

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.

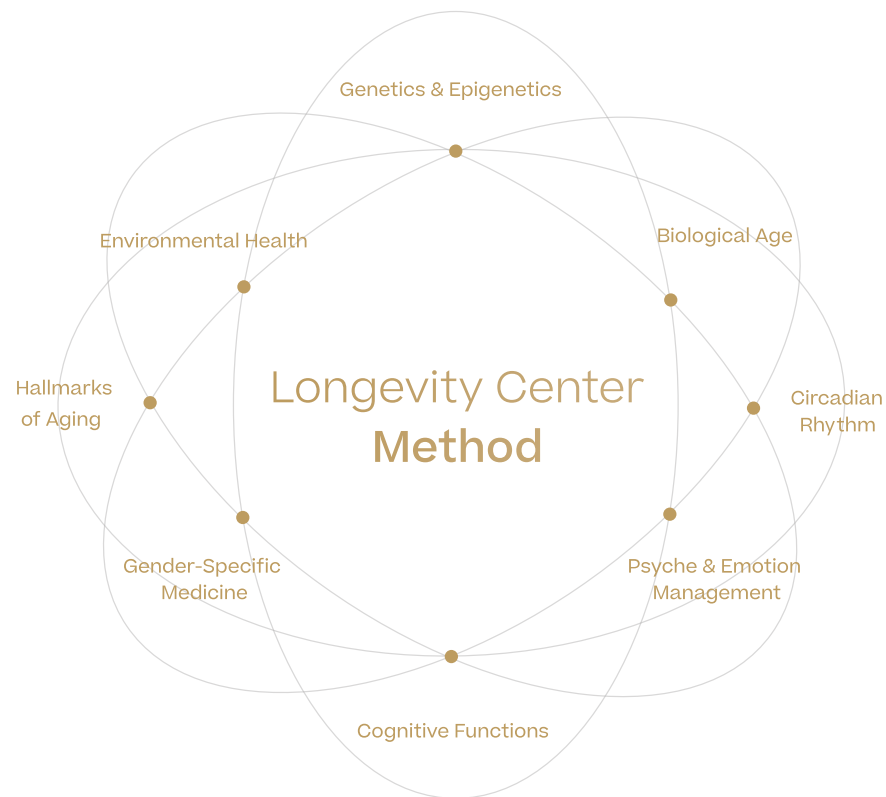
At Longevity Center, we envisage a world where every stage of life can be lived with vitality, wellbeing and joy. No matter your age, you should have the insight and the tools to thrive, not just survive. We're not just a medical facility; we're your gateway to the pinnacle of Swiss healthcare. With 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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PREVENTIVE CHECKUPS

Preventive Checkups are an essential tool in health care, and their importance is often overlooked. They can be likened to a check-up for the body, ensuring that any underlying issues or conditions are caught early on.



CLASSIC (75 min)

In the classic check-up, we carry out a clinical, medical, and technical examination and a laboratory analysis. Classic is for anyone who would like to get a general and realistic overview of their current health status and get recommendations for maintaining it.

- Patient history
- Medical examination
- Review of vaccinations
- Age-adapted laboratory tests (blood, urine)
- Microbiome
- Resting ECG
- Measurement of body composition
- Lung function test
- Strength and mobility measurements
- Posturography
- Eyesight check
- Eye pressure test
- Skin cancer screening
- Prostate for men over 45 years of age
- Breast exam in women
- Discussion of the test results (also remotely possible)
- Short action plan with practical exercise examples.



ADVANCED (1 day)

The advanced check-up is designed for those who want to have a more thorough overview of their health. Since an growing body of research shows how important our microbiome is on our metabolism, general health and aging, we carry out a microbiome analysis for all our clients.

- Patient history
- Comprehensive medical examination
- Review of vaccinations
- Age-adapted laboratory tests (blood, urine)
- Carefully selected cancer markers
- Microbiome
- Allergy and off intolerance screening
- Resting ECG
- Exercise ECG
- Measurement of body composition
- Lung function test
- Strength and mobility measurements
- Posturography
- Eyesight check
- Eye pressure test
- Skin cancer screening
- Prostate in men over 45 years of age
- Breast exam in women
- MRI of the abdomen and chest
- Discussion of the test results
- Action plan with practical exercise examples and counselling



SUPREME (2-3 days)

The Supreme check-up is created for those who belong to a risk group for cardiovascular diseases and/or cancers due to their lifestyle or family history. The Supreme check.up is also apt for clients of more advanced age who want to gain a great picture of their current health status with a holistic and individualized approach.

- Detailed personal & family history
- Comprehensive medical examination
- Review of vaccinations
- Discussion of the test results
- In-depth age-adapted laboratory tests (blood, urine)
- Microbiome analysis
- Allergy and off intolerance screening
- Carefully selected cancer markers
- Resting ECG
- Exercise ECG
- Measurement of body composition
- Lung function test
- Strength and mobility measurements
- Posturography
- Eyesight check
- Eye pressure test
- Breast exam in women
- Skin cancer screening
- Prostate exam in men over 45 years of age
- Breast exam in women
- Whole body MRI scan
- Echocardiography and carotid ultrasound
- Gastroscopy and colonoscopy
- Discussion of the test results
- Action plan with practical exercise examples and counselling

Vitality for life

Longevity Center Switzerland

Tödistrasse 49
8002 Zurich

zurich@longevity-center.eu
T: +41 43 243 0459

www.longevity-center.eu