

How does it work?



1. Schedule a HealthIQ test

Consult your healthcare professional for more information about HealthIQ, and schedule your test accordingly.



2. Know your risks

Receive your 10-year multi-disease risk prediction and other unique health insights based on your selected package.



3. Take action

In consultation with your healthcare professional, review your HealthIQ results and develop an intervention plan to mitigate any identified health risks



4. Follow-up

Consult your healthcare professional for periodic HealthIQ risk monitoring.

FAQ

1. What kind of health insights does HealthIQ provide?

HealthIQ provides a detailed analysis of your metabolic health based on your blood values, age, and sex. Core insights include a 10-year risk score for common lifestyle-related diseases, such as heart disease, diabetes and fatty liver disease

2. How do I prepare for a HealthIQ test?

The HealthIQ test uses a blood sample for analysis and does not require fasting; however, it is not advisable to eat a large meal just before your blood draw

3. How do I interpret HealthIQ results?

HealthIQ provides risk assessments, not diagnoses, by estimating your likelihood of developing certain conditions over the next 10 years. Unlike diagnoses, which detect existing diseases, risk assessments help you take early action to prevent them. Lowering your risk is key to a healthier and longer life.

4. Do HealthIQ results consider genetic risk?

HealthIQ risk assessment does not factor in genes or genetic data. Instead, HealthIQ risk calculation uses metabolic blood values, which can be influenced by lifestyle changes.

5. What if I receive a high HealthIQ risk?

If you receive a high HealthIQ risk score, discuss the results with your healthcare professional to create a personalized intervention plan. This may include lifestyle changes, further diagnostic tests, or medical treatment.



HealthIQ



Uncover Your Disease Risks and Take Action Towards A Healthier Tomorrow

innoquest

Nightingale
Health
Embedded

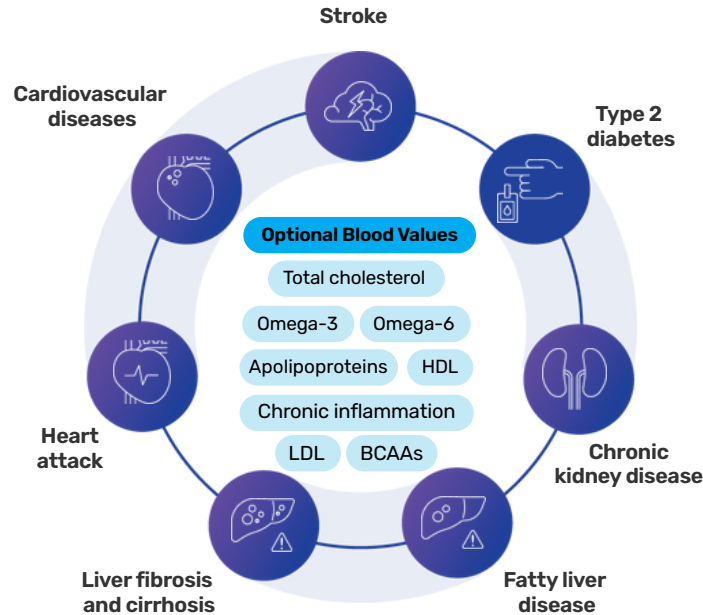
A healthy future begins by knowing your risks

Your healthy lifespan and longevity are significantly influenced by your ability to prevent chronic diseases. More than your genes, your lifestyle choices play a crucial role in determining your risk of developing chronic conditions. By understanding your risk for the most common chronic diseases, you can take proactive steps to safeguard your health. This knowledge empowers you to take early action towards better lifestyle choices and protect your long-term health.

Recommended for

- Women and men aged 30–65 years
- Individuals who want to proactively understand their health and prevent diseases
- Individuals at risk of metabolic disease due to lifestyle factors or family history
- Fitness and longevity enthusiasts

Up to 7 Disease Risk Scores



Transform the future of your health today

Knowing your risks for chronic diseases can transform your health journey.

A blood sample is all it takes.

Get your HealthIQ today!

Example of HealthIQ risk score

Heart attack

Risk category

Low risk

5.6 %

10 %

17 %

Among people with similar blood values to you, 6 out of every 100 people (5.6%) are likely to develop a cardiovascular disease within the next 10 years.

Compared to women at your age

Your risk is much higher than the average risk in your reference group. An estimated 7% of women aged 35–44 have a higher risk than you.

Average risk

Lower than average

Higher than average

Chronic disease

A 10-year risk score provided separately for each disease.

Overall risk category

Overall risk category is calculated based on your blood values, age and sex. The result is given in a traffic light format

10-year absolute risk

The percentage indicates how many people out of 100 with similar risk factors will develop a disease within the next 10 years.

Risk compared to your reference group

Your risk can be lower or higher compared to the average risk in your reference group, i.e. individuals who are the same, sex and age as you.

innoquest

