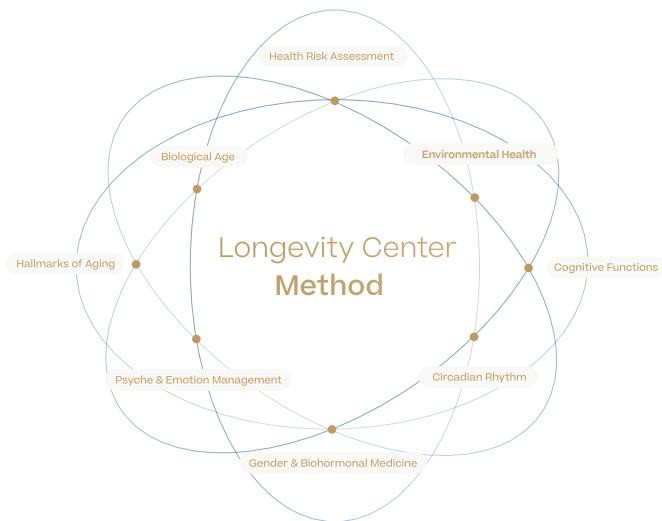




longevity

CENTER

Your medical partner
for preventive self-care and longevity.



Our vision is a world in which every stage of life is experienced with vitality, in well-being and joy.

Vital and healthy living



The Longevity Center is a medical service born out of a passion for healthy lifestyles and new technologies. As part of an international network, our world-renowned experts focus on optimizing health and longevity by enhancing physical, mental and social well-being for people of all ages.

We apply the latest scientific developments in health and biomarkers of aging, genetics, epigenetics, immune psychology, nutrition, metabolic health, mitochondrial health, sleep quality and regenerative medicine.

Our goal is to identify the key risk factors that affect your health and vitality. Our experts help you to understand your current health status, improve your vitality, sleep quality, build stress resistance, implement a healthy and personalized diet, and boost your metabolism. We base this on your biological and functional age, which best reflects your current state of health.

We look forward to your visit.

Joanna Benz

Joanna Benz
Founder & CEO

Prince Michael of Liechtenstein

Prince Michael of Liechtenstein
Co-Founder & Member of the Board



Longevity 1.0

THE FIRST STEPS TOWARD HEALTHY LONGEVITY

Have you always wanted to know how your body works and how to improve your performance? Then this is the right program for you. We create a basic health profile with the most important vital parameters as well as a genetic and epigenetic analysis. In addition, you will get your first insight into the world of longevity medicine.

- Lifestyle self-assessment (online questionnaire)
- Comprehensive medical interview with one of our Longevity Center doctors
- MetabolicAge: weight, body mass index (BMI), proportions of muscle and fat mass, metabolic rate, and basic energy metabolism
- Survey and assessment of vital parameters
- 3D scan of your body: in just 60 seconds we measure your body and reconstruct it in 3D
- EpigeneticAge: genetic and epigenetic DNA test. Learn how your lifestyle and environment influence your genes.

€ 985

2-HOUR PROGRAM



Sleep well

NATURAL WAYS TO A RESTFUL NIGHT'S SLEEP

Do you suffer from insomnia or often feel tired and unfocused despite getting enough sleep? In this program we get to the bottom of the causes. An in-depth analysis of your sleep patterns and detailed physical examinations will shed light on your sleep problems. Develop a better understanding of your genetic predisposition and how this affects your personal biorhythm. Nothing stands in the way of nightly regeneration.

- Lifestyle self-assessment (online questionnaire)
- Daily sleep diary (at least seven days)
- Comprehensive medical interview with one of our Longevity Center doctors
- MetabolicAge: weight, BMI, proportions of muscle and fat mass, metabolic rate, and basic energy metabolism
- Survey and assessment of vital parameters
- Lung function test
- 3D scan of your body: in just 60 seconds we measure your body and reconstruct it in 3D.
- Assessment of cognitive functions and possible risk of neurodegenerative diseases
- Analysis and assessment of sleep quality by means of an innovative sleep diagnosis system
- Consultation with our medical sleep experts

After an evaluation of all your results, you will receive your personalized plan for the next steps.

€ 1,590

2-DAY PROGRAM



Longevity 2.0

ARE YOU AS YOUNG AS YOU LOOK?

In addition to chronological or calendrical age, there is a biological or functional age that says much more about your pace of aging which is related to the state of health. In addition to genetic and epigenetic factors, your biological age is determined by your lifestyle. By following our program, you will know your individual risk factors - and what you can do to slow down the aging process.

- Lifestyle self-assessment (online questionnaire)
- Comprehensive medical interview with one of our Longevity Center doctors
- Survey and assessment of vital parameters
- Cardio-pulmonary performance: electrocardiogram (ECG), exercise ECG, lung function
- 3D scan of your body: in just 60 seconds we measure your body and reconstruct it in 3D
- Balance and gait analysis
- Muscle strength: dynamometric strength test
- Assessment of cognitive functions and possible risk of neurodegenerative diseases
- **Biomarkers of biological age:**
 - CardioAge
 - Neuro-BrainAge
 - MetabolicAge
 - EpigeneticAge
 - GlycanAge - the age of your immune system

Additional services:

- TelomereAge - assessment of telomere length
- Psychological age
- Blood age
- Microbiome analysis

After an evaluation of all your results, you will receive your personalized plan for the next steps.

€ **2,950**

2-DAY PROGRAM

Healthy gut

FOR A GOOD TUMMY FEELING

The gut is crucial for many aspects of our well-being and vitality and is often referred to as a 'second brain'. Our comprehensive microbiome check will give you insightful knowledge about the state of your gut health including recommendations how to adopt your diet, pre- and probiotic therapy to support your health and wellbeing.

- Lifestyle self-assessment (online questionnaire)
- Microbiome analysis including a discussion of our findings with one of our Longevity Center experts (30 minutes)

€ 550

Package



Metabolic Health

A GOOD METABOLISM KEEPS YOU FIT AND YOUNG

Metabolic problems are one of the most common complaints that can have a lasting effect on our positive body image. After our examinations, you will know your personal risk factors and will be able to address them in order to support your metabolism.

- Lifestyle self-assessment (online questionnaire)
- Comprehensive medical interview with one of our Longevity Center doctors
- MetabolicAge: weight, BMI, percentage of muscle and fat mass, metabolic rate, and basic energy metabolism
- 3D scan of your body: in just 60 seconds we measure your body and reconstruct it in 3D.
- Nutritional anamnesis including a consultation
- Balance and gait analysis
- Personalized nutrition and exercise plan

Additional services:

- Microbiome analysis
- Heavy metal analysis
- Detox plan
- Reconstructive infusions

€ 650

Package



A strong immune system

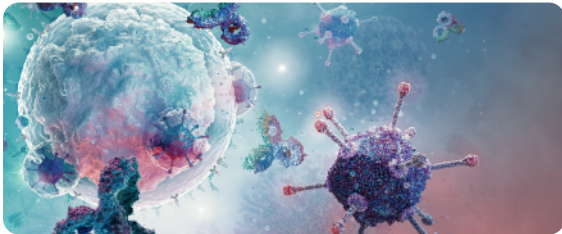
HOW TO ENHANCE YOUR IMMUNE DEFENCE SYSTEM IN GOOD TIME

A strong defense protects the body against infections and serious chronic diseases. Unfortunately, some diseases occur completely without warning and are caused by a weakened immune system. In this program, we specialize in the early detection of weakened immune defenses. We take a holistic approach and look at your GlycanAge as a marker of your immune system activation, your lifestyle, diet, and physical fitness. If you want to go deeper, you will receive specific and differentiated laboratory diagnostics.

- Lifestyle self-assessment (online questionnaire)
- Comprehensive medical interview with one of our Longevity Center doctors
- Vital signs survey and assessment
- GlycanAge
- Nutritional history including counselling
- Balance and gait analysis

€ 850

Package



Brain Health

MAINTAIN AN ALERT MIND

Our diet, lifestyle and the state of our immune system have a lasting impact on our brain and can influence our cognitive performance. In addition to a lifestyle analysis, we test your cognitive performance using a comprehensive neurological examination including neurodegenerative disease markers. We will then prepare personalized recommendations on how to support your brain health.

- Lifestyle self-assessment (online questionnaire)
- Comprehensive medical interview with one of our Longevity Center doctors
- Survey and assessment of vital signs
- Comprehensive neurological examination
- Screening for neurocognitive deficits
- Cognitive test and assessment of cognitive functions and possible diseases
- ApoE Test

Additional services:

- Laboratory analysis
- Sleep quality assessment with respiratory monitoring
- Screening for pathological neuronal antibodies
- EpigeneticAge Test
- GlycanAge Test
- Microbiome analysis

€ 1,650

Package



Epigenetic & Genetic Tests

TAKING HEALTH INTO YOUR OWN HANDS

Genetics shows your predisposition. Epigenetics deals with the influence of various lifestyle factors on your genes: these include, for example, your diet, which stimulants you consume, your physical activities, stress resilience and your mental state. An epigenetic analysis provides information about your individual health risks and personal predisposition. This knowledge offers you the wonderful opportunity to introduce personalized lifestyle modifications.

Genetic Test
including a
presentation of the
findings by one of our
Longevity Center
doctors
(20 minutes)

€ 350

Genetic & Epigenetic
Tests including a
presentation of the
findings by one of our
Longevity Center
doctors
(20 minutes)

€ 450

Genetic & Epigenetic
Tests + GlycanAge
including a presentation
of the findings by one of
our Longevity Center
doctors
(40 minutes)

€ 850

Epigenetic & Genetic Tests



GlycanAge Test – Identifying
the age of your immune system,
and inflammation markers

Longevity Center Experts



Bernadette Amann-Neher
Medical Director, Specialist
in Neurology, Longevity
Expert



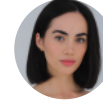
Dr. med. Caroline Haxel
Deputy Medical Director,
ENT specialist, Longevity
Expert



Prof. Dr. Dr. Claus Muss, PhD
Preventive and Integrative
Medicine



Dr. Evelynne Bischof
Medical Concierge, Longevity
Medicine, Internal Medicine
and Oncology



Clara Melinat
Holistic Nutritionist
and Fitness trainer



Juliane Grieshaber
Nursing Management

Management



Joanna Benz
Founder and CEO



Prof. Maciej Banach
Chief Medical Development
Officer, International recognized
expert in cardiology,
Medical Concierge



Dorothea Gromek
Business Development
Manager, DACH Region

Vitality for life

Longevity Center
Hotel "Der Öschberghof"
Golfplatz 1 | 78166 Donaueschingen
Germany

oeschberghof@longevity-center.eu
T: +49 771 84552

www.longevity-center.eu