

Table 2 Lifestyle and health related changes motivated by the test. Some respondents mentioned more than one change (n=1513)

Question	%
Have you made any of the following dietary changes specifically motivated by your Genera results?	
I started eating more fruits	11.10%
I started eating more vegetables	12.16%
I stopped consuming or reduced some type of food (e.g., fast food and foods with gluten or lactose)	19.43%
I adopted a diet	11.70%
I started using supplements and/or vitamins	19.17%
I did not make any changes to my diet	61.34%
Other	4.30%
Have you pursued any of the following alternatives specifically motivated by your health results?	
I sought medical advice or advice from a healthcare professional	16.39%
I underwent additional tests to confirm results	10.31%
I underwent periodic exams (check-ups) with the aim of preventing or early identifying any health condition for which I had an identified genetic predisposition	24.19%
I changed a medication or started paying better attention to my response to its use	9.39%
I signed up for a new health plan	1.26%
I purchased life insurance	1.06%
I did not seek to take any additional care of my health	58.36%
Other	2.51%
Have you made any of the following changes related to physical activities specifically motivated by your Genera results?	
I started practicing physical activities	13.35%
I started practicing more physical activities	16.46%
I changed my physical workouts based on the identified predispositions	11.37%
I did not make any changes to my physical activities	64.24%
Other	1.59%
Have you made any of the following changes related to lifestyle habits specifically motivated by your Genera results?	
I started taking better care of my skin (e.g., using sunscreen)	22.74%
I reduced the consumption of alcoholic beverages	13.09%
I reduced the consumption of cigarettes	2.58%
I adopted habits to improve sleep quality	16.33%
I adopted habits to reduce my stress	22.14%
I did not make any changes to my lifestyle habits	57.24%
Other	2.18%