TRIFECTA HEALTH

Genomic Atlas Coach Guide

Everything the web app does — reading a client's DNA, generating their report, closing the loop back into a personalized hand-out, and building their formula — in one place, for coaches.

Precision (P1–P8) & Prestige (P9–P13) · 94 genes · 125 variants

v21 · with *The Longevity Trifecta* built in

Prepared by Bryce Wylde · Atlas v21 · build 2026-08-17 · For licensed Trifecta Health coaches

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Tap any line to jump to that section. Each section also has an **Open the Atlas** link that launches the app.

1 What the Atlas is (and isn't)

Open the Atlas ↗

The Genomic Atlas is a **prep station and a finishing station**. It takes a client's raw DNA report and intake form and turns them into organized, ready-to-use material — a scored genotype map, a one-click bundle that generates the full pillar report, an executive-function read, and a complete supplement order. Then it **closes the loop**: you bring the finished report back into the app, and it produces a personalized client hand-out that speaks in that report's own voice.

It's built on the Trifecta **Precision (P1–P8)** and **Prestige (P9–P13)** model — 94 on-panel genes across 125 variants — and it carries the program's full teaching voice: the pillar analogies, the official ingredient library, and passages from *The Longevity Trifecta* woven through every gene panel.

WHAT IT DOES FOR YOU

- Reads the client's DNA and fills in a colour-coded genotype table automatically.
- Reads the intake and screens medications for interaction cautions.
- Builds a self-contained **Run-Ready Bundle** — paste into a plain Claude chat, press enter, get the full report. No project, no setup.
- Accepts the **finished report back** (Word doc or paste) to personalize the client's printed summary.
- Builds the **supplement order** itself, with the exact AM/PM formula (no Claude needed).
- Prints a two-page client hand-out — findings in plain language plus **"Your Ingredients, Explained."**
- Saves a whole client to **one file on your computer** so you can reopen exactly where you left off.

What it isn't: it doesn't write the narrative report by itself, and it isn't a diagnostic tool. It prepares and finishes the material; Claude writes the prose in the middle, and you apply clinical judgment to anything it flags. Treat it as a strong, well-organized assistant — not the final word.

2 Getting in — access & privacy

Open the Atlas ↗

The Atlas lives on a private, password-protected page. Open the link Bryce shared with you and enter the team password — you'll stay signed in on that browser for about ten days. That's the only address you need; bookmark it. Updates appear automatically: the same link always serves the latest version, and the footer of the app shows the build stamp (currently **v21**) so you can confirm.

Your access link: wyldeonhealth.com/th-app

Use the shared password from Bryce. Works on desktop and phone — the layout adapts, and the tab bar scrolls sideways with a swipe.

Your clients' data never leaves the browser. The Atlas reads DNA files, intakes, and the finished report right on your device — nothing is uploaded to a server and nothing is stored between sessions unless you deliberately save a client file to your own computer. Saved client files (`.thc.json`) live only on your machine.

One clinical note while this is early: for now, avoid pasting a client's *fully identified* details (full name + date of birth) into a personal Claude account. Bryce will confirm the compliant way to run the report step shortly.

3 The whole workflow in six steps

Open the Atlas ↗

The step bar across the top of the app mirrors this. Follow it left to right.

1. **Load the DNA.** On **My Genotypes**, click the big button and choose the client's DNALabs "Love My Health Pro" PDF (Word, text and CSV work too). The genotype table fills in automatically.

2. **Add the intake.** On **Trifecta Health Report**, upload the client's intake form (Word or Excel). It auto-fills goals, symptoms, meds and labs, sets the client's sex, and runs the safety check.

3. **Set the tier** — **Prestige** (13 pillars) or **Precision** (8 pillars) — then click ⧉ **Copy Run-Ready Bundle** (the button sits right beside the intake upload). Paste into a new chat at claude.ai and press enter. That's the full report.

4. **Bring the report back.** On **Client Summary**, upload the finished report (Word doc) or paste its text into the **"Personalize this sheet"** panel. Each pillar card swaps its generic line for the report's own personalized narrative.

5. **Print the hand-out.** Still on Client Summary: **Print / Save as PDF** gives the client their two-page sheet — findings, formula, next steps, and "Your Ingredients, Explained."

6. **Build the formula & save the client. PN Order** has the exact AM/PM order with copy buttons (no Claude needed). Then on My Genotypes, **Save client file** stores the whole session — genotypes, intake, report and all — on your computer for next time.

4 Every tab, explained

Open the Atlas ↗

The tabs run left to right across the top; the bar stays pinned while you scroll. Here's what each one is for.

All genes **The full panel**

Every one of the 94 genes as a card, colour-dotted by pathway system. Click any card to open its detail panel, which now reads top-down in consult order: **pillar → the client's variants & genotype → what it does → if variant → ingredient protocol → your clinical library → 📖 From the Book**. Use the **search bar** to jump to a gene, an rsID, or a pathway (e.g. `MTHFR`, `rs4680`, `estrogen`).

Methylation Hormones Detox Executive

Four focused views that filter the panel down to a single pathway system — each now opens with that system's best passages from the book, so you can frame the conversation before diving into genes.

Crystal Ball **Executive-function read**

The uncanny personality read that opens a consult. It builds a structured scaffold and a copy-ready bundle for Claude — now enriched with the book's mind, stress & fulfillment material, which also flows into the bundle.

TH Pillars **How genes become a formula**

Shows how each flagged gene routes into the 14 PN buckets. Three panels live here:

- **Cross-pillar synergies & flags** — where flagged genes converge across pillars, and which safety gates fire (e.g. the F5 → vitamin K2 gate).
- **Teaching analogies** — the client-facing metaphor for each flagged pillar (the Frying Pan, the Bucket, the Relay Race…).
- **Book passages per pillar** — matched content from *The Longevity Trifecta* on each pillar card.

My Genotypes **Start here**

One big button loads the client's DNA (DNALabs PDF, or any Word / text / CSV export); the genotype table fills automatically, colour-coded green / amber / red. Also here:

- **Save client file / Open client file** — the whole session (genotypes, intake, tier, sex, and the pasted-back report) as one file on your computer.
- Paste raw data by hand, or load other formats, from the expandable panel below.

Trifecta Health Report

The heart of it

Upload the intake, set the tier, and copy the **Run-Ready Bundle** — the copy button now sits right at the top beside the intake upload (and again lower down; both do the same thing). The tab also shows the pillar scaffold, the Safety Review, cross-pillar synergies, analogies, and 📖 **Learnings from the Book** matched to this client. The editable "master prompt" box is just the instructions; the **button** assembles the complete, current package — always use the button rather than copying from the preview.

Client Summary

The hand-out — now personalized

Two sheets with a toggle: a plain-language **client-facing** summary and a **coach quick-reference**. The client sheet has two superpowers:

- ✨ **Personalize with the finished report** — upload the Word doc Claude produced (or paste the text) and each "What your genes told us" card speaks in the report's own personalized voice, with book lines woven in.
- **Your Ingredients, Explained** — a second printed page describing every ingredient *actually in this client's formula*, in the official Trifecta voice ("What It Does For You" + "Sourced From").

PN Order

The supplement side

Built entirely in the app — no Claude. Qualified pillars, the exact AM/PM formula with doses, copy buttons in the format the PN system expects, book passages on the formula's own ingredients, and a **"New ingredients — coach reference"** panel covering items coming to formulas soon (Cordyceps, Beet Root, Magnesium, Glucosamine and more).

5 The outputs — and the loop back

Open the Atlas ↗

Once the DNA and intake are loaded, everything is one button.

⧉ Copy Run-Ready Bundle

The full pillar report. The bundle contains the reporting pipeline, the client's scored genotypes, cross-pillar connections, teaching analogies, matched book learnings, and their intake — paste into a new Claude chat, press enter, done. No project or setup.

↩ Bring the finished report back

The new closing move. On Client Summary, upload the finished Word doc (or paste the text). The app lifts each pillar's narrative and personalizes the client's printed sheet with it — the exact words their report uses, at hand-out length.

Copy Crystal Ball Bundle

The executive-function / personality read for opening a consult. Same idea — paste into Claude and let it run.

PN Order

The supplement formula — activated buckets, exact AM/PM doses, copy buttons for the PN ordering system. No Claude at all.

🖨 Print Client Summary

The two-page hand-out: personalized findings, the formula, next steps, and "Your Ingredients, Explained." (The coach quick-reference prints from the same tab.)

Self-contained, start to finish. No special Claude project is ever needed — everything Claude requires is inside the bundle, and everything the client sees comes back through the app. If you can send a message, you can run the whole loop.

6 📖 From the Book

Open the Atlas ↗

The Atlas carries 170+ verbatim passages from *The Longevity Trifecta* (Kielburger, Cook & Kielburger), and they appear **in context, matched to the client** — not as a static library.

- **On every gene panel** — all 94 genes carry book content: a one-line takeaway you can read at a glance, expanding to the full passage with its page number. Each entry is labeled with *why* it's there: "names this gene," "on 5-MTHF — in this gene's protocol," "related — Methylation & One-Carbon," or its pillar.
- **Matched to the client** — the Report tab's "Learnings from the Book" panel, the PN Order's ingredient passages, and the report bundle all filter to *this client's* flagged genes, activated pillars, and actual formula. Two clients see genuinely different book content.
- **In the reports** — client-safe passages ride into the Run-Ready and Crystal Ball bundles with instructions to weave them in, and the client summary quotes the book on each flagged pillar.

> **The guardrail:** book passages are voice and philosophy — they never change a gene call, a colour, or a dose. A handful of passages that mention prescription drugs are tagged **coach-only** and never reach client materials.

Fun fact for your consults: the book tells 9p21 with the same frying-pan analogy (Teflon / stainless steel / cast iron) as the coaching Playbook — book and program speak with one voice.

7 Safety Review

Open the Atlas ↗

The moment you load the intake, the Atlas screens it and surfaces a **Safety Review** panel on the Report and PN Order tabs. It flags:

- **Drug × ingredient** and **drug × supplement** interactions between the client's medications and the recommended or current products.
- **Pharmacogenomic** flags — where a gene affects how a drug behaves (e.g. a statin transporter variant).
- **Medication × lab** depletions, and **out-of-range labs** from the intake.

Each flag links out to the full **aisle7** interaction checker and to **Examine** for ingredient evidence, so you can go deeper in one click.

> **This supports your clinical judgment — it does not replace it.** The built-in flags cover the top-line, evidence-based interactions; always review anything flagged, and use your own judgment on the client in front of you.

8 The colour key

Open the Atlas ↗

The Atlas colour-codes two things: the **pathway system** a gene belongs to (the small dots on each gene card) and the **Trifecta pillar** it feeds (the coloured chips and left stripes). Purple-accented boxes are 📖 **book content**.

PATHWAY SYSTEMS — THE DOTS ON EACH GENE CARD

- Methylation & One-Carbon
- Steroid & Sex Hormones
- Detoxification & Antioxidant
- Executive Function & Neurotransmitters
- Cardiometabolic & Weight
- Inflammation & Immune
- Vitamins & Minerals
- Circadian, Fitness & Recovery

TRIFECTA PILLARS — THE CHIPS & STRIPES

- P1 Diet & Heart Health
- P2 Sensitivities / Inflammation
- P3 Methylation / Nutrient Needs
- P4 Physical Fitness / Energy
- P5 Brain Health / Neurochemistry
- P6 Detox & Oxidative Stress
- P7 Obesity / Metabolic
- P8 Hormonal Health
- P9 Longevity / Aging
- P10 Beauty / Skin / Hair
- P11 Gut / Microbiome
- P12 Sexual Health / Libido
- P13 Bone / Joint / Structural

GENOTYPE STATUS

- **Green** — typical (no variant)
- **Amber** — intermediate (one copy)
- **Red** — atypical (two copies)

9 Practical notes & troubleshooting

Open the Atlas ↗

- **Reading a PDF needs internet.** DNA reports, intake PDFs, and finished-report PDFs use an online reader. Word, Excel and text files work offline — the Word doc is the happy path for the report loop.
- **Nothing is saved automatically.** Close the tab and the session clears (a privacy feature). To keep a client, use **Save client file** on My Genotypes — it captures everything, including the pasted-back report — then **Open client file** next time.
- **Copy the bundle with the button,** not by selecting the preview text. The button rebuilds everything fresh at click time; the preview is a snapshot for eyeballing.
- **Personalize says "couldn't find pillar sections"?** Upload or paste the **whole** finished report, headings included — partial pastes without pillar headings can't be matched.
- **The report reads like a data dump?** Make sure you pasted the **entire** Run-Ready Bundle into Claude — the analogies, book learnings and intake live further down in the bundle.
- **New version.** The link stays the same — just refresh. The version stamp at the very bottom of the app (currently **v21 · build 2026-08-17**) confirms what you're on.
- **On your phone.** The layout adapts; the tab strip and step bar scroll sideways with a swipe.

> **When in doubt, send it back.** This is a strong proof of concept, not a finished product. If something looks off — a book passage in the wrong place, a description that reads wrong — flag it to Bryce. It gets better fast with your feedback.

10 One-page cheat sheet

Open the Atlas ↗

RUN A CLIENT, START TO FINISH

1. Open the app and log in.
2. **My Genotypes** → load the DNA PDF. Table fills in.
3. **Trifecta Health Report** → upload the intake. Check the Safety Review.
4. Set the tier — **Prestige (13)** or **Precision (8)**.
5. ⧉ **Copy Run-Ready Bundle** (top row) → paste into a new Claude chat → enter. That's the report.
6. Save Claude's report as a Word doc.
7. **Client Summary** → ✨ **Personalize** → upload that Word doc.
8. **Print / Save as PDF** → hand the client their two-page summary.
9. Personality read? **Crystal Ball** → Copy bundle → paste into Claude.
10. Supplements: **PN Order** → copy the AM/PM order (no Claude).
11. **Save client file** on My Genotypes before you close.

REMEMBER

- Nothing is stored unless you save a client file — keep the client's documents handy.
- PDFs need internet; Word/Excel/text work offline.
- Use the **buttons** to copy bundles; paste the **whole** thing into Claude.
- The Safety Review supports your judgment — always review its flags.
- Footer version stamp = what build you're on.