

# DNAfit

*Innovative Corporate Wellbeing Program  
to help you attract and retain the right talents*

A healthy, balanced diet and improved fitness levels reduce illness and absenteeism.

DNAfit empowers your employees with knowledge about their genetic predispositions, their health and fitness needs and provides simple, personalised, genetically-matched diet and training plans to help your employees achieve their health and fitness goals faster, with sustainable, long-term results.

## Employee Benefit Program

- 1 DNAfit testing**  
Your employees start their journey by doing a mouth swab and sending it back to our lab for analysis.
- 2 Detailed reporting analysis of the genetic code**  
2-3 weeks later, they receive easy to understand reports conveying fitness and nutrition information based on their genetics\*.
- 3 Consultation follow-up**  
They are also offered the opportunity to have a one-on-one consultation with DNAfit's expert team to take them through their reports and answer any questions they may have.

## Employer HRs Support

- 1 Content Pack for HRs**  
You will receive an email pack to share with your employees to increase awareness and teach them some helpful nutrition, exercise and wellness tips
- 2 Wellness Insights about your employees**  
You will receive anonymised aggregated data to help you appreciate the sensitivities and vitamin needs of your employees to help the messaging of your content and wellbeing tips.
- 3 Support in creating engaging messages**  
DNAfit will help you create messaging around your coffee machines, milk and food with fun genetically themed messages

*\* DNAfit's range of tests only focus on specific genetic markers related to fitness and nutrition.*

### Benefits at a glance

-  DNAfit Nutrition Report, DNAfit Fitness Report and DNAfit Stress & Sleep Report
-  DNAfit portal
-  Meal planner
-  Access to DNAfit app that has a Wellness score, access to results, access to chat with a health coach

-  Genetically guided online training platform
-  Ongoing educational campaigns about personalisation of fitness and nutrition
-  Access to DNAfit expert sports scientists and dieticians for advice and guidance
-  Optional ongoing workshops

### About DNAfit

DNAfit is an award-winning global genetics company owned by the Prenetics group offering a wide range of easy-to-use genetic products that eliminate the guesswork from your wellbeing, fitness and nutrition.

More info: [www.dnafit.com](http://www.dnafit.com)

### Any question?

Please contact us at [employeebenefits@swisslife.com](mailto:employeebenefits@swisslife.com) and we will be pleased to assist you with any further details.