

# LONGEVITY PROGRAMME

## £4,500

ASSESSMENT AND TESTS - Day 1	Included	Optional
Your journey begins with a personalised consultation with Dr Angela Rai, specialist in Anti-ageing Medicine, 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.	•	
<b>VITAL OBSERVATIONS</b>		
Height and weight	•	
Blood pressure	•	
Electrocardiogram (ECG)	•	
Spirometry	•	
Vision test	•	
Hearing test	•	
Body composition analysis	•	
<b>WELL-WOMAN</b>		
Female hormone profile	•	
CA-125 (Ovarian tumour marker)	•	
Mammogram/Breast ultrasound		•
Pelvic/Transvaginal ultrasound		•
<b>WELL-MAN</b>		
Male hormone profile	•	
Total and Free PSA (Prostate tumour marker)	•	
Prostate MRI		•
<b>BLOOD TESTS</b>		
Haematology profile inc haemoglobin, white cell count & platelets	•	
Liver function	•	
Kidney function, Uric acid, Electrolytes	•	
Bone profile	•	
ESR (Marker of inflammation)	•	
Iron studies	•	
Fasting glucose and HbA1c	•	
Vitamin B12 + Folate profile	•	
Vitamin D	•	
Thyroid profile	•	
<b>CARDIAC RISK PROFILE</b>		
Apolipoprotein A1	•	
Apolipoprotein B	•	
Lipoprotein (a)	•	
HS-CRP (Cardiac Risk)	•	
Lipid Profile	•	
Homocysteine		•
<b>URINE TEST</b>		
Urinalysis: Glucose, bilirubin, ketones, specific gravity, blood, pH, protein, urobilinogen, nitrites & leucocytes	•	
Laboratory urine test for microscopy and culture	•	
<b>STOOL ANALYSIS</b>		
Bowel cancer screening test (Stool qFIT)		•
<b>LONGEVITY INSIGHTS</b>		
TruAge & TruHealth - Biological age test and 105+ biomarkers to assess wellbeing	•	
Metabolic insights - An assessment of the body's metabolic efficiency and energy utilisation		•
GI360 complete test: Stool analysis to assess pathogens, microbiome balance, digestive function, and inflammation		•
VO <sub>2</sub> Max - Measuring cardiovascular fitness and aerobic endurance		•
Nutritionist consultation		•
<b>RISK SCORES</b>		
Biological age & Pace of ageing score	•	
Cardiovascular risk score	•	
FRAX score – Osteoporosis risk	•	
<b>INSIGHT &amp; STRATEGY - Day 2</b>	Included	Optional
Dr Angela Rai will bring together the full spectrum of diagnostic insights, including your TruAge and TruHealth results, 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 early cancer screening blood test for circulating tumour cells		•
Brain MRI		•
Sleep screening		•
Coronary CT angiogram, including calcium score		•
Echocardiogram		•
DEXA bone density scan		•