

# Segterra (GoalGetter) Informed Consent

*Last modified September 12, 2017*

## Introduction

Thank you for your interest in GoalGetter. This informed consent gives you information to help you decide whether to use the GoalGetter service offered by Segterra, Inc. Please read this consent form carefully. Before you can use GoalGetter, you must agree to the terms in this GoalGetter Informed Consent.

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## GoalGetter genetic analysis

Segterra's product, GoalGetter, is a web-based service available on computers and mobile devices. Segterra receives your genetic data from our partner Helix after they sequence your DNA sample.

Based on your Genetic Information and your Personal Information, GoalGetter analyzes some of your genetic traits related to healthy aging, nutrition and performance. (The terms used in this document are defined in our Privacy Policy.) Using our analysis, GoalGetter recommends a goal and actions to help you to reach that goal. Your GoalGetter plan will be ready for you within 1 week after you purchase the GoalGetter product and Helix has completed your DNA analysis. You should know several things about GoalGetter.

- Only adults aged 18 and older may use the GoalGetter service.
- To use GoalGetter, you must create an account and answer a small number of questions about yourself.
- If Helix has not sequenced your DNA, Helix will mail you a kit so that you can provide saliva for sequencing.
- After sequencing, Helix will send GoalGetter your DNA data for a set of genes related to healthy aging, diet and fitness. This data is a very small part of your complete DNA data.
- GoalGetter analyzes your Genetic and Personal Information to produce your GoalGetter results.

- GoalGetter alerts you when your results are ready and you can view them online.
- The GoalGetter service does not provide any data on your ancestry.
- The GoalGetter service does not provide specific medical advice. It is not a genetic diagnosis of disease and it does not identify any medical conditions.

You have chosen to use the GoalGetter services. Your DNA will be sequenced from a saliva sample that you have provided or will provide to our partner, Helix. For specific privacy policies of Helix OpCo, LLC, please visit their website. The results of your GoalGetter genetic analysis will be available to you online in the GoalGetter service.

## What to expect from GoalGetter

Your GoalGetter plan will help you to choose and reach your goals. GoalGetter recommends the goal best suited for you based on your Genetic and Personal Information. You also get information about other goals and actions to help you attain them. You select one goal to work on at a time.

After you choose a goal, GoalGetter creates a plan with foods to eat, actions to take and foods to avoid to reach your goal. You do daily check-ins and get weekly feedback to help you stay on track. You will be able to choose to continue working a goal or to choose a new goal.

## Scientific background

GoalGetter scientists reviewed hundreds of peer-reviewed scientific studies about genes related to aging, diet and fitness. They identified more than 30 traits that small changes in your DNA may affect. GoalGetter analyzes more than 250 genetic markers to reveal your potential for single genetic traits, such as lactose intolerance. It also shows your potential for broad groups of traits, such as athletic power and endurance. Our scientists chose these genetic markers based on their associations with these traits. For each marker, they also looked at the strength and size of the studies. Another key factor was how much a person could affect a trait by changing exercise, diet and daily habits.

Segterra developed our genetic analysis and recommendations based on the best peer-reviewed scientific studies published at the time. However, GoalGetter does not include all the genes related to any one trait. Your GoalGetter plan also does not take into account how genetic changes may interact with each other, the environment, your daily habits, or other factors, such as the bacteria living in your gut. The science of genetics is fairly new, so it is likely that other genes affecting a trait will be found. Because of this, GoalGetter analysis and recommendations may change in the future based on new research.

## How it works

As part of creating your GoalGetter account, we will collect some Personal Information from you. The Personal Information will include contact details, biological sex and other data about you.

After our partner, Helix, sequences your DNA, GoalGetter uses your Genetic Information and your Personal Information to build your GoalGetter genetics report and Action Plan. These will be available online for you to follow.

If Helix has sequenced your DNA, then your GoalGetter analysis will be ready 1 week after your purchase. If Helix has not yet sequenced your DNA, your GoalGetter analysis will be available within 1 week after your sequencing is complete.

## Possible benefits

The purpose of your GoalGetter analysis is to reveal your genetic potential for certain well-studied traits related to healthy aging, nutrition and athletic performance. Knowing your potential can help you to set and attain your goals. For example, you may have the potential for lower Vitamin D, which is important for healthy bones and a strong immune system. As a result, you might look for ways to improve your vitamin D. You may also find that you have potential to do better at power-type exercises, such as weight lifting. You might then decide to add these exercises to your workout.

Be aware that although you may have a higher potential for a trait, you may not have that trait. For example, you might have higher potential to gain excess weight, but you may weigh a normal amount. Other factors such as your exercise, what you eat, where you live, and your lifestyle habits play important roles in determining whether your genetic potential is realized.

## Product limitations

Your GoalGetter genetic analysis is based on only a small portion of your genes related to fitness and wellbeing traits. Therefore, it may not be the full story of your genetic potential.

Your analysis may show that you have the potential for a certain trait, but in most cases does not guarantee that you will have that trait. Your lifestyle, environment, physical activity and diet, and many other factors can play major roles in whether you have or will develop a trait.

Not all genetic variants and their effects will apply to every person in every condition. Many research studies on genetics do not include all ethnic and racial groups and may include only one sex. For this reason, some of our analysis and recommendations may not apply to you.

## Possible risks

By having genetic analysis done, it is possible that you may find out information you do not expect or want to know. You may learn about possible conditions and problems that you were not aware of before you used GoalGetter. You may feel stress, anxiety, or discomfort if you learn things that you do not expect or want to know. Some questions and information collected in GoalGetter may make you feel uncomfortable. Before using GoalGetter, think carefully about the possible consequences of learning things you don't expect from this service.

In addition, you could have a disease or condition even though the genetic analysis provided by GoalGetter does not show this. The GoalGetter service does not provide specific medical advice. It is not a genetic diagnosis of disease, and it does not identify any medical conditions.

The Genetic Information Nondiscrimination Act of 2008 (GINA) says that you are not required to share your with your employer or your health insurance company. Other companies, such as life insurance, long-term care insurance, and disability insurance companies, may ask you to share your genetic information. Always be careful with whom you choose to share your genetic information.

If you do choose to share genetic data with your doctor or other health professional, those data may become part of your medical record. Other health professionals and health insurance companies may be able to access the genetic data in your health record.

There may also be other risks to participation that no one can foresee.

Recommendations given to you in GoalGetter as a result of the genetic analysis may or may not be beneficial to you. As with any change to your diet, exercise and daily habits, following GoalGetter recommendations may cause or worsen certain medical problems. You are following the GoalGetter Action Plan at your own risk. If at any time while you are using GoalGetter you feel unwell or ill you should seek medical help immediately and stop following the GoalGetter plan.

Following the GoalGetter plan may or may not benefit your nutrition, aging or fitness.

## No medical advice

The information provided by GoalGetter is for improving your wellness and athletic performance only. It is not intended to provide medical advice, diagnosis, or treatment. You should seek the advice of a doctor or other qualified health provider if you have questions regarding any medical or psychiatric condition. You should also seek medical advice if you are having any symptoms of or believe you may have any medical or psychiatric condition, regardless of any information in GoalGetter. You should not ignore professional medical advice or delay in seeking it because of GoalGetter analysis or recommendations. Furthermore, you should not interpret your GoalGetter recommendations or any other communications from Segterra as recommending any specific treatment plan, product or course of action. You should always consult your doctor or other qualified health provider before starting any new treatment or stopping any treatment that has been prescribed for you by your doctor or other qualified health provider.

GoalGetter does not provide allergy testing and no GoalGetter analysis should be interpreted as allergy testing.

PLEASE CALL YOUR DOCTOR OR 911 IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL OR PSYCHIATRIC EMERGENCY.

## Closing or correcting your account

Your use of the GoalGetter service is voluntary. It is your choice whether to participate or not. You may cancel the service at any time. If for any reason you believe that your use is anything but voluntary, please stop all use of the service.

If you no longer wish to use GoalGetter, you may close your account by sending a request to Customer Support at [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com). When closing an account, we remove all Genetic Information within your account within thirty (30) days of receiving your request. However, Genetic Information or Personal Information that you have previously provided will not be removed from ongoing or completed internal R&D or business activities that use the information (as de-identified statistical information). Similarly, if in future you have separately agreed to the Research Consent document, any Genetic Information that you have previously given consent to use will not be removed from ongoing or completed studies. If you wish to have your data removed from our partner, Helix OpCo, LLC, you must contact them separately. In addition, we keep limited information related to your order history (e.g., name, contact, and transaction data) for accounting and compliance purposes.

If your Personal Information changes, you may correct or update it on your Profile page. You may also correct or reset Personal Information entered into a survey, form or feature by emailing a request to customer support at [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com) and including the name of the specific survey, form, or feature.

## How to contact GoalGetter

If you have any questions or complaints, you may contact us at [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com) at any time.

## Consent

To use the GoalGetter services, you consent and agree to the following:

1. You are an adult at least 18 years of age. Children may not use GoalGetter services.
2. To use any of the products, you must let Helix share portions of your genetic information with GoalGetter. Helix will only share the portions that GoalGetter needs to give you insights.
3. You allow Segterra to retain your data as part of our secure research database to enable us or contracted third party researchers to undertake R&D projects to improve our services. If any commercial product is developed as a result of the use of your data, you understand there will be no financial benefit to you.
4. You may opt out of participation in R&D by emailing [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com)
5. From time to time we may wish to send you details about new services, discounts, events and referral plans. We may also send you advertising through third party sites including social media. Marketing and advertising may come from user registration, point of sale or from observation of web behavior. You may opt out of direct marketing and advertising by emailing [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com)
6. Before consenting to GoalGetter, you may wish to talk to a genetic counselor to help you decide if it is right for you. A genetic counselor can also help you understand your results. You may also wish to speak with a healthcare professional about your results.
7. You have the right to withdraw your consent at any time.
8. You agree to: (a) notify GoalGetter right away of any use of your password or account that has not been authorized; and (b) exit from your account after each session.
9. During inbound and outbound contact, we will follow procedures to ensure we are speaking with the right person.
10. You may send any queries, feedback or complaints to [goalgetter@insidetracker.com](mailto:goalgetter@insidetracker.com)
11. You have read, understood and agree to this informed Consent Document, the GoalGetter Privacy Policy and Terms of Service.