

Health and Lifestyle Assessment PLATINUM

Reaching the full potential of your health and vitality for many years to come is a fundamental goal of our health and lifestyle assessment in the Platinum version.

Many people believe that our genes determine our life span, but the truth is that genetics is responsible for up to 30 percent of our life expectancy and lifestyle diseases. The rest depends on us, our health habits, diet, physical activity and our ability to cope with stressful situations.

It has never been more important to demonstrate stress resistance in the professional environment characterized by constant change, fast pace, pressure and uncertainty. Maintenance or improvement of our cognitive functions such as concentration, memory, reaction time and decision-making are critical to the development and effectiveness of any manager.

PLATINUM path:

- Laboratory diagnostic panel (40 biochemical, hormonal and tumor markers)
- Cardiovascular health assessment and cardiologist's recommendations (Cardio Age: ECG and arterial stiffness)
- Initial assessment of the immune health
- Measuring antioxidation levels
- Measuring muscle strength (dynamometry)
- Genetic and epigenetic tests (assessing individual correlations between your lifestyle and health)
- Health and lifestyle questionnaire
- Precise body composition analysis identifying the location of your fat tissue and bone density (the most modern densitometry in Poland)
- 3D body scan
- Musculoskeletal system and posture assessment (posturography)
- Cognitive health and emotional state assessment
- Consultation with our psychologist (45 minutes)
- Comprehensive biological age assessment
- Doctor's consultation (45 minutes)

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Health and Lifestyle Assessment



The first VIP appointment at the Longevity Center lasts approximately 4 hours.

**waiting for results may take 5-6 weeks