

longevity

CENTER

SWITZERLAND

Your medical partner
for preventive self-care and longevity



Experience Swiss Excellence at the Longevity Center.

Discover the power of Swiss quality and longevity expertise rooted in rigorous medical science supported by collaboration with renowned specialist centers in Switzerland and a world-class scientific advisory board.

At the Longevity Center, we envisage a world where every stage of life can be lived with vitality, well-being, 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 thinking at our core, we ensure that the latest research and expertise guide your health journey. Investing in your health has never been more crucial, and we're here to

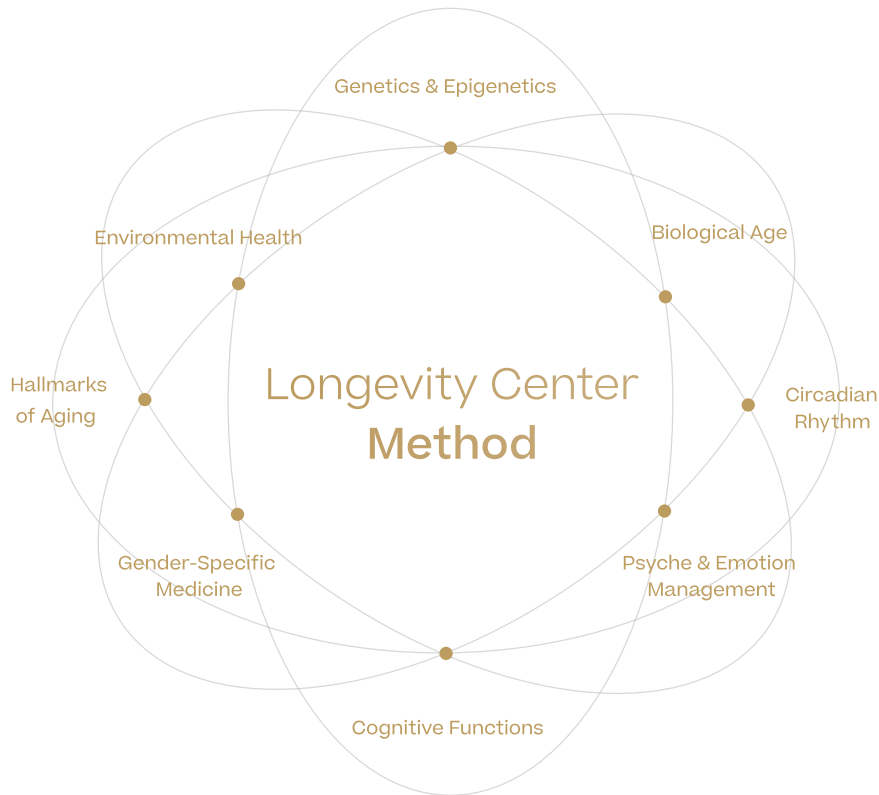
make it an exceptional customer experience. Our commitment and expertise to individualized checkups and longevity add-ons set us apart. We understand that each person has unique genetics, lifestyles, and needs. Our approach tailors checkups and packages to factors like genetics, lifestyle, gender, age, place of origin, and individual requirements. Our science-based, unique Longevity Center Method ensures 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 well-being 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 biological age, which is assessed using numerous tools.



Chronological age is just an additional point of reference. With the help of the Longevity Center Method, we assess the body's current state.



The innovative medical Longevity Center was created from 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.

We aim 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, and stress resistance, implement a healthy and adequate diet and an exercise and activity program tailored to your individual needs.



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LONGEVITY CHECK-UPS

Longevity checkups are essential in health care, but their importance is often overlooked. They can be likened to a checkup for the body, ensuring that any underlying issues or conditions are caught early on.



CLASSIC check-up (½ day)

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

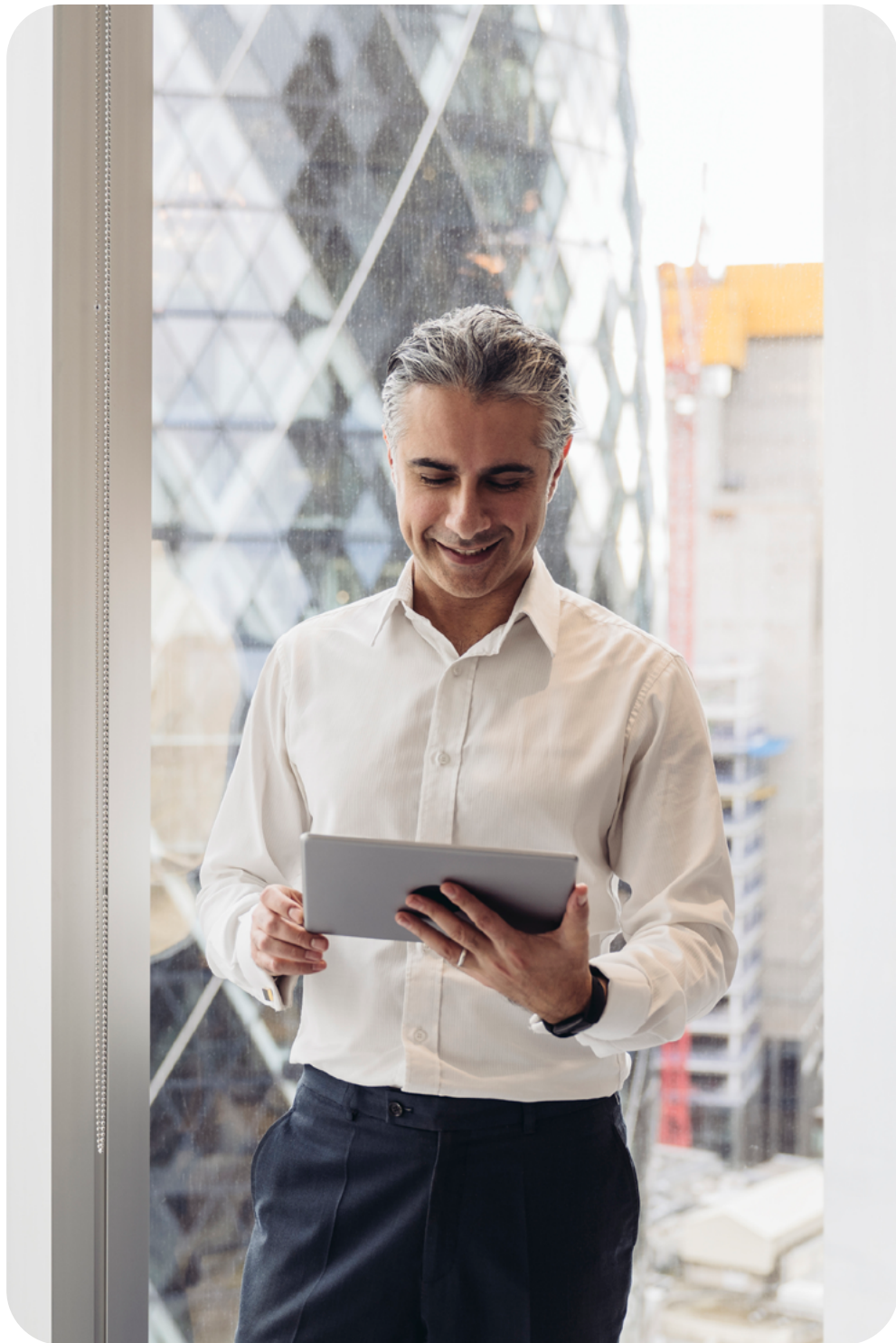
- Patient history
- Medical examination
- Review of vaccinations
- Gender-adapted laboratory tests (blood, urine)
- Resting ECG
- Measurement of body composition
- Lung function test
- Dynamometry (Grip strength)
- Eyesight check
- Eye pressure test
- Skin cancer screening
- Prostate for men over 45 years of age
- Breast exam in women
- Discussion of the test results (also possible remotely)
- Short action plan



ADVANCED (1 day)

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

- Patient history
- Comprehensive medical examination
- Review of vaccinations
- Extensive gender-adapted laboratory tests (blood, urine)
- Carefully selected cancer markers
- Allergy and off intolerance screening
- Resting ECG
- Exercise ECG
- Measurement of body composition
- Lung function test
- Dynamometry (Grip strength)
- 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
- MRI of the chest
- AgeReader
- Discussion of the test results
- Action plan and counseling



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 suitable for clients with 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
- In-depth age-adapted laboratory tests (blood, urine)
- Heavy metal analysis
- Microbiome analysis
- Extensive allergy and food-intolerance screening
- Carefully selected cancer markers
- Resting ECG
- Exercise ECG
- Measurement of body composition
- Lung function test
- Dynamometry (Grip strength)
- Posturography
- Eyesight check
- Eye pressure test
- Breast exam in women
- Skin cancer screening
- Prostate exam in men over 45 years of age
- Glucose Monitoring
- Whole body MRI scan
- Echocardiography
- Carotid ultrasound
- Densitometry
- Stomach diagnostics
- Colonoscopy
- AgeReader
- Discussion of the test results
- Action plan and counseling



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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 who wish to optimize their health and profoundly impact their aging processes and biological ages.



Longevity 3.0

This program is designed for those 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 a possible risk of neurodegenerative conditions and a risk of skeletal and muscular deterioration.

- Biological age markers assessment (CardioAge, PulmoAge, NeuroAge, MetabolicAge, AgeReader)
- Arterial stiffness
- Body 3d scan
- Microbiome analysis
- Longevity report with recommended next steps



Longevity 4.0

This is the most extensive program for healthy aging and longevity, focusing on the study of micro changes and 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 program makes sure you are in the best possible metabolic, physical, and mental shape.

Through the program, you will learn about your metabolic health, performance status, cognitive functionality, recovery capacity, stress intensity levels.

- Biological age markers assessment (CardioAge, PulmoAge, NeuroAge, MetabolicAge, AgeReader, GlycanAge, BloodAge)
- Genetic and epigenetic report
- HRV monitoring
- Arterial stiffness
- Densitometry
- Vo2Max
- Mitochondrial functioning assessment
- Microbiome analysis
- Telomere length (optional)
- Saliva cortisol level test daily profile
- Oxidative stress, antioxidant level test
- Heavy metals
- Body 3d scan
- Glucose monitoring with Lifestyle recommendations
- Longevity report with recommended next steps

Vitality for life

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