

IBM launching personalized health app based on users' DNA

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

The impact of our individual genetics on our health can make it difficult to prescribe a one-size-fits-all diet and exercises plan for all people. Digital health trackers are helping, but sometimes they struggle to tell the whole story.

To better bring genetics into conversations about personal health, Pathway Genomics and IBM Watson recently announced the Pathway Genomics OME app the CES 2016 Digital Health Summit in Las Vegas.

The app combines Watson's cognitive computing capabilities with precision medicine and genetics information to give users a more personal, in-depth look at their health.

The OME app is in an early alpha release, making use of data from the company's "Fit" test, which is a report that takes a look at the user's individual genetic traits, current health habits, data from health wearables and GPS, as well as information from the user's Apple HealthKit account.

As the app helps build out a diet plan for users, it takes a look at the genetic variants that determine how the user burns fat, or how quickly he or she will feel full after eating. The app also relies on this information when making restaurant recommendations.

Still, this begs the question of just how Pathway Genomics and IBM will get your DNA in the first place. According to [official press release](#), users will send in their saliva through the mail, and tests conducted on the samples look at 75 genes that affect the body's response to exercise, diet, fats, and sugars.

Read full, original post: [IBM Watson ups the ante on digital wellness with gene-based health app](#)