

LONGEVITY PROGRAM ROADMAP

	Month 1	Month 2-3		Month 6		Month 11	Month 12
Tier 1	Physician Intake	Full Metrics Review MyHealthSpan Labs, V02max, DEXA, Blood Pressure, Genetic Test	Lifestyle Assessment and Strength and Conditioning Assessment	Mid-Cycle Check-in Blood pressure, Choice of bloodwork, V02max, DEXA, +/- CGM		End-Cycle Check-in Choice of bloodwork, DEXA or V02max retest	Renew & Continue your Longevity Journey
	60 Minute Appointment	60 Minute Appointment		30 Minute Appointment		30 Minute Appointment Discuss next year	
Tier 2	Physician Intake	Full Metrics Review MyHealthSpan Labs, V02max, DEXA, Blood Pressure, Genetic Test	Implement lifestyle changes guided by your Longevity and Strength & Conditioning Coaches.	Mid-Cycle Check-in Blood pressure, Choice of bloodwork, V02max, DEXA, +/- CGM	Refine your plan and stay dedicated with your coaches to prepare for final metrics.	Full Metrics Review Bloodwork, V02max, DEXA, Blood Pressure, +/- CGM	Renew & Continue your Longevity Journey
	60 Minute Appointment	60 Minute Appointment		30 Minute Appointment		60 Minute Appointment Discuss next year	
Tier 3	Physician Intake	Full Metrics Review MyHealthSpan Labs, V02max, DEXA, Blood Pressure, Genetic Test	Implement lifestyle changes guided by your Longevity and Strength & Conditioning Coaches.	Full Metrics Review Bloodwork, V02max, DEXA, Blood Pressure, +/- CGM	Refine your plan and stay dedicated with your coaches to prepare for final metrics.	Full Metrics Review Bloodwork, V02max, DEXA, Blood Pressure, +/- CGM	Renew & Continue your Longevity Journey
	60 Minute Appointment	60 Minute Appointment		60 Minute Appointment		60 Minute Appointment Discuss next year	