



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

29.00⁰⁰

Optimal



Heart Rate Variability

37.35

40 - 100 m/s

Sub Optimal



Grip Strength (Left)

55.2

>121.9 Kg

Low




Grip Strength (Right)

59⁰⁰

>121.9 Kg

Low

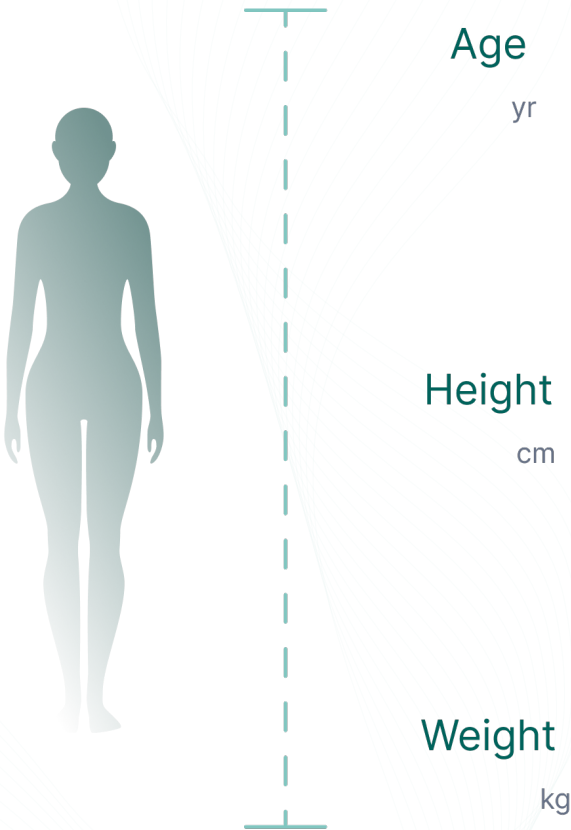


Cognitive

129/200

200

Sub Optimal



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



Vitals



Body Temperature

97 Fahrenheit

Optimal

97 - 98.6 F



Heart Rate

74 bpm

Optimal

60 - 100 bpm



Blood Oxygen

98 SpO2

Optimal

95-100%



Respiratory Rate

16 /min

Optimal

12 - 20 /min



Blood Pressure (Left Arm)

100/60 mm HG

Sub Optimal

110/60 - 120/80 mm HG



Blood Pressure (Right Arm)

126/60 mm HG

Elevated

110/60 - 120/80 mm HG