

SAMPLE REPORT – ILLUSTRATIVE RESULTS

Post COVID DNA Wellness Report

Understanding your DNA through
post COVID wellness research

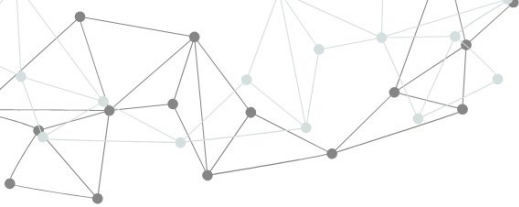


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About this sample report

This shortened sample version of the Post COVID DNA Wellness Report shows how results may be presented in your report. All results, percentiles, genes and other personal findings shown here are fictional and provided for illustration only. They do not relate to a real person and should not be interpreted as medical or genetic information.

Your report will be personalized using the genetic data generated from your cheek-swab sample. Its findings and the genes contributing to them will differ from those shown here.

Disclaimer

This report provides research-based information about genetic patterns linked to biological mechanisms identified in long COVID research.

The results compare your genetic patterns with those observed in research populations of people known to have long COVID or post COVID conditions. This comparison is provided for biological context and is intended for educational and informational purposes only.

This report does not diagnose long COVID or any other condition and should not be used to determine treatment or any provision of medical care or healthcare. It does not recommend, provide advice or instruction, including but not limited to, specific lifestyle, diet, medicines, or supplement changes.

About your report

This post COVID DNA wellness report is for people interested in understanding their DNA in the context of post COVID research.

It explains how patterns in your DNA relate to six biological mechanisms that have been identified in published long COVID research studies. Your results are intended to help you understand your own genetic patterns and the biological processes they may be associated with.

What your results show

Your report summarizes the genetic patterns identified in your DNA across **six key biological mechanisms** studied in long COVID research.

The results indicate whether your DNA contains relatively more or fewer of these genetic patterns compared with those observed in people known to have long COVID from PrecisionLife's research studies [\[R, R\]](#).

Why a DNA wellness report?

Even when people experience the same infection, their bodies can respond in different ways. DNA is one factor that may influence how biological systems such as immune regulation, energy production, inflammation, circulation, and metabolism function.

Post COVID conditions such as long COVID are complex and have been associated in research with many different biological pathways and reported experiences.

Understanding your DNA in this research context may help you learn more about your general biological profile and support more informed conversations about your wellbeing.



How your results are presented

Your results are grouped into six mechanisms that PrecisionLife's published research has found to be strongly associated with long COVID [\[R\]](#), [\[R\]](#).

Each mechanism represents a set of related genes and biological functions. For each mechanism, the report shows how frequently related genetic patterns appear in your DNA compared with patterns observed in research populations.

These are:

1. Immune Regulation
2. Cellular Energy Production
3. Cognitive Function
4. Heart and Blood Vessel Function
5. Inflammation and Autoimmunity
6. Glucose Processing and Insulin Response

Each mechanism described in this report is known to be associated with patient symptoms across a range of diseases. Where the scientific and clinical evidence for a link between mechanism, symptom, and potential intervention is strong enough it is reported in the accompanying **Post COVID Wellness Guide** with links to several key research papers to enable you to read about the topic.

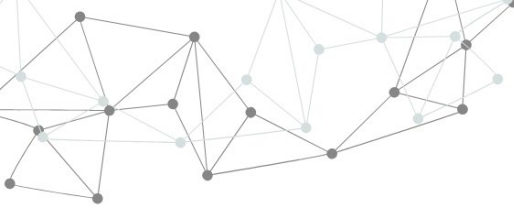
This gives you a clearer starting point for making informed lifestyle changes and having more focused conversations about your health.



Tooltip

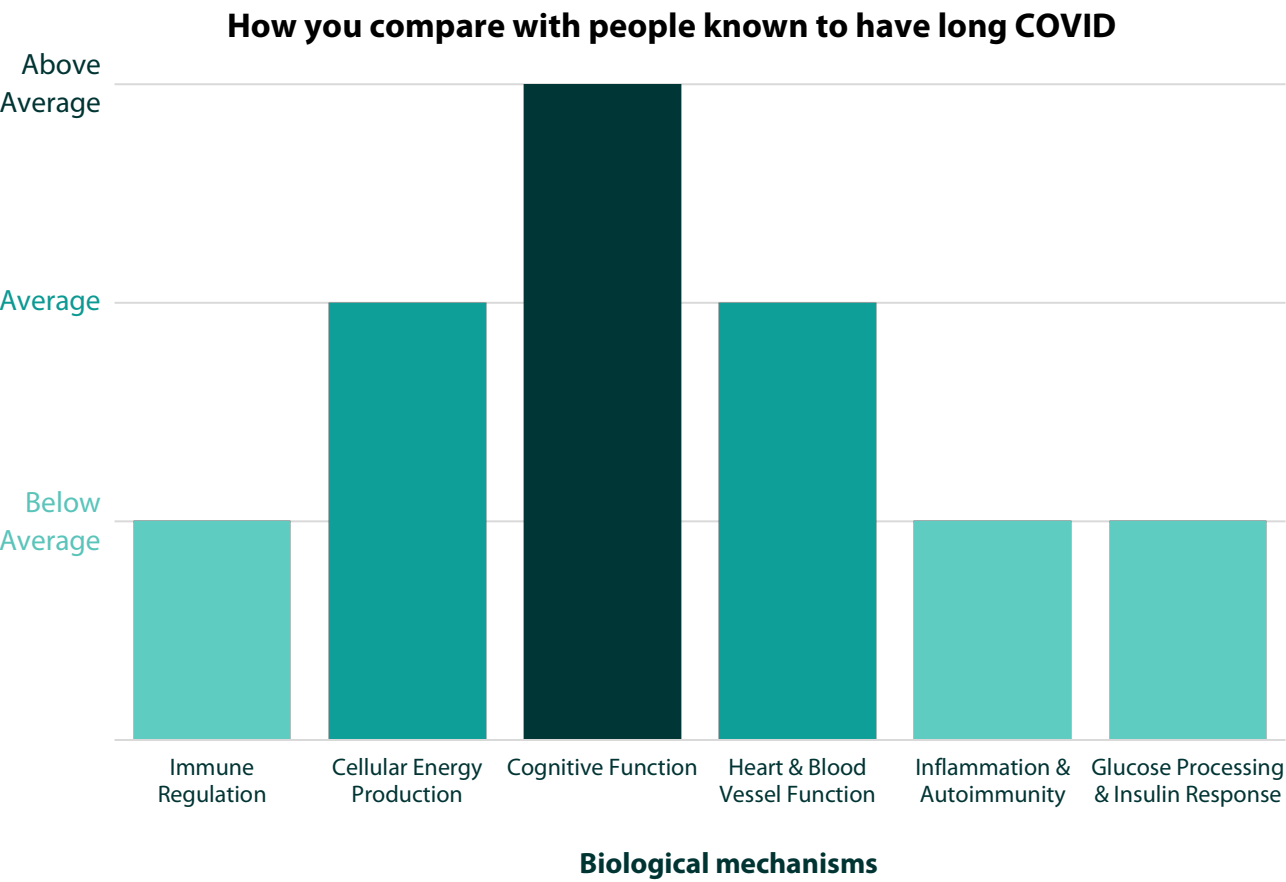
[\[R\]](#) = Reference

Click on an [\[R\]](#) to open the original source. Our references link to peer-reviewed research and care guidelines.



Overview of illustrative results

These results show how genetic patterns in your DNA compare with those observed in people known to have long COVID across six biological mechanisms identified in PrecisionLife’s research studies [\[R, R\]](#).



What these results mean

Above Average	You have more genetic patterns linked to this biological mechanism than most people known to have long COVID in PrecisionLife’s research studies [R, R] .
Average	You have a similar number of genetic patterns linked to this biological mechanism as people known to have long COVID in PrecisionLife’s research studies [R, R] .
Below Average	You have fewer genetic patterns linked to this biological mechanism than most people known to have long COVID in PrecisionLife’s research studies [R, R] .

Illustrative key findings

Average or Above Average results

Mechanisms for which you have an **Average** or **Above Average** number of genetic patterns in your results (relative to people known to have long COVID) may be most important to you and are listed below:

- Cognitive function
- Cellular energy production
- Heart and blood vessel function

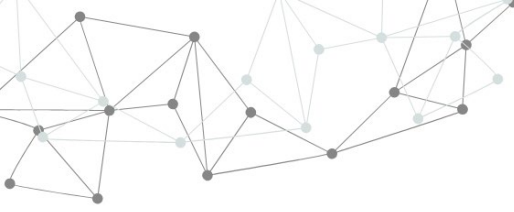
An **Average** or **Above Average** result does not mean that you have, will develop, or are more likely to experience any condition or symptom but it does suggest these biological mechanisms are most relevant to understanding your DNA profile, post COVID experience, and strategies to support your wellness.

Long COVID is complex and involves different mechanisms and systems working together. We're still discovering new genetic associations and more will be known about the disease as more data become available and research progresses.

Find out more

Detailed results for each mechanism are provided in the **next section** of this report.

Full explanations for each mechanism, known symptoms, and potential interventions can be found in your **Post COVID Wellness Guide**, which accompanied this report.



Your results in detail

Biological mechanisms

Immune Regulation.....8

Cognitive Function 10

Cellular Energy Production.....Not in sample report

Heart and Blood Vessel FunctionNot in sample report

Inflammation and Autoimmunity.....Not in sample report

Glucose Processing and Insulin Response.....Not in sample report



Tooltip

Get the most out of your report

Information about how to use your report and how to interpret the gene associations listed in your results can be found in the *How to use this report* section, which you can jump to here:

How to use this report

Mechanism:

Immune Regulation

Genetic patterns related to innate immunity

How your immune system responds to challenges and maintains its balance.



Results



Below Average



Genetic patterns linked to **immune regulation** appear **below average** in your DNA relative to people known to have long COVID in PrecisionLife's studies [\[R, R\]](#).

The number of genetic patterns found in your DNA linked to **immune regulation** is higher than or equal to **15%** of people known to have long COVID and lower than **85%**.

Your gene associations

We find common variants in the following genes that have been linked to long COVID and this mechanism:

Gene	Link to long COVID	Gene	Link to long COVID	Gene	Link to long COVID
ABCC5	[R]	EDN1	[R]	ENR3	[R]
ADAM12	[R]	EVH1	[R]	SCN2B	[R]
ANTXR1	[R]	F13A1	[R]	SCUBE1	[R]
APCD01	[R]	KCNMA1	[R]	SDC2	[R]
CACNA2D3	[R]	KIF24B	[R]	SRA1L2	[R]
CETP	[R]	LMAN1L	[R]	SLC12A1	[R]
CLCN6	[R]	MIR1	[R]	SORS	[R]

Your results are based on **500** genetic patterns [associated with this mechanism](#).

Mechanism:

Immune Regulation

Associated symptoms

Symptoms reported in post COVID research in relation to this biological mechanism [\[R\]](#) include:

- Brain fog
- Chest pain
- Fatigue
- Heart palpitations
- Low exercise tolerance
- Orthostatic intolerance
- Post-exertional malaise
- Sleep disturbance



For more information see your Post COVID Wellness Guide

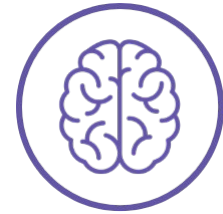
Full explanations of each biological mechanism, associated symptoms, and potential interventions can be found in your Post COVID Wellness Guide.

Mechanism:

Cognitive Function

Genetic patterns related to cognitive dysfunction

Biological processes related to brain performance and neural function.



Results

**Above Average**

Genetic patterns linked to **cognitive function** appear **above average** in your DNA relative to people known to have long COVID in PrecisionLife's studies [\[R, R\]](#).

The number of genetic patterns found in your DNA linked to **cognitive function** is higher than or equal to **90%** of people known to have long COVID and lower than **10%**.

Your gene associations

We find common variants in the following genes that have been linked to long COVID and this mechanism:

Gene	Link to long COVID	Gene	Link to long COVID	Gene	Link to long COVID
ABCC5	[R]	EDN1	[R]	AVR3	[R]
ADAM12	[R]	EYA1	[R]	SCN2B	[R]
ANTXR1	[R]	F13A1	[R]	SCUBE1	[R]
APCD1	[R]	KCNMA1	[R]	SDC2	[R]
CACNA2D3	[R]	KIF24B	[R]	SRA1L2	[R]
CETP	[R]	LMAN1L	[R]	SLC12A1	[R]
CLCN6	[R]	MIR1	[R]	SNR3	[R]

Your results are based on **712** genetic patterns [associated with this mechanism](#).

Mechanism:

Cognitive Function

Associated symptoms

Symptoms reported in post COVID research in relation to this biological mechanism [\[R\]](#) include:

- Brain fog



For more information see your Post COVID Wellness Guide

Full explanations of each biological mechanism, associated symptoms, and potential interventions can be found in your Post COVID Wellness Guide.

How to use this report

This report is designed for general wellness insight and educational awareness.

Here are four ways that you may find it helpful to use your report.

Understand your DNA profile and how it relates to your general wellbeing

Long COVID is still being studied, and there is currently no test that diagnoses the condition. Many people are told their blood tests or scans look “normal,” even though they continue to feel unwell.

This report can offer biological context by comparing patterns in your DNA with patterns found in people known to have long COVID in PrecisionLife’s research studies [\[R\]](#) [\[R\]](#).

Support conversations about your health

This report provides research-based information and context to support more focused and productive conversations about your health.

It can help guide discussions about:

- Symptom patterns
- Lifestyle changes and management strategies
- Testing for related issues
- Seeking the most appropriate help and support

Support your day-to-day wellbeing

The Post COVID Wellness Guide that accompanies this report includes general wellbeing information based on peer-reviewed research and published clinical guidance.

This guidance includes:

- Energy pacing strategies
- Brain health exercises
- Environment adjustments
- Nutritional considerations
- Warning signs that may require medical attention

Be at the forefront of research

Research into post COVID conditions continues to develop rapidly.

This report can serve as a useful reference as new scientific evidence becomes available, helping you:

- Follow developments in post COVID research
- Learn about new discoveries relating to your genetic profile
- Explore future research opportunities relevant to your results

How to interpret your gene associations

In this report we compare genetic differences (also known as variants) found in your DNA, with genetic differences previously shown to be associated with long COVID in PrecisionLife's published research studies [\[R, R\]](#).

However, just because a gene or genetic variant is linked to one disease doesn't mean it automatically raises your risk for another condition that also involves that gene.

When scientists say a gene is "associated" with a disease, they're usually describing a pattern where a gene has been shown to appear significantly more often in patients with that disease than in healthy people. This may or may not be a direct cause of that disease. Further research is always needed to confirm this.

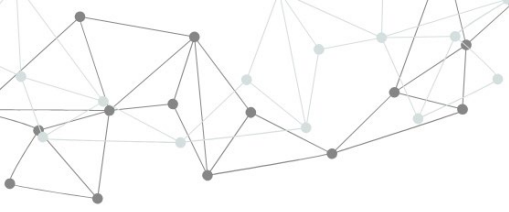
Different variants of the same gene can affect the body in very different ways, so a change that influences one condition might have no impact on another.

Most diseases develop through a mix of genetics, environment, lifestyle, and chance. Even if two diseases involve the same gene, the biology behind their effects can be completely different. That means having a variant tied to one disease doesn't automatically increase your risk for the other.

Genetics is a complex and constantly developing field of science. Online searches of gene names can easily lead to confusion, because many websites list every disease ever connected to a gene without explaining how weak, infrequent, or uncertain those links may be. This can make a harmless variant seem far more serious than it is.

It's always best to talk with a healthcare professional about your health. They can help you understand your specific situation and guide you with accurate, personalized information.



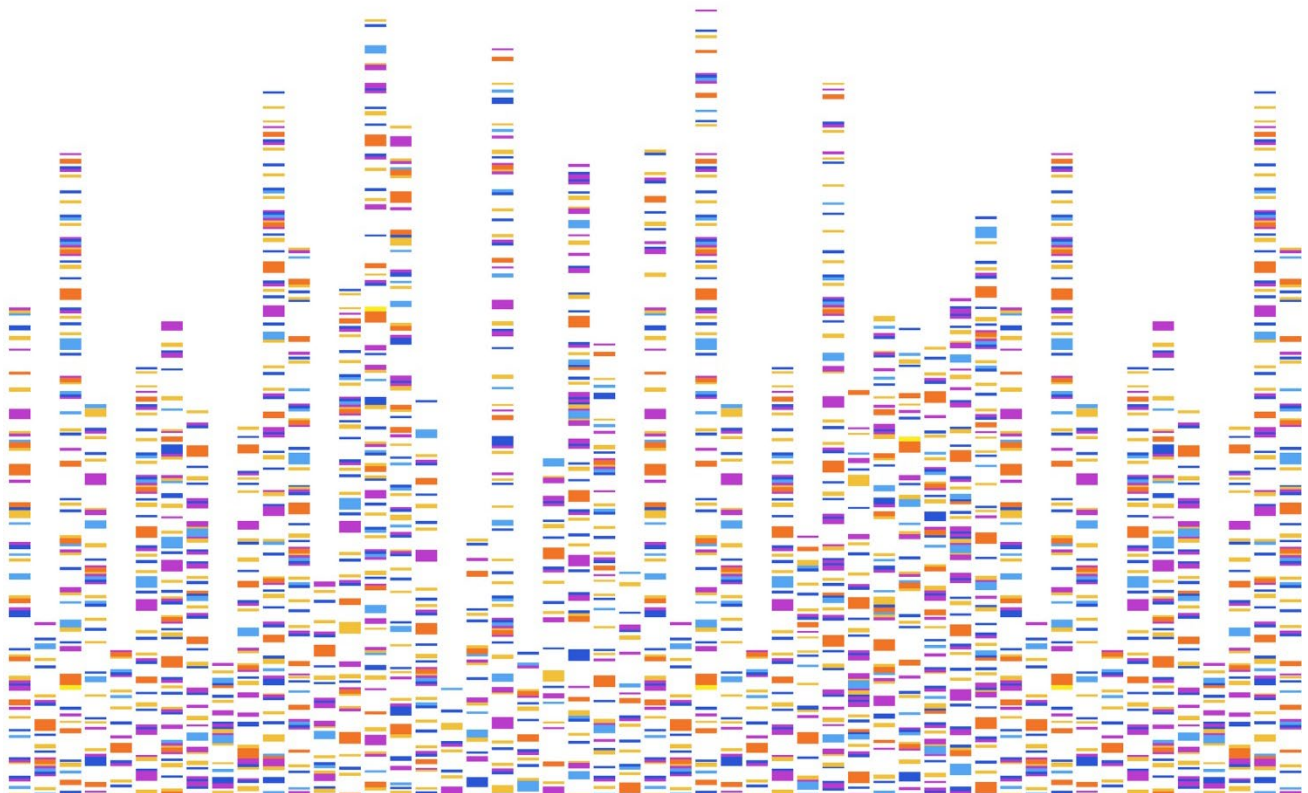


How your DNA was analyzed

Your DNA was analyzed using low pass whole genome sequencing.

This method looks at millions of small variations across many genes.

We use the data from this analysis to compare your genetic patterns with those found in people with long COVID in PrecisionLife's research studies [\[R\]](#), [\[R\]](#).



About PrecisionLife

PrecisionLife is a precision medicine company dedicated to improving scientific understanding of complex chronic diseases through genetic and biological research.

We specialize in understanding how groups of genes work together across mechanisms to influence health. This approach reflects the reality of conditions like long COVID, which are complex and can affect people in different ways.

We have collaborations with over 60 leading national, academic, clinical, and scientific research centers and studies around the world. Our results are published in peer-reviewed scientific journals, are open access so that anyone can view them in full, and contribute to global research efforts in many important disease areas.

You can read more about the PrecisionLife research studies that your results are based on, and the discoveries we've made to advance the field of long COVID, ME/CFS, and related diseases, in the scientific papers that are linked below.

- [Genetic risk factors for ME/CFS identified using combinatorial analysis \(2022\)](#)
- [Genetic risk factors for long COVID and commonalities with ME/CFS \(2023\)](#)
- [Actively protective combinatorial analysis \(2025\)](#)
- [Reproducibility of genetic risk factors for long COVID across US & UK patient cohorts \(2025\)](#)
- [Reproducibility of genetic risk factors for ME/CFS in the DecodeME patient cohort and commonalities with long COVID \(2026\)](#)

Further details can be found at precisionlife.com/longcovid.

Please note

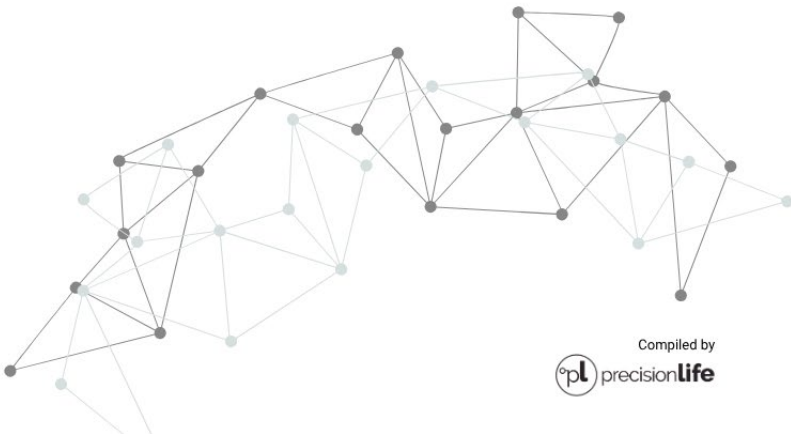
PrecisionLife cannot offer any advice on individual health situations. For support and help please refer to the organizations and guides referenced in the Useful Resources section of the accompanying Post COVID Wellness Guide.

Your Post COVID Wellness Guide

This report provides personalized insight into your DNA and the biological mechanisms identified in post COVID research.

To learn more about these mechanisms, common post COVID symptoms reported in research, lifestyle approaches, supplements, and additional resources, please refer to the accompanying **Post COVID Wellness Guide**.

The wellness guide provides general educational information and should be read alongside your DNA Wellness Report.



Post COVID Wellness Guide

An educational guide to help manage
your wellbeing with greater confidence

Compiled by
 precisionlife



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