

## MyHealthTest Participates in a World First Diabetes Prevention Program

ITL Health Group (ASX:ITD) is pleased to announce that as part of a Diabetes Prevention Program the MyHealthTest (MHT) blood test service is helping identify those at risk of pre-diabetes and type 2 diabetes.

Diabetes researcher Dr Nick Fuller from Sydney University's Charles Perkins Centre is conducting lifestyle modification programs to raise awareness of pre-diabetes and diabetes prevention. This is a world first diabetes prevention program of this scale investigating standard care and the addition of natural medicines to see if they have added benefit for diabetes prevention.

For one year, program participants are provided with ongoing healthcare professional support including weight loss advice from dietitians and exercise physiologists. Participants receive regular medical monitoring including blood tests and full body composition scans (measures the amount of muscle and fat in the body), cognitive function testing and dental health examinations.

The MHT blood test requires a finger prick sample of blood to be spotted onto a specialised card, returned via regular mail and results are delivered to the consumer online, which can be shared with healthcare providers and others as desired.

Dr Fuller said "The MyHealthTest finger prick blood test allows us to effectively screen people in the lifestyle programs to help identify those 1 in 6 Australian adults who have pre-diabetes."

MyHealthTest General Manager, Dr Nick Cerneaz, commented "We are very proud to be working with such pre-eminent people and organisations and feel this is validation of MyHealthTest's hard work and achievements to date".

"Our next generation pathology testing sets the industry standard for preventative and convenient at home healthcare"

Bill Mobbs  
Executive Chairman

### ITL Health Group

ITL is an innovative global medical technology company made up of four divisions; ITL BioMedical, ITL Healthcare, ITL Clinical & MyHealthTest.

ITL creates & manufactures leading edge medical devices for the clinical, blood banking, & laboratory markets & is a growing provider of specialist ancillary products for the blood culture testing market.

ITL holds an IP portfolio of 48 patents & sells into 55 countries.

MyHealthTest creates and markets highly innovative direct to consumer pathology testing for major chronic diseases.



Ranked 16<sup>th</sup> most Innovative Company by the  
AFR Innovative Companies Awards

#### Australian Securities Exchange

Code: ITD

#### Ordinary Shares

95,928,314

#### Board of Directors

Bill Mobbs	Executive Chairman
Mark Peatey	Non-executive Director
Andrew Turnbull	Non-executive Director

Trevor Doolan	Chief Financial Officer & Company Secretary
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**About MyHealthTest**

MyHealthTest, an innovative consumer-based pathology testing service, allows individuals to conveniently order the test service online or from pharmacies, collect a finger prick blood sample at home, and send it through the mail for laboratory analysis. Our next-generation pathology testing service is quality controlled to ensure accuracy and reliability, while our online portal offers guaranteed confidentiality and the simple transfer of results to healthcare practitioners or others. MyHealthTest meets the increased global demand for pathology testing services and sets the industry standard for preventative and convenient direct-to-consumer healthcare services.

MyHealthTest is a wholly owned subsidiary of ITL Health Group

**About the Diabetes Prevention Program**

Please visit [www.metabolictrial.com](http://www.metabolictrial.com) for details on the Program