

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.		•	
VITAL OBSERVATIONS			
Height and weight		•	
Blood pressure		•	
Electrocardiogram (ECG)		•	
Spirometry		•	
Vision test		•	
Hearing test		•	
Body composition analysis		•	
WELL-WOMAN			
Female hormone profile		•	
CA-125 (Ovarian tumour marker)		•	
Mammogram/Breast ultrasound			•
Pelvic/Transvaginal ultrasound			•
WELL-MAN			
Male hormone profile		•	
Total and Free PSA (Prostate tumour marker)		•	
Prostate MRI			•
BLOOD TESTS			
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		•	
CARDIAC RISK PROFILE			
Apolipoprotein A1		•	
Apolipoprotein B		•	
Lipoprotein (a)		•	
HS-CRP (Cardiac Risk)		•	
Lipid Profile		•	
Homocysteine			•
URINE TEST			
Urinalysis: Glucose, bilirubin, ketones, specific gravity, blood, pH, protein, urobilinogen, nitrites & leucocytes		•	
Laboratory urine test for microscopy and culture		•	
STOOL ANALYSIS			
Bowel cancer screening test (Stool qFIT)			•
LONGEVITY INSIGHTS			
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 ₂ Max - Measuring cardiovascular fitness and aerobic endurance			•
Nutritionist consultation			•
RISK SCORES			
Biological age & Pace of ageing score		•	
Cardiovascular risk score		•	
FRAX score - Osteoporosis risk		•	
INSIGHT & STRATEGY - Day 2		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.	•		
OPTIONAL			
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			•