



KK Women's and  
Children's Hospital  
SingHealth

## HOW MUCH DO YOU REALLY KNOW ABOUT GUT HEALTH?

Build a strong foundation for your health by learning more  
about the state of your gut microbiome

Hello there! We are your microbiome friends!

- We live inside your gut and play a key role in supporting your well-being.
- If you want to make us happy, nourish us with healthy food, and in return we will do our best to support your health!



The first 1000 days of your child's life is important. The microbiome has a key role in shaping a healthy gut and strengthening immunity even from the start of your pregnancy.

The **OneBiome service** helps you determine if you carry these microbiome friends through a stool analysis. It will:

- Tell you about your microbiome composition
- Provide you with some healthy food tips to support/boost your microbiome friends.



We are looking for pregnant women for a user experience study,  
to investigate the relevance of the OneBiome Service



Participation criteria:

1. You are pregnant (third trimester, 28 weeks and above).
2. Able to access the OneBiome website via a smartphone or table device.
3. Understand English and will be asked to complete the user experience questionnaires that will be sent to you.
4. Make up to two visits to the hospital (KKH) within the study period of 8 weeks, which may include two microbiome assessments.

If you meet the above criteria and would like to find out more about this study, please contact us for more information.

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