

HEALTH INSIGHTS AT HOME

Biowellness kits and wearables claim to help you hack your health—without ever seeing a doc.



LEVELS: BEST FOR OPTIMIZING DIET

Glucose—which comes from carbs—is your body’s fastest, most accessible form of fuel. Head into a workout without enough in your system and you’re likely to bonk. This biowearable uses a small sensor (stuck on your upper arm) to monitor blood sugar levels 24/7 for two weeks at a time. Manually log workouts and meals via its app, and you’ll see live feedback as to how those impact your glucose so you can tweak habits to feel and perform your best. **\$399 for one month; [levelshealth.com](https://www.levelshealth.com)**

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INSIDE TRACKER: BEST FOR FITNESS AND PERFORMANCE INSIGHTS

This blood test (go to a lab or have a technician come to your home) analyzes up to 43 biomarkers involved with energy, metabolism, strength and endurance. Tack on the DNA test to see how 261 genetic markers influence your athletic potential. From there, the app flags problem areas and delivers custom interventions—“have one serving of probiotics each day” or “aim for three 20-minute HIIT workouts per week”—that can help you level up. **From \$179; [insidetracker.com](https://www.insidetracker.com)**

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EVERLYWELL: BEST FOR TESTOSTERONE

The right amount of testosterone coursing through you can mean the difference between feeling like a stallion versus a mopey zoo lion. High or low T can lead to symptoms like fatigue, depression and decreased muscle mass because it influences metabolism, sex drive, muscle production and fat loss. Spit in a tube, mail your sample to the certified lab, and an independent, board-certified physician in your state will weigh in on whether your level is normal. If it’s not, see your own doc about next steps. **\$49; [everlywell.com](https://www.everlywell.com)**

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ROOTINE: BEST FOR NUTRIENT DEFICIENCY

Fill out a 10-minute online quiz about your health and fitness habits, then take an at-home DNA or blood test (or upload data from [ancestry.com](https://www.ancestry.com) or 23andMe). Rootine’s medical-grade genetics lab will analyze 52 genetic markers that have been shown in studies to impact how your body processes nutrients. Based on your genetic needs, the company will whip up a custom micronutrient formula with up to 18 vitamins and minerals. Just remember, supplements shouldn’t be used in place of healthy eating. **\$69 for one month; [rootine.co](https://www.rootine.co)**

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