



GOLD PREMIUM PROGRAM

PhP 350,000 + RMB 50,000

The Gold Premium Program is a more comprehensive introduction to longevity medicine interventions. With the inclusion of a comprehensive head to toe advanced diagnostic screening from HLI (Human Longevity, Inc.), it is designed to get one from a diseased state to healthy. Over the next 12 months, you will be assigned your own team of longevity experts including a medical doctor, nutritionist, strength and conditioning therapist, pain management therapist, longevity mindset coach and your personal health liaison officer will work with you to achieve the following objectives:

- Achieve the correct weight and body composition for your age, height and sex. Your ideal body composition should as closely as possible match your phenotype at your physical prime.
- Resolve, as much as possible, age-related chronic conditions such as primary hypertension, pre-diabetes, diabetes, obesity and other metabolic disorders associated with the aging phenotype.
- Restore optimal sleep patterns thru regulation of your natural circadian rhythm and the restoration of metabolic health.
- Restore optimal levels of energy and mental cognitive function for an overall improvement in your quality of life.
- Increase physical strength, flexibility, balance, gait speed, and other physical functions that deteriorate with advancing age.
- Improve your physiological and mental outlook towards aging.
- Resolve, where possible, current medical condition that may or may not be associated with aging.

Inclusions in the 12 months program are the following:

Concierge longevity health team that will be in monitoring all of your data and will be in constant contact with you tracking your health journey and guiding you every step of the way for 365 days.

Your data tracking kit including a blood glucose / smartwatch band, an O2 ring for sleep and pulse tracking, a body composition scale, and a CGM (Continuous Glucose Monitoring) Device.

Onboarding blood work and biological age analysis from Senoclock (UK).

12 weeks of gourmet longevity meals delivered to your home to remove any guesswork on your part regarding your ideal dietary needs.

12 months personal nutritional monitoring and custom recipes will be provided by your nutritionist based on your food preferences when you complete the initial 12 week feeding period to help you customize a sustainable longevity diet once you exit the program.

32 sessions of bespoke personal strength and conditioning training to specifically improve strength, flexibility, gait speed, endurance and balance.

12 months supervision from Strength and Conditioning coach to ensure that gains in these metrics are sustainable after you exit the program.

12 months supervision from your pain management therapist to ensure that any pain that can worsen with age is caught and resolved early.

12 sessions of longevity mindfulness coaching to ensure sound mental health and a sense of purpose is retained with age.

Free overnight Deluxe villa stay at House of Gaia Longevity Center in Lipa, Batangas with free breakfast.

12 free sessions of red light cocoon photobiomodulation chamber.

Free rewards upon accomplishment of monthly and quarterly goals.

Monthly evaluation and progress reporting.

Aesthetic (photoage assessment) consultation and extrinsic aging evaluation.

+ Comprehensive whole-body scan and diagnostics at HLI (Beijing).

Access to HLI (Human Longevity Inc) 100+ Annual Health Assessment*

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

Your own designated 24/7 Concierge Longevity Team

Who will work with you to design and refine a lifestyle plan of nutrition, movement and routine health management (i.e. prescriptions, vaccines, and specialty labs). In addition, our concierge physicians manage and coordinate your acute care needs via tele-health service anywhere in the world or onsite in our same day and urgent care partner clinics.

Access to World Class Experts

Our longevity physicians collaborate with a world class network of expert clinicians and researchers at Shanghai University, Human Longevity (Beijing), St Luke's Medical (Manila) Senoclock (UK), Glycanage (Croatia), Brainkey (USA) and other top academic and clinical programs available for timely consultations for all routine and complex conditions.

It all starts with a comprehensive array of advanced testing to create your unique baseline. We then apply state-of-the-art diagnostics and concierge care to help you attain your best health both for the present and for the future.

HLI 100+ Annual Health Assessment

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. 100+ imaging protocols employ unique software to interpret and quantify images that can be integrated with both genetics and biomarkers to aid in the early detection of disease.

Body

Detects solid organ tumors

of the neck, chest, abdomen and pelvis, and assess for many cardiovascular, cancer 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

Non-contrast MRI heart function and structure assessment that examines size of chambers and the 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.

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

Non-contrast MRI heart function and structure assessment that examines size of chambers and the 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.

Diagnostic Tests

Insulin Sensitivity

Insulin helps control the amounts of sugar (glucose) in the blood, evaluates 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 in Human Longevity, Beijing, at your initial assessment for baseline and then performed annually as needed.

*Healthy longevity can be achieved at any age thru the application of specific Longevity Medicine interventions which combines Precision Lifestyle Medicine, Traditional Allopathic (Western) Medicine, Big Data and AI Algorithms that allow us to practice precision medicine and apply targeted interventions based on your individual and specific needs.

**Success in this program requires cooperation between your longevity team and yourself as compliance and constant communication with your team is essential for a meaningful and life changing outcome.