

# LONGEVITY PROGRAMME INCLUDES:

ASSESSMENT AND TESTS - day 1	Included	Optional
Your journey begins with a personalised consultation with Dr Angela Rai, anti-ageing medicines specialist, to explore your medical history, lifestyle, and long-term health goals. Following this, our clinical team conducts essential baseline assessments, including body composition analysis, blood pressure, and advanced biological age testing. You'll then attend a VO <sub>2</sub> Max test, the gold-standard evaluation used by elite athletes to measure cardiovascular fitness and metabolic efficiency.	•	
<b>VITAL OBSERVATIONS</b>		
Height and weight	•	
Blood pressure	•	
ECG	•	
Spirometer	•	
Vision test	•	
Hearing test	•	
Body composition analysis	•	
<b>WELL-WOMAN</b>		
Female Hormone Profile	•	
Female Screening Profile including CA-125 & CRP	•	
Mammogram/ Breast Ultrasound		•
Pelvic/Transvaginal Ultrasound		•
HRT Specialist appointment		•
DEXA Bone Density Scan		•
<b>WELL-MAN</b>		
Male Hormone Profile	•	
Male Screening Profile including Total and Free PSA & CRP	•	
Prostate MRI		•
<b>BLOOD TESTS</b>		
Red cell, White cell count & Platelets	•	
Liver function	•	
Kidney function, Uric Acid, Electrolytes	•	
Full lipid panel (Total cholesterol, HDL/LDL/Triglycerides)	•	
ESR (Marker of inflammation)	•	
Ferritin (Marker of iron levels)	•	
Fasting glucose and HbA1c to identify diabetes mellitus	•	
Vitamin B12 + Folate profile	•	
Vitamin D & Glycated Haemoglobin	•	
CRP	•	
Thyroid Profile	•	
<b>LONGEVITY INSIGHTS</b>		
TruAge & TruHealth Combo	•	
Metabolic Insights	•	
GI360 Complete Test (Gut Health)	•	
VO <sub>2</sub> Max	•	
Nutritionist Consultation	•	
<b>RISK SCORES</b>		
Metabolic Health Risk Score	•	
Cardiovascular Risk Score	•	
PhenoAge Biological Age Score	•	
INSIGHT & STRATEGY - day 2	Included	Optional
Dr Angela Rai will bring together the full spectrum of diagnostic insights - from your TruAge and TruHealth results to VO <sub>2</sub> Max, gut and brain health assessments to deliver a truly integrated health strategy. With Dr Rai's expertise in anti-ageing medicine, she will interpret the data holistically, identifying patterns, correlations, and areas for targeted intervention. This comprehensive review allows Dr Rai to tailor a personalised optimisation plan that not only addresses current dysfunctions but also supports long-term vitality, cognitive clarity, and peak physical performance.	•	
<b>OPTIONAL</b>		
Genetic Testing		•
TruCheck Cancer screening blood test		•
Brain MRI		•
Full Body MRI		•
Sleep Screening		•
CTCA		•
Echocardiogram		•