



The power of *data*.

The wisdom of *expertise*.

Dedicated team focused on  
your *personal* health journey.

Welcome to 100+Membership

As a member you will receive:

### **100+ Ongoing 365 Health Assessment**

The most comprehensive data-driven health exam that includes whole genome sequencing and update, whole body, brain and cardiac imaging, coronary calcium scoring, body composition, advanced blood biomarker analysis and wearables all of which can lead to pre-symptomatic diagnosis of cancer, cardiac disease, neurodegenerative and metabolic disease.

### **100+ Longevity Precision Care**

Longevity precision medicine physicians provide routine and chronic care that relates to achieving health and wellness goals as well as focused primary and urgent care. You will benefit from our entire longevity precision medicine physician team including our subspecialists, which include cardiology, radiology, ear nose and throat, women's health include gynecology, men's health, genomics, integrative medicine, nutrition and functional medicine.

### **100+ Access to World Class Experts**

Our longevity physicians collaborate with a world class network of expert clinicians and researchers at Harvard Medical School, Massachusetts General Hospital, and other top U.S. academic and clinical programs available for timely consultations for all routine and complex conditions.

An abstract graphic at the top of the page consists of overlapping geometric shapes. A dark blue shape, resembling a thick diagonal line or a curved band, starts from the left edge and extends towards the top right. A light grey shape, also curved, overlaps the blue one, extending from the top right towards the bottom right. The background is white.

# A leap in healthcare. A leap toward longevity.

At Human Longevity, we have created an exclusive program that combines the power of cutting-edge diagnostics and world-class physicians for you. It starts with a comprehensive array of advanced testing to create your unique baseline. We then apply state-of-the-art diagnostics and longevity care to help you attain your best health both for the present and for the future.

# 100+ Ongoing 365 Health Assessment:

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## **Magnetic Resonance Imaging (MRI)**

MRI uses powerful magnets, radio waves, and computer technology to generate detailed images of your organs without the use of radiation. HLI's imaging protocols employ unique software to interpret and quantify images that can be integrated with both genetics and blood biomarkers to aid in the early detection of disease.

### **Body**

Detects cancers of the neck, chest, abdomen and pelvis, and assesses for cardiovascular and metabolic diseases.

### **Brain**

Generates detailed visualization of soft tissues and vessels of the brain to establish an assessment that looks for tumors, aneurysms, masses, and evidence of neurodegeneration.

### **Heart**

MRI heart function and structure assessment that examines the chamber sizes and pumping function of the heart. Local wall motion abnormalities can be detected which may reflect underlying heart disease.

## Whole Genome Sequencing and Annual Re-Annotation:

- Hereditary illness contributed by multiple gene mutations
- Carrier status for conditions you may pass on to future generations
- Pharmacogenomic profile that explains reactions to medications
- Physical traits and attributes that can guide lifestyle decisions
- Annual genomic report updates based on new research

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## Heart Function Assessment

### Coronary Calcium Score (CT)

Non-Contrast Cardiac CT assesses coronary artery health by detecting the location and extent of calcified plaque in the walls of your coronary arteries. It is a key factor used in the calculation of current and future cardiovascular risk.

### Echocardiogram (ECHO)

Uses ultrasound to visualize and measure the size and shape of your heart, as well as the structure and function of your heart muscle by measuring myocardial mass and quantifying ejection fraction.

### Cardiac MRI

MRI heart function and structure assessment that examines the chamber sizes and pumping function of the heart. Local wall motion abnormalities can be detected which may reflect underlying heart disease.

### Electrocardiogram (ECG)

Measures the current electrical activities of your heart by recording the heart rate and rhythm within each heartbeat over a short period of time.

### Wireless Heart Rhythm

A mobile wireless sensor that records up to two weeks of continuous heart rhythm activity to aid in detection of abnormal cardiac rhythm.

## Lab and Other Tests

### Insulin Sensitivity

Insulin helps control the amounts of sugar (glucose) in the blood. This test evaluates for evidence of insulin resistance, a key risk factor for type two diabetes.

### Bone Density (DEXA)

Evaluate bone mineral density to understand osteopenia and osteoporosis risks.

### Metabolomics

Blood-based laboratory assessment using mass spectrometry to evaluate metabolites that help to evaluate risks for diabetes and metabolic disease.

### Stool DNA Test

A self-administered, FDA-approved home kit for colorectal cancer.

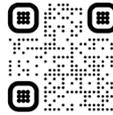
### Body Composition

MRI-derived composition to evaluate muscle and visceral fat in order to optimize performance and better evaluate risks for diabetes and cardiovascular disease.

### Sensor and Wearables

Monitors for day-to-day health metrics. These could include glucose sensors, sleep trackers, blood pressure monitors or others. With this data, we can optimize areas of nutrition, sleep, diet, and exercise.

*Tests are performed at your initial assessment for baseline and then performed annually as needed.*



Read our study published in the Proceedings of the National Academy of Sciences (PNAS): *Precision medicine integrating whole-genome sequencing, comprehensive metabolomics, and advanced imaging.*



# Uniquely skilled. Relentlessly dedicated. Your longevity physician.

No matter how advanced the science and technology, maximizing your health requires expert interpretation and close cooperation with your healthcare team. As a 100+ longevity member, our longevity physicians combine a passion for the science of medicine with the desire to treat the whole person and family. Our team are bleeding-edge specialists in analyzing and interpreting large data sets, extracting critical health information, and anticipating and preempting disease using allopathic, integrative, systems biology and functional medicine principles.

Your 100+ longevity physician will:

- Summarize your results in an easy-to-read presentation and create and supervise your personalized care plan
- Guide medication use with our customized pharmacogenomic profile
- Analyze, interpret and translate your unique data and optimize your longevity and performance over the course of your membership
- Provide urgent and same day onsite or telemedicine anywhere in the world and coordinate emergency, hospital and surgical care

When required, we access experts for second opinions or added expertise through our exclusive relationship with the renowned Massachusetts General Hospital and DoctorsForMe.ai, a searchable database of over 50,000 physicians from the top 40 U.S. hospitals.

Learn more about your 100+ longevity physicians and exclusive benefits at [humanlongevity.com](https://humanlongevity.com).

# Human Longevity Medical Board

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As a 100+ member, you will be matched to one of our world-class physicians. Trained in precision medicine, your personal physician will take care of your medical needs and optimize your health and longevity.



## **Dr. David Karow MD, PhD**

An internationally recognized innovative leader in MR imaging and genomic analytics, Dr. Karow is a proponent of using data-driven precision medicine testing and AI to achieve extensions in the healthy human lifespan. He is the senior author and co-author of numerous publications focused on early detection of chronic age-related disease using imaging and genomic biomarkers. Dr. Karow graduated from medical school at the University of Michigan, Ann Arbor in 2005 in a combined MD/PhD program with a distinction in research and completed residency and fellowship at UC San Diego and UC Los Angeles, respectively. Dr. Karow currently serves as President and Chief of Radiology.



## **Dr. Julie Chen MD**

With over a decade of clinical research experience at institutions such as National Cancer Institute, FDA, Clinical Center at National Institutes of Health, Mount Sinai, USC, and UC Irvine, Dr. Julie Chen is the Chief Clinical Officer for Human Longevity and Medical Director of Human Longevity, San Francisco. She has been featured on TV as a medical expert on shows like Dr. Oz, The Doctors, KABC-LA, Chicago Fox 32 News, and more. Additionally, Dr. Julie Chen has been published in national magazines and websites, such as HuffingtonPost.com, Men's Health, MSN.com, Healthline.com.



## **Dr. William D. Keen MD FACC**

Dr. Keen is the Chief of Cardiology and Medical Director of Human Longevity, San Diego. With over two decades of clinical, administrative, and academic experience and contributions to clinical cardiology. His passion is early detection of clinical and pre-clinical heart disease. Prior to Human Longevity, Dr. Keen was the chief of echocardiography, chief of the adult congenital heart disease program, chief of the department of internal medicine, and assistant medical director over the departments of emergency medicine, hospital medicine, critical care, radiology, laboratory and pathology, and continuing care at Kaiser Permanente.



Your health is  
of utmost importance to us.

What to expect and how to prepare  
for your 100+ assessment day.

## Prior to Your Visit:

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- Fast for 10 hours before your appointment time
- Avoid drinking caffeinated beverages on the morning of your testing. We recommend staying hydrated during your fast with plain water without added vitamins, flavoring, or carbonation
- Stop non-prescribed supplements 72 hours prior to visit
- Take all medications regularly as prescribed
- Compile a list of all your prescriptions and supplements to bring to your visit
- Avoid strenuous exercise the morning of your appointment
- Let us know if you have any allergies or dietary restrictions
- Remove all metal jewelry and do not wear clothing with metal as it can interfere with testing

If you are claustrophobic, we have oral sedation onsite.\*

The MRI is a multisensory experience and takes approximately 60–90 minutes. You will experience noises of varying pitch and duration during the course of the exam, along with normal movement of the table. Earbuds will be provided along with your choice of music, as well as a series of soothing visuals from which to choose. You may also experience a mild warming sensation and peripheral nerve stimulation, both of which are normal biological responses to MRI. You will be in constant contact with a technologist throughout the entire exam.

\*We do not advise driving after taking a sedative for at least six hours. Depending on your needs, we can assist in arranging transportation for you.

Contact us to learn more at  
844.838.3322  
clientservices@humanlongevity.com

## When You Arrive:

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You'll be greeted by your concierge who will escort you to your private suite where you can "settle-in" for the day. We are dedicated to making your experience as pleasant, informative and comfortable as possible. If there is anything you need, please do not hesitate to ask us.

### **Attire**

We will provide you with loungewear designed to be compatible for the various tests you will experience. A robe will also be provided for additional comfort or warmth. Note: We ask that you refrain from wearing anything containing metal as it will interfere with testing.

### **Refreshments**

Breakfast will be served to you in your suite after your blood samples are collected, and lunch later in the day. Please advise us in advance if you have any allergies or dietary restrictions.

## General Schedule:

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- Covid assessment (temperature check)
- Orientation
- Vital signs and blood collection with the phlebotomy team
- Healthy breakfast served in your suite
- Past medical history review and discussion of your health goals
- Brain, body and cardiac MRI (60-90 minutes)
- Cardiac ultrasound and EKG with cardiac sonographer
- CT calcium score (if clinically indicated)
- DEXA bone mineral density testing
- Healthy lunch served in your suite

## After Your Visit:

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### **Initial follow-up**

with your Human Longevity physician two weeks after testing to review imaging, initial blood test results and to discuss the first phase of care plan.

### **Comprehensive follow-up**

with your 100+ longevity physician in six to seven weeks to discuss integration of all of your data including genetic, blood and imaging biomarkers in order to create a comprehensive action plan for your longevity and performance goals.

### **Throughout the year**

you will check-in regularly with your physician to address all of your healthcare needs, including short and long term health and wellness goals, as well as acute care issues.



We are always here to answer questions or help you schedule an appointment. Please reach out to our membership advisors at any time.

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