Proactive Health
INTEGRATED PRS™
TYPE 2 DIABETES

Understanding Test Results

Incorporate the MyOme Integrated Polygenic Risk Score™ (iPRS™) Type 2 Diabetes (T2D) test into your patient's risk assessment for a personalized approach to T2D screening and risk reduction.

Combining Genetic and Clinical Insights for Precise T2D Risk Prediction

The iPRS T2D test calculates a patient's risk of developing T2D by combining two components: a cross-ancestry PRS that sums genetic variants associated with T2D and standard clinical risk factors.[1,2]

Genetic analysis considers

~1.3M

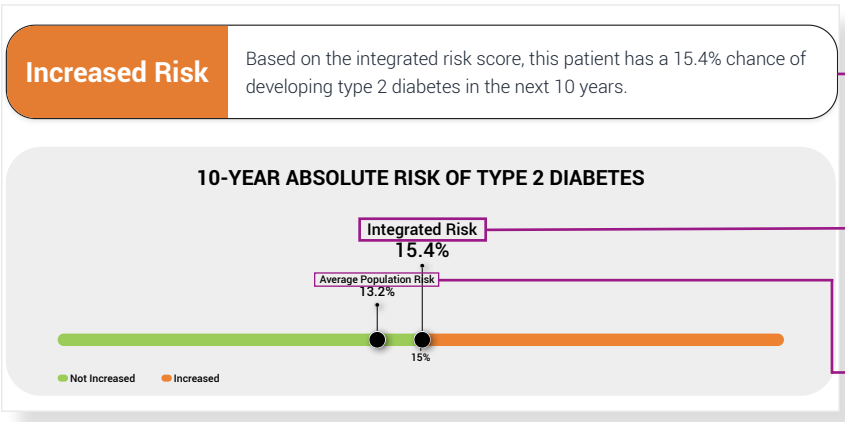
genetic markers linked to T2D risk

Clinical risk factor analysis includes:

- Age
- Sex
- Waist circumference
- Smoking status
- Blood pressure
- Family history of T2D
- Fasting glucose
- HDL-C
- Triglycerides

Test Result Overview

Your patient's T2D risk will be presented as a 10-year absolute risk by combining their PRS with their clinical risk, based on the non-genetic risk factors listed above.



RESULTS SUMMARY
10-year risk of developing T2D will be reported as increased risk (≥15%) or not at increased risk (<15%).

INTEGRATED RISK
The patient's personalized 10-year T2D risk based on the combination of genetic and clinical risk factors.

AVERAGE POPULATION RISK
Average 10-year T2D risk for someone in the general population of the same age and sex as the patient.

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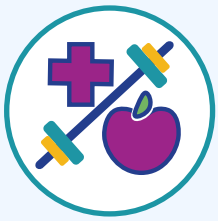
Implications for T2D Risk Reduction

Lifestyle Modifications



The American Diabetes Association (ADA) advises healthy habits like keeping a healthy weight, being active, eating a balanced diet, avoiding tobacco, and getting enough sleep to lower the risk of T2D.[3] Knowledge of a patient's personal T2D risk can help them follow these habits.[4]

Medications

The ADA recommends metformin for certain high-risk individuals. Other options may include weight-loss or cardiovascular-risk medications. Providers should tailor treatment to each patient's risk and clinical history.[3]

Further Screening

Individuals at increased risk should have regular glucose checks using fasting glucose, A1c, or oral glucose tolerance tests. Early detection can guide lifestyle interventions and inform preventive strategies.[3]

Support at Every Step of the Way

We are committed to supporting providers with a customizable, end-to-end solution that easily integrates with your workflow and resources to improve the patient and provider experience.

Online Provider Portal | Genetic Counseling | Clinical Consult Support

Make MyOme Proactive Health part of your clinical care.
Contact support@myome.com or visit our website to get started.

1 National Cancer Institute. NCI Dictionary of Genetics Terms, PRS. Web. Accessed 2025. **2** Ratman, D. et al. (2024, June). Utility of Polygenic Risk Scores for Prediction of Incident Type 2 Diabetes. Poster presented at: The European Human Genetics Conference; Berlin, Germany. **3** American Diabetes Association. Prevention or Delay of Diabetes and Associated Comorbidities: Standards of Care in Diabetes—2025. ***Diabetes Care*** (2025). doi: 10.2337/dc25-S003. **4** Grant R, Obrien K, et al [American Diabetes Association]. Personalized Genetic Risk Counseling to Motivate Diabetes Prevention. ***Diabetes Care*** (2012). doi:10.2337/dc12-0884.