



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

29.00⁰⁰

**Heart Rate Variability**

Sub Optimal

37.35

40 - 100 m/s

**Grip Strength (Left)**

Low

55.2


>121.9 Kg

**Grip Strength (Right)**

Low

59⁰⁰

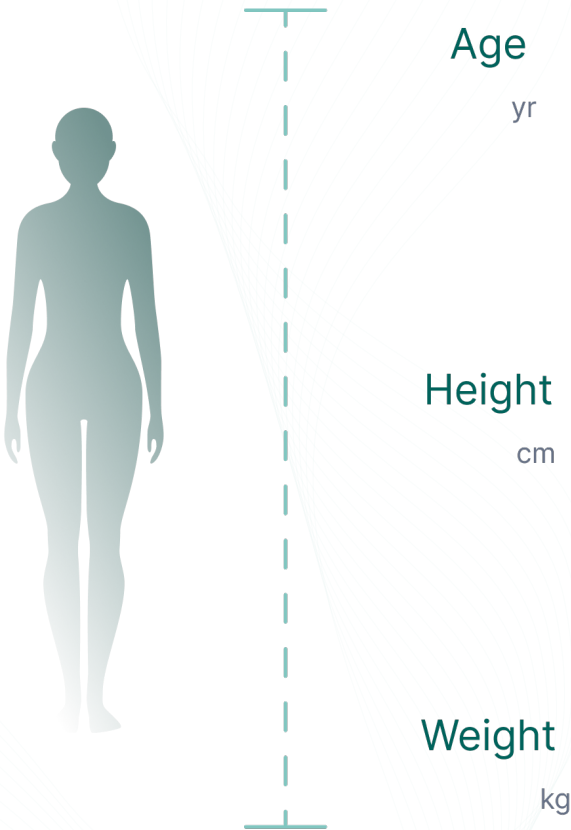
>121.9 Kg

**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

Comprehensive Vital Parameters

Delivers vital health metrics to detect risks early and guide personalized, preventive care



Body Temperature

Optimal

97 Fahrenheit

97 - 98.6 F



Heart Rate

Optimal

74 bpm

60 - 100 bpm



Blood Oxygen

Optimal

98

95-100%



Respiratory Rate

Optimal

16

12 - 20 /min



Blood Pressure (Left Arm)

Sub Optimal

100/60

110/60 - 120/80

mm HG



Blood Pressure (Right Arm)

Elevated

126/60 mm HG

110/60 - 120/80

mm HG