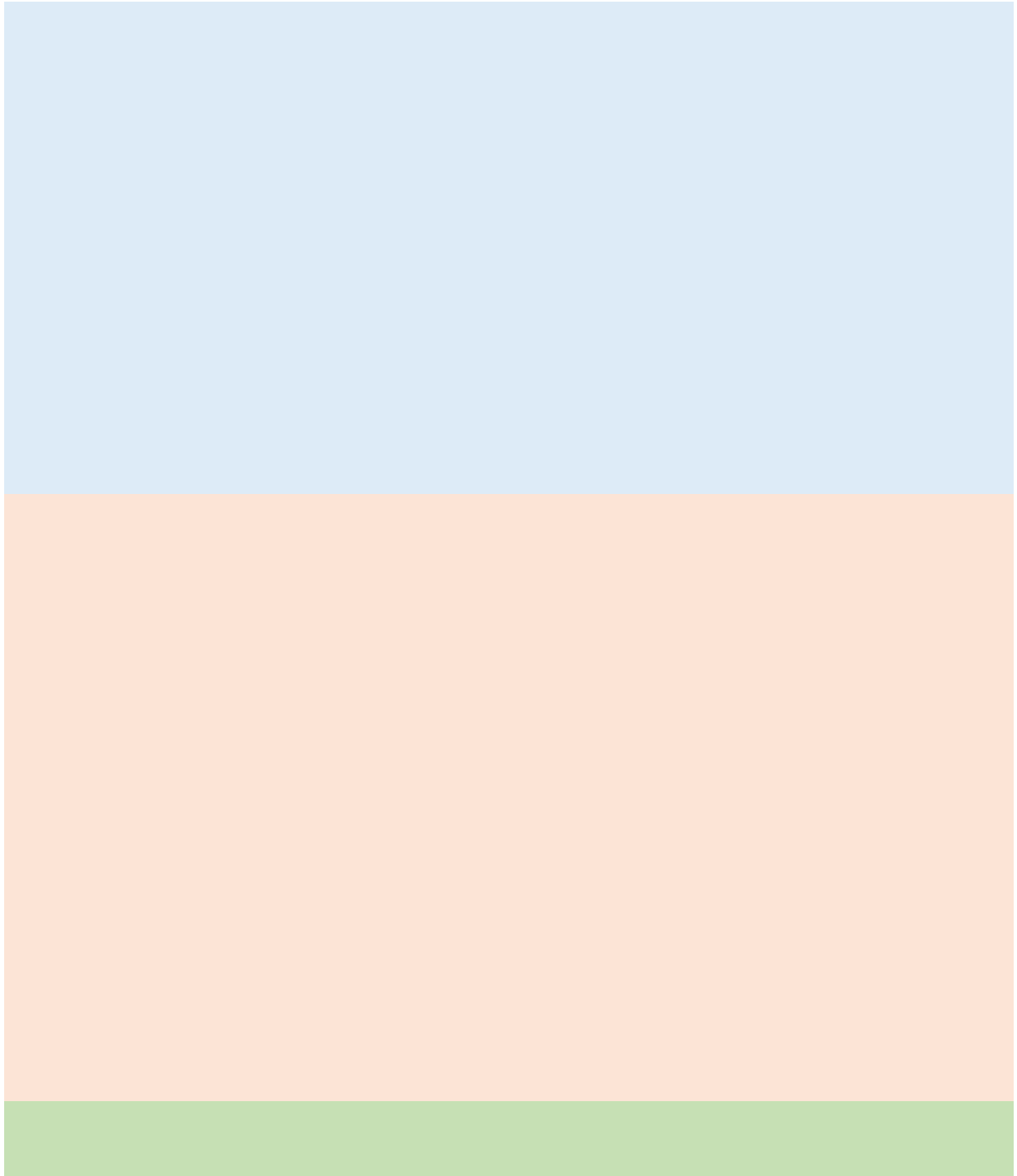
### **Personalised Health Transformation Protocol:**

- Three-month health transformation report with personalised nutrition, exercise and lifestyle recommendations



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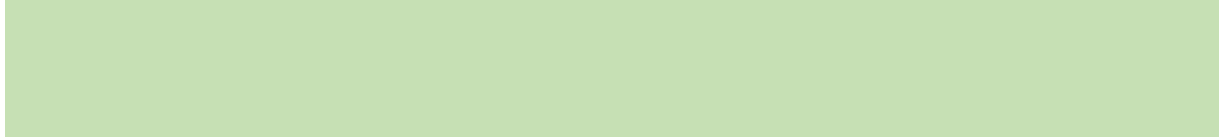


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