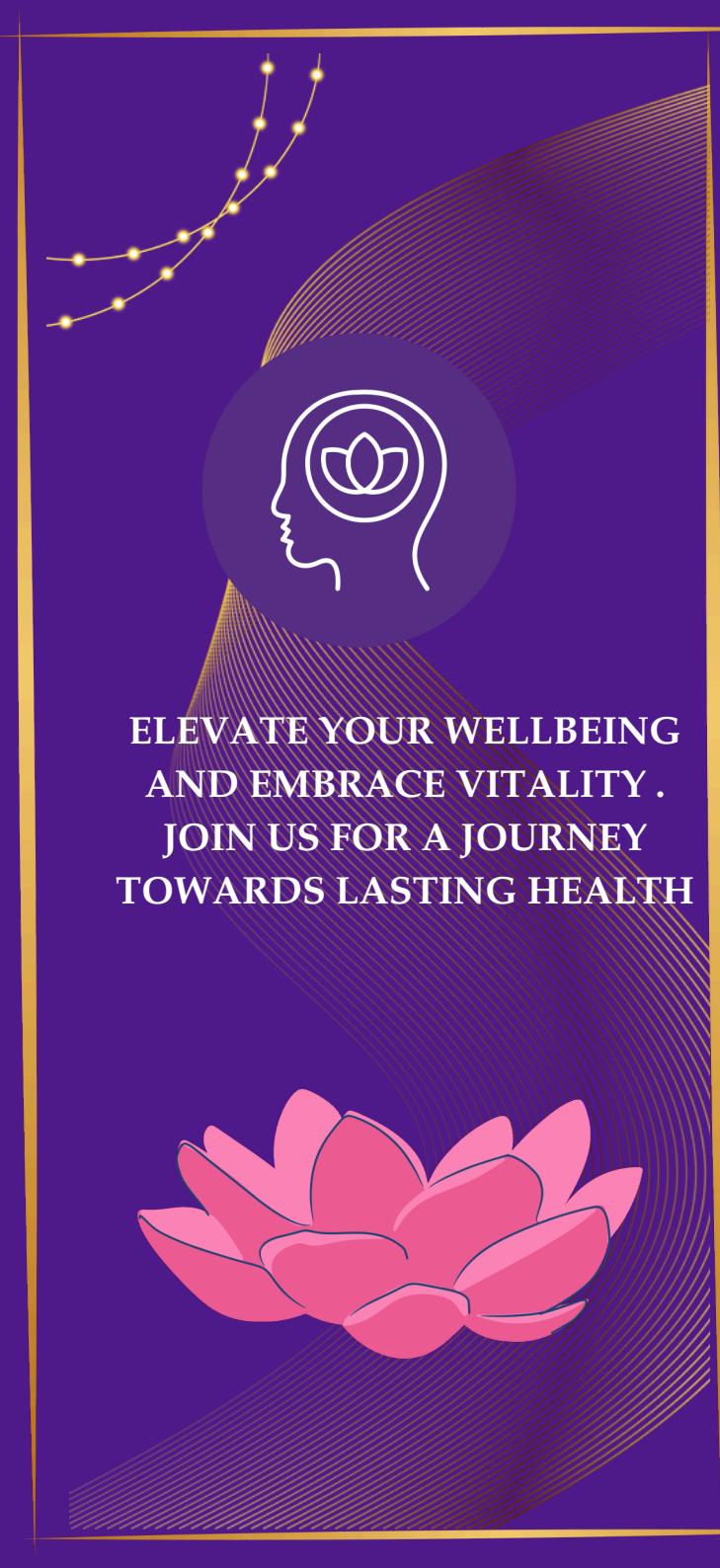


ELEVATE YOUR WELLBEING  
AND EMBRACE VITALITY.  
JOIN US FOR A JOURNEY  
TOWARDS LASTING HEALTH



**O – Overall Health**  
Biomarkers • Fitness Tests • DEXA scan

**P – Prevention**  
Genetic • Metabolic • Cardiac Risk profiler

**T – Transformation**  
Lifestyle change with expert coaching

**I – Immunity**  
Unified plan: Nutrition • Exercise

**M – Metabolism**  
Metabolic repair • Supplements • Monitoring

**I – Improvement**  
personalized daily care

**Z – Zeal**  
Stress control • Mindfulness • Recovery

**E – Energy**  
Boost vitality, stamina & daily performance



## AARUNYAS LONGEVITY PROGRAM

PREDICT.PREVENT.OPTIMIZE.THRIVE

We detect potential health risks early, enhance cellular aging processes, and optimize your body's vital markers—empowering you to live a healthier, longer life.



## OPTIMIZE FOUNDATION [3 MONTHS PROGRAM]

- Complete comprehensive biomarker analysis to establish a detailed health baseline and identify key areas for improvement
- Senior Physician consultation for medical assessment, risk evaluation, and personalized longevity planning
- Physiotherapy consultation focused on improving movement, strength, posture, and recovery
- Nutritionist consultation with customized dietary guidance aligned to your biomarkers, lifestyle, and health goals
- Daily handholding and continuous support throughout the 3-month program to ensure consistency and accountability
- Structured lifestyle transformation over 3 months, including guidance on nutrition, physical activity, sleep hygiene, stress management, and daily habits
- Practical learnings and tools that empower you to self-regulate your health, make informed lifestyle choices, and sustain healthy habits well beyond the program

## OPTIMIZE CORE [6 MONTHS PROGRAM]

- Biomarker analysis conducted twice to ensure measurable, outcome-driven care:
  - Once at the start of the program to establish a detailed health baseline
  - Once at the end of the program to evaluate progress, improvements, and guide future health recommendations
- Continuous access to a dedicated care team throughout the 6-month program, including:
  - Senior General Physician for ongoing medical guidance, risk management, and longevity oversight
  - Nutritionist for personalized dietary planning, optimization, and course correction
  - One dedicated Concierge to seamlessly coordinate care, schedule follow-ups, manage reminders, and provide day-to-day support
- Daily handholding and continuous guidance via a private WhatsApp group, enabling real-time support, quick clarifications, and consistent accountability
- Guided lifestyle optimization over 6 months, focusing on sustainable improvements in nutrition, physical activity, sleep quality, stress management, and daily routines
- Actionable lifestyle learnings and behaviour-change strategies that empower you to make informed health choices, self-regulate effectively, and maintain long-term wellness beyond the program

## OPTIMIZE ADVANCE [12 MONTHS PROGRAM]

- Comprehensive biomarker analysis to guide long-term health and longevity optimization:
  - Once at the start of the program to establish a detailed health baseline
  - Once at the end of the program to evaluate progress, improvements, and guide future recommendations
- One-year, physician-led longevity program focused on sustained healthspan improvement, disease prevention, and performance optimization
- Dedicated multidisciplinary care team throughout the year, including:
  - Senior General Physician for continuous medical oversight, risk management, and proactive health planning
  - Nutritionist for personalized nutrition planning, ongoing dietary optimization, and metabolic support
  - Physiotherapist for movement quality, strength development, recovery, and injury prevention
  - One dedicated Concierge to manage care coordination, follow-ups, scheduling, reminders, and day-to-day support
- Daily handholding and continuous guidance through a private WhatsApp group, ensuring regular health check-ins, real-time support, and consistent progress tracking
- Progressive lifestyle transformation over 12 months, with structured guidance on nutrition habits, physical activity, sleep optimization, stress management, and recovery routines
- Long-term behaviour regulation and self-management tools that empower you to make sustainable lifestyle choices, maintain health gains, and support healthy aging well beyond the program duration
- Preventive, future-focused strategy designed to support sustained wellness, vitality, performance, and longevity