

longevity

CENTER

Your medical partner
for preventive self-care and longevity.



Experience Swiss Excellence at Longevity Center

Discover the power of Swiss quality, longevity expertise rooted in rigorous medical science supported by collaboration with renowned specialist centers in Switzerland and world class scientific Advisory Board.

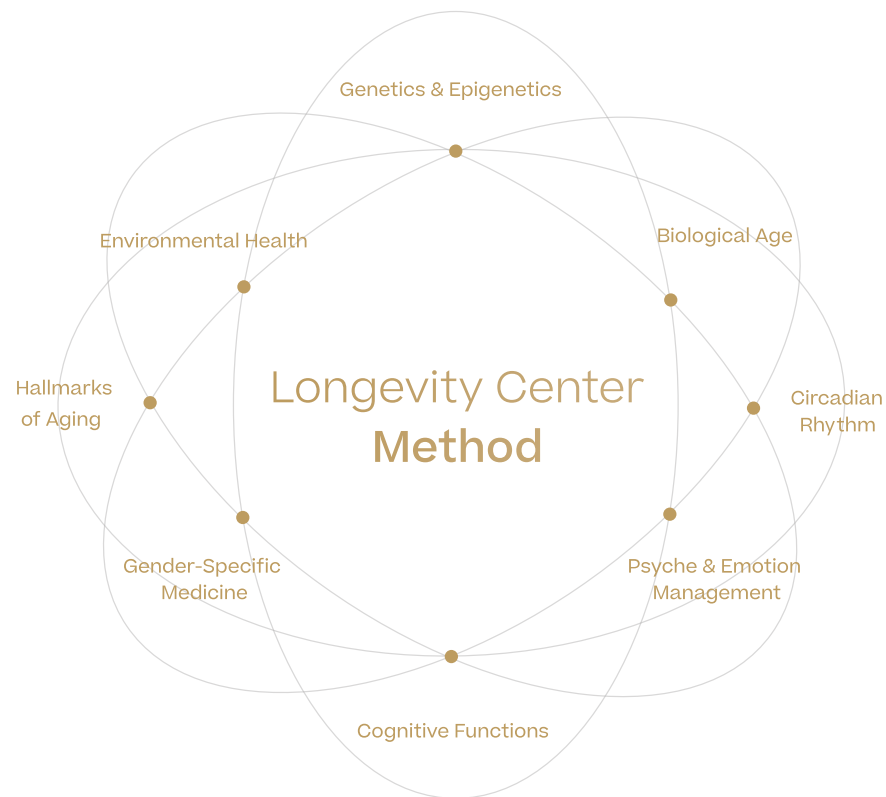
At Longevity Center, we envisage a world where every stage of life can be lived with vitality, wellbeing and joy. No matter your age, you should have the insight and the tools to thrive, not just survive. We're not just a medical facility; we're your gateway to the pinnacle of Swiss healthcare. With scientific advising at our core, we ensure that your health journey is guided by the latest research and expertise. Investing in your health has never been more crucial, and we're here to make it an exceptional customer experience. Our commitment and

experience to individualized checkups and longevity add-ons set us apart. We understand that each person is unique, with diverse genetics, lifestyles, and needs. Our approach tailor's check-ups and packages to factors like genetics, lifestyle, gender, age, place of origin, and individual requirements. Our science-based unique Longevity Center Method ensure us that you receive cutting-edge care and insights.

In addition to our thorough preventive check-ups, we offer the option to include add-ons that measure performance, stress resilience, sleep, metabolism, and risk factors to your longevity and wellbeing in all three preventive medicine packages. This is just one example of the remarkable advances in modern medicine, a testament to our commitment to your well-being. Your health is our priority. Together with our extensive network of global experts we ensure that you'll receive the best medical service.

Longevity - unlock the best you, in your best health, for life.





In the Longevity philosophy, we rely mainly on the biological age assessed by numerous tools at our disposal. Chronological age is just an additional point of reference for us. With the help of Longevity Center Method we assess the current state of the body. Using these tools, we are able to monitor the achievement of the goal of optimal health.



The innovative medical Longevity Center was created out of a passion for a healthy lifestyle and new technologies.

As part of an international network, our world-renowned experts focus on optimizing health and longevity by increasing physical, mental and social well-being for people of all ages. We concentrate on the latest scientific developments in health and biomarkers of aging, genetics, epigenetics, immune psychology, nutrition, metabolic health, mitochondrial health, sleep quality and age science.

Our purpose is to enable and empower people to live better for longer, adding quality to life for individuals, families, communities and society.

Our experts will help you to understand your current state of health and help to improve your metabolism, quality of sleep, resistance to stress, implement a healthy and adequate diet and an exercise and activity program tailored to your individual needs.

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LONGEVITY ASSESSMENTS

At the Longevity Center, we combine state of the art medicine, technology and person centered care, so that you can live longer, healthier with full vitality and joy. We therefore offer longevity assessments and one-year programs for any of our clients that wish to optimize their health and to profoundly impact their aging processes and biological ages.



Longevity 3.0

This program is designed for those who are ready to embark on the longevity journey. Following a thorough health assessment we extended the offer with a longevity-add on.

Longevity 3.0 will allow you to get to know your body better, learn how to ensure the best balance and support your vitality. Through a comprehensive assessment of biological age and biological functionality during the program, we can find the weaker points of your aging and evaluate your metabolism as well as levels of inflammation in your body.

Furthermore, we can assess cognitive functions and possible risk of neurodegenerative conditions and risk of skeletal and muscular deterioration.

- Arterial stiffness
- Biological age markers assessment (CardioAge, PulmoAge, NeuroAge, MetabolicAge, AgeReader)
- Body 3d scan
- Strength assessment (dynamometry)
- Skin test
- Longevity Report with Action Plan



Longevity 4.0

This is the most extensive program of healthy aging and longevity focusing on the study of micro changes and thus enabling action long before abnormalities appear.

In addition to an in-depth analysis of health, focusing on your physiology, genetics, epigenetics, immunology, blood biochemistry and inflammation the makes sure you are in the best possible metabolic, physical, mental shape. Through the program, you will learn about your metabolic health, performance status, cognitive functionality, your recovery capacity, stress intensity levels.

- Genetic and epigenetic report
- HRV monitoring
- Arterial stiffness
- Biological age markers assessment (CardioAge, PulmoAge, NeuroAge, MetabolicAge, AgeReader, GlycanAge, BloodAge)
- Mitochondrial functioning assessment
- Telomere length
- Saliva cortisol level test daily profile
- Oxidative stress, antioxidant level test
- Heavy metals
- Body 3d scan
- Strenght assessment test (dynamometry)
- Skin test
- Onco Score
- Longevity Report with action plan summarize by the medical consultation

Vitality for life

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