

Product Consent

Last Updated: September 11, 2017

We've written this document to help you understand the potential benefits, risks, and limitations of using MyTraits Sport DNA Product. This is important. Please take the time to read it carefully.

You must be 18 years of age or older to use the MyTraits Sport. You can also find more details about MyTraits Sport and intelliseq here:

- [intelliseq's Terms of Services](#)
- [intelliseq's Privacy Policy](#)

Important terms

- **Account Information** - You must provide certain information when you create an account (“Account Information”) to use MyTraits Sport application. This information includes your name and email address. Your account information also includes records and copies of any correspondence with you.
- **DNA Product**: Products and services that use portions of your DNA. They are featured on the Helix Platform. While Helix may make some of them, most of them are made by Helix’s Partners, like intelliseq.
- **Genetic Information**: Your sequenced DNA. To use MyTraits Sport, you must allow Helix to share portions of your Genetic Information with intelliseq.
- **intelliseq**: When you see the words “we,” “us,” or “our,” we’re talking about intelliseq, who developed MyTraits Sport DNA Product.
- **Personal Information**: All of the data you have shared with us. These data combine your Account and Genetic information.

Purpose of the MyTraits Sport

MyTraits Sport is a mobile application offering a personal analysis of 13 sport and metabolism related traits along with the recommendations based on selected genetic variants. The goal of the app is to translate genetic information into personalized athletic ability and body mass index (BMI) prediction score. The app consists of 13 cards providing users with details concerning their individual fitness-related traits and a summary card with genetic predispositions to sport type activities and ability to stay in shape. The app aims to help users learn about their genetic makeup as well as functions and frequency of their specific genotypes. MyTraits Sport is designed to educate and make genome analysis become more user-friendly.

Using the MyTrait Sport

To use MyTrait Sport, you must allow Helix to share portions of your Genetic Information with intelliseq who made the MyTrait Sport DNA Product. Helix will only share the portions that the intelliseq needs for the MyTrait Sport.

You can ask Helix to stop sharing your Personal Information with intelliseq. You can do so through your Account Settings.

Security

intelliseq uses a number of methods to keep your information as private and secure as we can. Our methods at least meet industry standards. Our methods include encrypting data both while moving (being sent) and while at rest (being stored). They also include using strict authentication requirements for any access to the data.

Benefits

Many people, such as amateur/professional fitness enthusiasts, fans of deeper self-awareness and self-improvement, individuals searching for guidance in transforming their body and anyone who appreciates personalized services and educational content can benefit from MyTraits Sport. With MyTraits Sport you will learn how particular genetic variants can affect your athletic ability and metabolism and understand which sports you may be more suited to. You will also learn your BMI genetic prediction score, gain the knowledge of your unique biology and develop deeper body-awareness. You will be able to compare your genetic predispositions with your daily routines, see how many people have the same genotype as you, be able to share your results with the others and discover how enjoyable and fun self-knowledge can be.

Risks

By using MyTrait Sport, you could learn something about yourself that you didn't want to know. Since you inherit your DNA, these learnings could also affect your family.

There may be a risk to your privacy. You should be careful about sharing your Genetic Information with others and know the consequences before doing so. Under GINA (a US law), you do not need to share your Genetic Information with your employer or your health insurer. Even so, you may be asked to share your Genetic Information with other insurers. These others could include life, long-term care, and disability insurance firms.

Please see intelliseq's Terms of Service for more details about this. You should always be careful with whom you choose to share your Genetic Information.

When you send data over the internet, it is not always 100% secure. When using MyTraits Sport, there is a risk of a security event. In such an event, someone could access any information we have from you. This could include your name, contact details or Genetic Information.

We may need to share details about you with regulators and law enforcement. These details may include your Genetic Information. We will only share these details if we are compelled by law to do so. When we are allowed to do so, we will let you know when we must share your information (Please see [intelliseq's Privacy Policy](#) for more details).

Limitations

MyTraits Sport looks at genetic markers that have primarily been studied mostly in Caucasian populations. As such, results for customers from other backgrounds may not be as accurate.

MyTraits Sport has some limitations. Your Genetic Information cannot tell you everything about yourself. Most traits are due to a mix of your DNA and other factors. These could include your lifestyle, your environment, or chance. All the genetic variants presented in MyTraits Sport have been confirmed in scientific studies on at least 1000 individuals.

Genetics is a field that is evolving quickly. Scientists are always discovering new details about how to interpret DNA data. They are also learning that some previous discoveries are not valid. MyTraits Sport is based on the current state of knowledge. As our knowledge improves, the insights MyTraits Sport gives you may change. MyTraits Sport may also be able to give you new insights based on the same Genetic Information.

Questions about the MyTraits Sport

You may have questions about MyTraits Sport, or your use of it. If you do, you may contact intelliseq's Customer Care at helpdesk@mytraits.com.