



People often talk about wanting to live longer. But what they truly want is to stay healthy, strong, and active for as long as possible.

# MANAGING THE TRAJECTORY OF AGING



# The Speaker Series

Club Leaders Forum has invested the last 6 years conducting research and forming partnerships with leading organizations to deliver Wellness & Longevity programming and services to Platinum Clubs across America.

New opportunities have become available to Manage the Trajectory of Aging and become the CEO of our own health. Ultimately, the goal is to extend healthspan to match lifespan. That means being able to do the things we enjoy—like traveling, playing golf and tennis, and spending quality time with family—for as long as possible.

## Featured topics from the Club Leaders Forum Speaker Series Collection.

### **Managing the Trajectory of Aging with Diagnostics.**

Explore the forefront of aging management through the lens of genome sequencing and advanced diagnostics with **Human Longevity**. Learn how these innovations offer personalized insights and strategies to navigate the aging process more effectively.

### **Optimizing Liver Health: The Keystone of Overall Wellbeing.**

**Equilibrium Labs'** medical team highlight the liver's critical role in wellness, addressing the prevalence of fatty liver disease and its effects. Learn how liver health boosts mental clarity, energy, mood, immunity, and sleep.

### **Unlocking Potential: Stem Cells & Regenerative Medicine.**

Explore the benefits of stem cell therapies and regenerative medicine with **Proactive Longevity's** experts. Learn how these advanced treatments support and improve the aging process.

### **Cognitive Care: Strategies Against Dementia.**

Learn how cognitive care combats dementia with insights into prevention and management. Experts share actionable strategies to bolster brain health and maintain mental sharpness over time.

## Contact

### Club Leaders Forum

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# Human Longevity's Approach

Founded in 2013 by genomics pioneer Dr. Craig Venter, Human Longevity Inc. is a scientific research leader at the forefront of global healthcare in preventive and precision medicine. Their work is devoted to prolonging the human lifespan and improving quality of life.

Human Longevity's multimodal approach identifies current health issues and uncovers potential future risks, enabling interventions at the most opportune times. This level of comprehensive analysis and personalized care sets Human Longevity apart, offering you the best opportunity to optimize your health and extend your longevity.

**1. Holistic Imaging and Testing.** Beyond just offering whole-body MRIs, Human Longevity utilizes multiple technologies, including artificial intelligence, to conduct deep and detailed body scans. This approach allows for a full 360-degree assessment, capturing every "page" of the body's health "book," unlike standard practices that might only capture select "pages."

**2. Integrated Health Services.** Where individuals typically have to visit different specialists for genome sequencing, microbiome analysis, and other diagnostics, Human Longevity consolidates these services. This provides convenience, reducing the need to coordinate between various healthcare providers.

**3. Expert Interpretation.** The program employs longevity clinicians specifically trained to interpret the results of these comprehensive tests. This expertise is crucial, as even specialists in other areas might need help understanding how to integrate this data into a cohesive health strategy.

## Personalized Longevity Plan

Genomic  
Data



Ongoing  
Longevity Care

Brain & Body  
MRI



Metabolomics &  
Microbiome



**4. Advanced Protocols.** Human Longevity's protocols for interpreting MRI results and other diagnostics are distinct and more refined than those used in conventional medical practices. This includes a preventative scan approach that looks at the body in greater detail than typical scans using artificial intelligence.

**5. Genome Sequencing.** Unlike other services that may only analyze a small percentage of the genome, Human Longevity examines a vast majority, offering a more detailed and comprehensive genomic analysis. This extensive study enables more accurate and personalized health insights.

**6. Partnerships and Collaborations.** With partnerships such as Mass General, Human Longevity has access to a broad network of specialists for consultations, second opinions, and follow-up care, enhancing the quality and comprehensiveness of its services.

Human Longevity examines your health from multiple angles to provide a holistic view.

**7. Integrated Care at Your Club.** Human Longevity's collaboration with your Club adds an extra layer of support, integrating fitness and wellness services to complement the clinical insights and recommendations provided by Human Longevity, thereby offering a full-circle approach to health optimization.

**8. Tax Benefits and Business Considerations.** For members who wish to pay for their membership through their business, Human Longevity offers insights and guidance on how participating in the program can benefit from a tax and business perspective.



# What's Included with the Human Longevity Membership?



## Human Longevity Annual Membership

Medical History visit with clinician prior to testing	✓
Whole genome sequencing with annual re-annotation	✓
Screening Whole Body MRI	✓
Screening Volumetric Brain MRI (NeuroQuant) with scan-rescan longitudinal tracking	✓
Screening Cardiac MRI	✓
4D cardiac ECHO for heart health monitoring	✓
DEXA Scan for bone density measurement*	✓
CT calcium score*	✓
CT chest in high risk individuals*	✓
EKG for heart health monitoring	✓
Clinical Body Composition (Inbody)	✓
Additional Focused MRI and CT imaging*	✓
Extensive blood testing	✓
Continuous Glucose Monitor (CGM) and Wireless Heart Rhythm* (Zio)	✓
Cologuard*	✓
Clinical evaluation for interventions such as Hormones, Gut Health, Weight Loss, Mitochondrial support, etc*	✓
Testing review with clinician	✓
Ongoing medical management of clinical findings & health goals	✓

\* when medically indicated

## Contact

### Human Longevity

Dafne Canales



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# FAQ



## **HOW DOES HUMAN LONGEVITY WORK WITH EXISTING PRIMARY CARE PROVIDERS?**

Human Longevity collaborates closely with a member's existing medical team, ensuring seamless integration of insights and recommendations from the program with the member's overall healthcare plan.

## **WHAT CAN I EXPECT IN TERMS OF DIAGNOSTICS AND TESTING?**

Members can expect a comprehensive suite of diagnostics, including full-body MRI, CT scans, echocardiograms, and whole genome sequencing, among others, tailored to their specific health needs and risks.

## **HOW DOES HUMAN LONGEVITY HANDLE FINDINGS THAT REQUIRE SPECIALIST INTERVENTION?**

If specialized care is needed, Human Longevity facilitates consultations with a network of top specialists and coordinates care, including second opinions from institutions like Mass General.

## **HOW DOES HUMAN LONGEVITY STAY CURRENT WITH MEDICAL ADVANCEMENTS?**

Human Longevity is deeply rooted in science with over 60 publications in peer-reviewed journals including Proceedings of the National Academy of Sciences, The American Journal of Human Genetics, Journal of Clinical Oncology, and Cell Metabolism.





### **IS THE PROGRAM SUITABLE FOR INDIVIDUALS WITH SPECIFIC OR RARE HEALTH CONCERNS?**

Yes, Human Longevity is equipped to address a wide range of health concerns, including rare conditions, by leveraging its advanced diagnostics and network of specialists to provide tailored advice and referrals.

### **CAN HUMAN LONGEVITY PROVIDE INSIGHTS OR NEW TREATMENT OPTIONS FOR EXISTING CONDITIONS?**

Absolutely. Members are encouraged to share their health histories and concerns, allowing Human Longevity to provide insights, second opinions, and information on the latest treatments or research related to their conditions.

### **WHAT CLINICIAN CARE WILL I RECEIVE?**

- 1. Initial Medical Intake:** Members start with a comprehensive intake to set personalized health benchmarks.
- 2. Medical Physical Screening:** Members undergo a detailed health assessment at one of the Human Longevity facilities.
- 3. Initial Results Review:** 2- 4 weeks post-testing, a clinician discusses the test results and initial personalized care recommendations.
- 4. Comprehensive Action Plan:** 8-12 weeks post-testing, a detailed follow-up with the Clinical Care Team at Human Longevity formulates an action plan integrating genetic, blood, and imaging data to meet longevity goals.
- 5. Care Implementation and Coordination:** The Clinical Care Team, in collaboration with your Club, aids in executing the action plan, coordinating care, and managing follow-ups on initial findings.
- 6. Quarterly Check-Ins:** Members receive progress check-ins at 3, 6, and 9 months to assess achievements toward their longevity and performance objectives.
- 7. Client Portal Access:** Members gain immediate access to their clinical data and reports via Human Longevity's client portal.

## Contact

### **Human Longevity**

Dafne Canales

Member Experience Director

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## Schedule a one-on-one with Human Longevity

The 12-month program for Members of Platinum Clubs, in collaboration with Human Longevity Inc., is a comprehensive journey towards health optimization that unfolds in several phases over the year.

### Concierge Care Membership

Member Menu	Human Longevity	Platinum Preferred Pricing
Individual	\$19,000	\$18,000
Couple	\$38,000	\$32,000

### 100+ Care

Diagnostics + Quarterly Consults

Member Menu	Human Longevity	Platinum Preferred Pricing
Individual	\$12,000	\$11,000
Couple	\$24,000	\$20,000

### Executive Health

Diagnostics + Report

Member Menu	Human Longevity	Platinum Preferred Pricing
Individual	\$8,000	\$7,000
Couple	\$16,000	\$13,000

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## Download Complimentary Resources

