



## PLATINUM PROGRAM

PhP 3,500,000

If you are truly serious about maximizing not only your years but your strong and healthy years here on Earth, then understand that healthy longevity is a lifelong commitment, because as your body changes over time, so too will its health needs. This is where the power of data, A.I. and a dedicated team focused on your personal health journey can maximize your chances of living a hundred years strong!

Welcome to your **Gaia Longevity Platinum Program**! As a Platinum Member you will receive:

- Concierge longevity health team that will be monitoring all of your health data and will be in constant contact with you, tracking your health journey and guiding you every step of the way for the next 20 years.
- Your data tracking kit including a smartwatch band, a wrist O2 device for sleep and pulse tracking, a body composition scale, and a CGM (Continuous Glucose Monitoring) device.
- Onboarding bloodwork 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.
- Lifetime\* 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.
- Lifetime\* annual supervision from Strength and Conditioning coach to ensure that gains in these metrics are sustainable after you exit the program.
- Lifetime\* 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.
- Lifetime\* annual mindfulness assessment to track psychological health and mental / emotional wellbeing.
- PhP 240,000 worth of FREE accommodations per year at House of Gaia Longevity Center.

Plus...

## Annual Free Treatments

- 12 sessions of Red Light Cocoon
- 1 Hyperbaric session
- 1 Hammam Bath with Gaia Signature Massage
- 1 Empress Facial or Emperor Facial
- 1 Yoga session
- 1 Personal Training session
- Unlimited use of Cold Plunge
- Unlimited use of Red Light Sauna

## 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 at our facilities in the Philippines.

## 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.

\*Lifetime membership is for a period of 20 years.

## First in Line for Future Interventions

The true beauty of Longevity Medicine is the pace at which this newest branch of allopathic medicine is evolving. With new discoveries in the longevity field come new treatment modalities that can actually target our aging mechanisms themselves. For the first time in human history, true age reversal might be possible over the next 10 to 15 years. These technologies will come through Longevity Medicine and Platinum members will be the first in line in the Philippines to have access to these interventions.

Because of our partnerships with international longevity research facilities, longevity medicine specialists and facilities, we will be the first to know about credible, safe and science-based breakthroughs in the fields of age reversal including: senolytics, senomorphics, regenerative medicine, true stem cell therapies, gene therapies, mitochondrial regeneration, and other longevity therapies that will take 20 more years from discovery to reach traditional medicine and the general public!

Platinum members will have their health data tracked over a lifetime\* and this will allow your team to create a digital twin that various AI platforms all over the world can access. These platforms can precisely match your unique physiology to various treatments suitable to your current age, medical condition and other metabolic and biological presentations.

Without your comprehensive data and AI technology, the chances of you being suitability matched to potential life saving and health extending new technologies as they appear will be very slim to none.

All in all, your commitment to your overall health will spell the difference between an average lifespan and aging curve where most people will be frail and diseased in their last 10 years of life (marginal decade) and will suffer greatly in the last 5% of it. Life has much to offer if you can keep your body strong and healthy until the very end. Most of us already know this but most will not plan for how they will age. The consequence is a deep fear of aging and a failure to maximize their time here. The time to act is now as there may come a point where action taken will be taken too late. Investing in your future means investing in your health and buying yourself more TIME!

Welcome to your Gaia Longevity Platinum Program.

To your looks and good health!