

GLADDEN LONGEVITY

	How Do I Fix My__?	How Young Am I?	How Do I Live Young?	How Do I Live Young for a Lifetime?
	VARIABLE	90 DAYS	6 MONTHS	ANNUAL
In-person assessment at Gladden Longevity Clinic + Advanced Performance Center	✓	✓	✓	✓
Access to state-of-the-art technologies, modalities, diagnostics and interventions	✓	✓	✓	✓
Revelation of Results to discuss findings with GL Team	✓	✓	✓	✓
In-depth insights into health risks and expert strategies to extend healthspan and lifespan	✓	✓	✓	✓
Individualized GL Action Plan based on findings	✓	✓	✓	✓
Age Hackers Podcast Subscription	✓	✓	✓	✓
Option to transition into a 6-month or annual membership program	✓	✓		
Focused evaluation custom-designed by you and Dr. Gladden	✓			
Foundational evaluation custom-designed by you and Dr. Gladden		✓		
How Young Am I? Mosaic of Ages Scorecard		✓		
Core evaluation custom-designed by you and Dr. Gladden			✓	
How Do I Live Young? Mosaic of Ages Scorecard			✓	
On-going nutrition, performance and lifestyle coaching			✓	✓
Monthly clinical consultations to track advancements and make adjustments			✓	✓
Systematically complete evaluation custom-designed by you and Dr. Gladden				✓
How Do I Live Young for a Lifetime? Mosaic of Ages Scorecard				✓
Mid-year and 9-month follow up visit at GL Clinic + Advanced Performance Center				✓
Expanded quarterly clinical health reviews to ensure sustained progress				✓
Mosaic of Ages Scorecard progress reports throughout the year				✓
Enrollment in pioneering, longevity-based research studies				✓
MEMBERSHIP BENEFITS				
Membership to our exclusive community for ongoing events, workshops, support and motivation			✓	✓
Priority access to new advancements, resources and educational materials in the field of longevity			✓	✓
Access to GL team via private patient portal for health-related questions or concerns			✓	✓
Ability to link wearables to patient portal for dynamic metrics			✓	✓
Special discounts for supplements, devices, and equipment			✓	✓
Private access to custom Fitness, Nutrition, and Environment Programs			✓	✓
Integration of prior diagnostic results to help inform your GL Action Plan			✓	✓
Collaboration with your GP, Specialist, Chiropractor etc.			✓	✓
Sourcing of additional specialists outside the scope of current GL services when necessary			✓	✓
Opportunity to participate in cutting-edge research projects and clinical trials			✓	✓
Architecting your 4 Environments for Success: Home, Office, Business + Leisure Travel			✓	✓
Home visits- we come to you for testing and environment architecting			✓	✓