

## Here's what you get from 3 very different at-home genetic tests

For health testing, I sent spit samples to [23andMe](#), [Genos](#) and [Veritas Genetics](#), three companies that represent the various levels of DNA testing available to consumers.

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For \$199, 23andMe examines about 690,000 predetermined SNPs. That may sound like a lot, but it's only 0.01 percent of the 6 billion DNA letters in the human genome. It's the genetic equivalent of spot-checking a few letters in each chapter of War and Peace and trying to decipher the plot.

### Pros

- Explains results well

### Cons

- Examines a limited set of variants

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Genos offers broader testing, for \$499. It reads, or "sequences," every letter in a person's protein-producing genes. By deciphering this Cliffs Notes version of the genome, called the exome, Genos can theoretically find genetic changes that are unique to an individual, though the significance of these finds for health isn't always clear.

### Pros

- Provides the most raw information

### Cons

- Provides little to no interpretation of findings

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Veritas charged \$999 to read nearly every letter in my genome, including portions in between genes that regulate gene activity and parts containing noncoding RNAs, which do a variety of cellular jobs. Those sections between genes are proving to be lush territory for discovering health risks.

### Pros

- Offers the most health information
- Can find variants linked to gene regulation

## Cons

- Reports only the findings that the company considers medically relevant

**Read full, original post:** [What genetic tests from 23andMe, Veritas and Genos really told me about my health](#)