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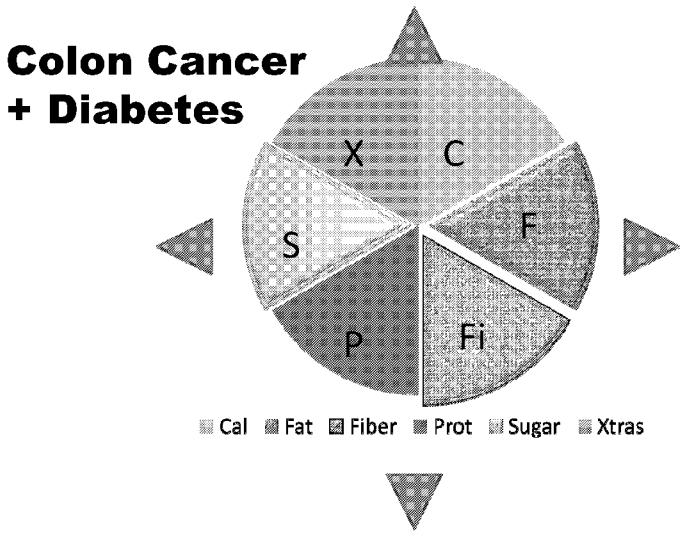
(54) **Title**: METHODS AND SYSTEMS FOR PERSONALIZED ACTION PLANS

FIGURE 4A



(57) **Abstract**: The present disclosure provides methods and systems for personal action plans based on an individual's genomic profile. Methods include assessing the association between an individual's genotype and at least one disease or condition and providing rating systems for an individual's action plan. Incentives to motivate and encourage people to improve their health and well-being are also disclosed herein.

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