

Stress Monitor

Measured strain alongside perceived strain — six microRNAs across four areas.

SAMPLE

Dried blood card,
fingertip

SCOPE

6 microRNAs, 4 areas

REPORT

Traffic light plus overall
profile

microRNA patterns in blood are measured as epigenetic indicators of stress-related regulatory processes.

What is analysed?

Measured alongside perceived strain

The report contrasts the molecular markers with the subjective stress experience recorded in the questionnaire. The discrepancy is often the most informative part: people with a high tolerance for strain frequently underestimate their own load.

Sample material and laboratory

A few drops of capillary blood from the fingertip on a dried blood card — no venipuncture, no cold chain. Analysis is carried out by our cooperation partner against more than 60,000 validated reference values.

KEY POINTS FOR YOUR PRACTICE

- The report measures regulatory states, not stress as an experience — and makes no psychological diagnosis.
- Where it indicates strain requiring treatment, the person belongs in medical or psychotherapeutic care.
- A follow-up after 4 to 6 months makes the effect of interventions visible.

The four areas of evaluation

Physiological stress load

Markers of sustained epigenetic stress responses

Cellular protection

microRNAs related to protective cellular mechanisms

Serotonin regulation

Markers from serotonin-related regulatory pathways

Immune signals

microRNA patterns related to immune regulation

What the report gives you

- Traffic-light rating for each area (green, amber, red).
- Molecular result set against the subjective stress experience.
- An overall profile, for example balanced, acute stress response or chronic load.
- Recommendations on recovery, nutrition, exercise and daily structure.

The workflow in your practice

- 1 Hold the consultation; document the information given and the consent obtained.
- 2 Sampling: prick the fingertip, apply blood to the card, let it dry.
- 3 Send the card to the partner laboratory in the prepared envelope.
- 4 Laboratory analysis of the genetic or epigenetic markers.
- 5 Digital report with traffic-light rating and specific recommendations.
- 6 Review and action plan; follow-up measurement after 4 to 6 months at the earliest.

Who it is for

- Workplace health management and resilience programmes.
- Practices and advisory services focused on stress prevention.
- People under sustained professional or personal strain.



PRICING AND TERMS

- B2B terms on request — tiered pricing by volume and contract model.
- Request a quotation: contact@polarisdx.net or +49 152 2858 0999.

Note: the analysis is a consultation and monitoring tool, not a medical diagnosis and no substitute for clinical assessment. Results are placed against a reference population.

