



# Thrive LIMITLESS

## Longevity Roadmap



Hello,  
John Doe

Welcome to your longevity roadmap,  
This report has been carefully curated  
for you.

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ID - USR12345




# John Doe

♀ Female 📍 Bangalore - 560001 💼 Software Engineer


📅 D.O.B - 1985-06-15 📅 D.O.A - 2025-06-30

🍴 Dietary Preference - Omnivore

**Vascular Age**

Optimal

29.00<sup>00</sup>

**Heart Rate Variability**

Sub Optimal

37.35

40 - 100 m/s

**Grip Strength (Left)**

Low

55.2


>121.9 Kg

**Grip Strength (Right)**

Low

59<sup>00</sup>

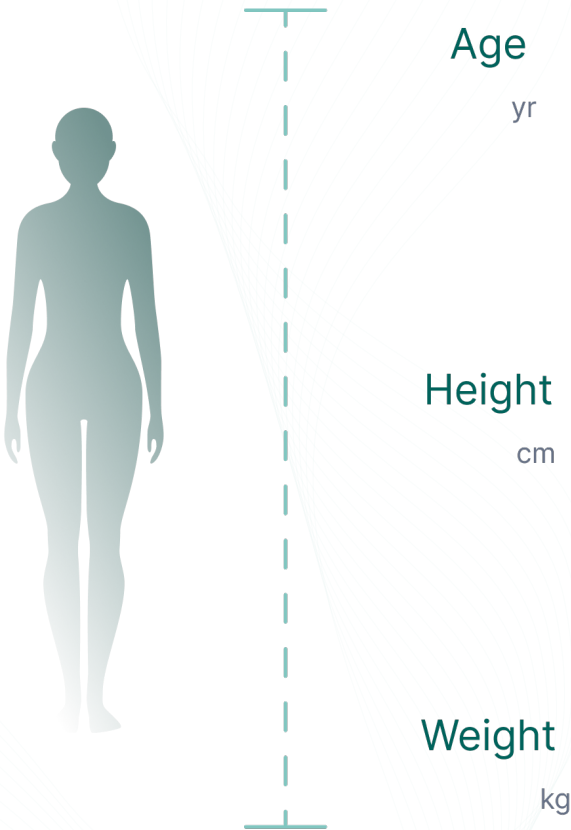
>121.9 Kg

**Cognitive**

Sub Optimal

129/200

200



# Your Current Symptoms & Conditions

Provides a snapshot of your current health issues to help tailor personalized care and ensure informed treatment decisions

## Current Symptoms

- ☒ Fatigue
- ☒ Gut issues
- ☒ Brain fog
- ☒ Premature greying of hair
- ☒ Stiffness in arms




## Known Conditions

- ☒ Migraine
- ☒ Prediabetes
- ☒ Chronic Sinusitis





# Your Current Stack

Captures everything you're taking to ensure safe, personalized, and effective care

## Medications

-  Febustat 40 MG
-  Magnesium citrate
-  On Insulin Skin Patch

## Supplements

-  Zentok
-  Multivitamin(1mm)
-  Magnesium citrate
-  Fenofibrate + Rosuvastatin

# Your Family & Past History

Reveals inherited health risks to guide proactive, personalized prevention strategies



## Family History



### Mothers Side

- Paternal Grand mother-Lung Cancer
- Diabetes



### Fathers Side

- Hypertension
- Heart issues



## Past History

- Lung problem because of smoke in Diwali times
- 2022 December plum got accumulated in lungs took steroids for 2 days
- Did Bronchoscopy took out 80ml of liquid










## Menstrual History

- LMP - 10/6/2025
- Cycle length: 23-24 days
- Duration: 5-6 days

# Your Health Goals

Defines personalized health goals to support lasting vitality, prevention, and a longer health span

## Goals

-  Personalised Preventive Healthcare
-  Longevity
-  Disease Management
-  Symptom Reversal
-  Improved Fitness
-  Improved Gut Health
-  Better Hormonal Balance

