



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

29.00 ⁰⁰

Optimal



Heart Rate Variability

37.35

40 - 100 m/s

Sub Optimal



Grip Strength (Left)

55.2

>121.9 Kg

Low



Grip Strength (Right)

59 ⁰⁰

>121.9 Kg

Low

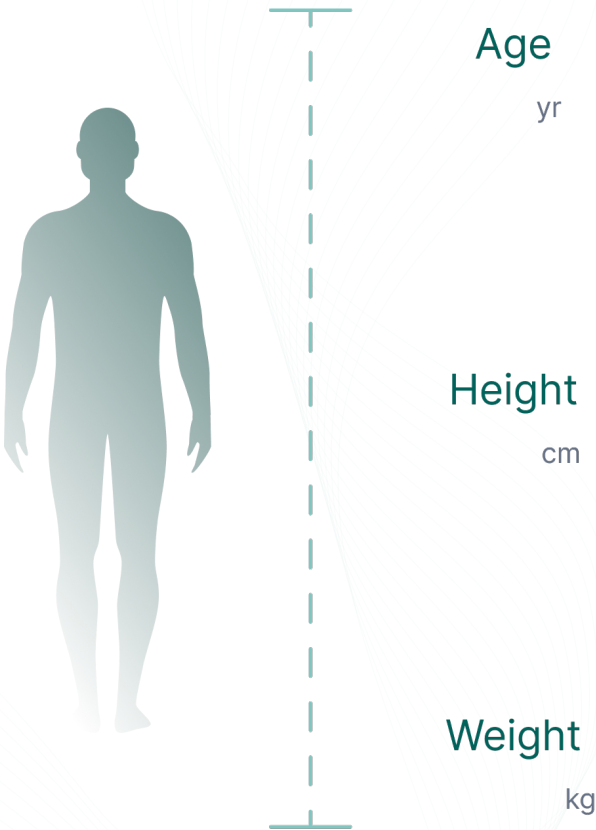


Cognitive

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



Eye Screening

Diabetic Retinopathy Screening identifies early signs of diabetes-related eye damage, helping protect vision and overall health.

Left Eye Vision Score

06/06

Right Eye Vision Score

06/06

Comprehensive Vital Parameters

Offers a clear snapshot of vital health markers to identify risks early and personalize preventive care



Ear Screening

To assess and clean the ear canal by removing wax, debris, or foreign objects, and to check for infections or abnormalities.



Otoscopy

Ear screening detects hearing issues and ensures optimal auditory health.

Left Ear

clear

Right Ear

clear



Hearing

Ear screening detects hearing issues and ensures optimal auditory health.

Left Ear

Normal Hearing

Right Ear

Normal Hearing



Examination

Ear screening detects hearing issues and ensures optimal auditory health.

Left Ear

Tympanic Membrane

- Healthy Tympanic Membrane

External Auditory Canal

- Normal

Mastoid Process

- Normal

Right Ear

Tympanic Membrane

- Healthy Tympanic Membrane.

External Auditory Canal

- Normal

Mastoid Process

- Normal

Digital Brain Function Screen

Assesses key aspects of brain function to guide focus and resilience strategies—designed for screening, not diagnosis



Overall Brain Score 140/200 ● Optimal

Attention

Attention helps you focus on what matters and ignore distractions.

low

129

Low

Average

High

Immediate Memory

Immediate memory holds info briefly; working memory uses it to think and learn.

low

70

Low

Average

High

Working Memory

Working memory helps you use short-term information to think and learn.

low

108

Low

Average

High

Brain Executive Function

Executive function helps you focus, plan, and control actions.

low

90

Low

Average

High

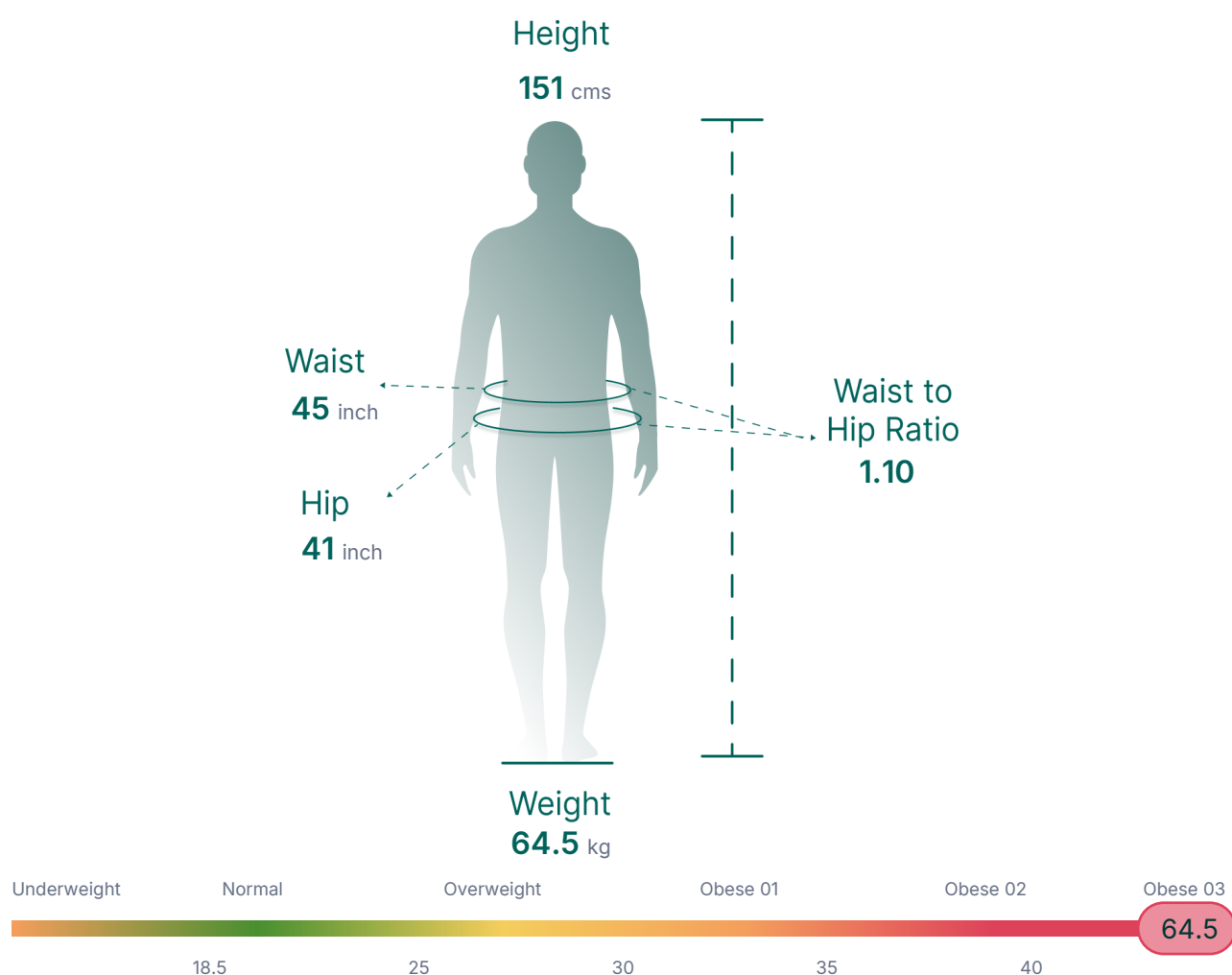
Body Mass Index (BMI)

Combines BMI and Waist-to-Hip Ratio to offer a fuller picture of weight-related health risks and fat distribution



Body Mass Index (BMI)

BMI provides a snapshot of your weight relative to height, offering insights into overall body composition and health risk



Fitness Assessment

Provides a snapshot of your physical fitness to tailor plans that enhance performance and prevent future issues

Test Name	Your Score	Optimal Score
Balance & Posture	08	10
Upper Body Strength	07	10
Lower Body Strength	09	10
Agility	07	10
Power	05	10
Upper Body Flexibility	08	10
Lower Body Flexibility	09	10
Hand Eye Coordination	08	10
Reaction Time	07	10
Total PMX Fitness Score	68	90

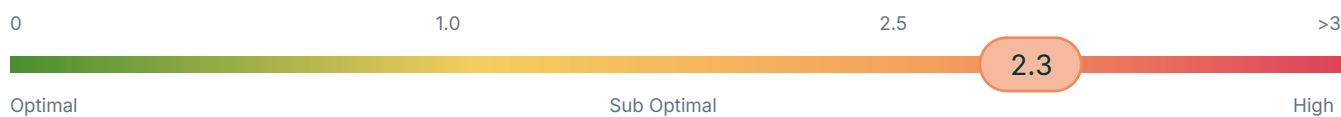
HOMA-IR (Homeostatic Model Assessment of Insulin Resistance)

Measures insulin resistance to reveal how well your body manages blood sugar and flag early metabolic risks

2.3

Low

The Risk



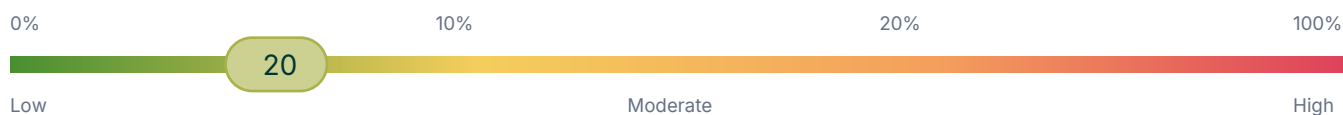
Framingham Risk Score

Estimates your 10-year risk of heart disease to guide proactive prevention through lifestyle or medical interventions

20%percent

Low

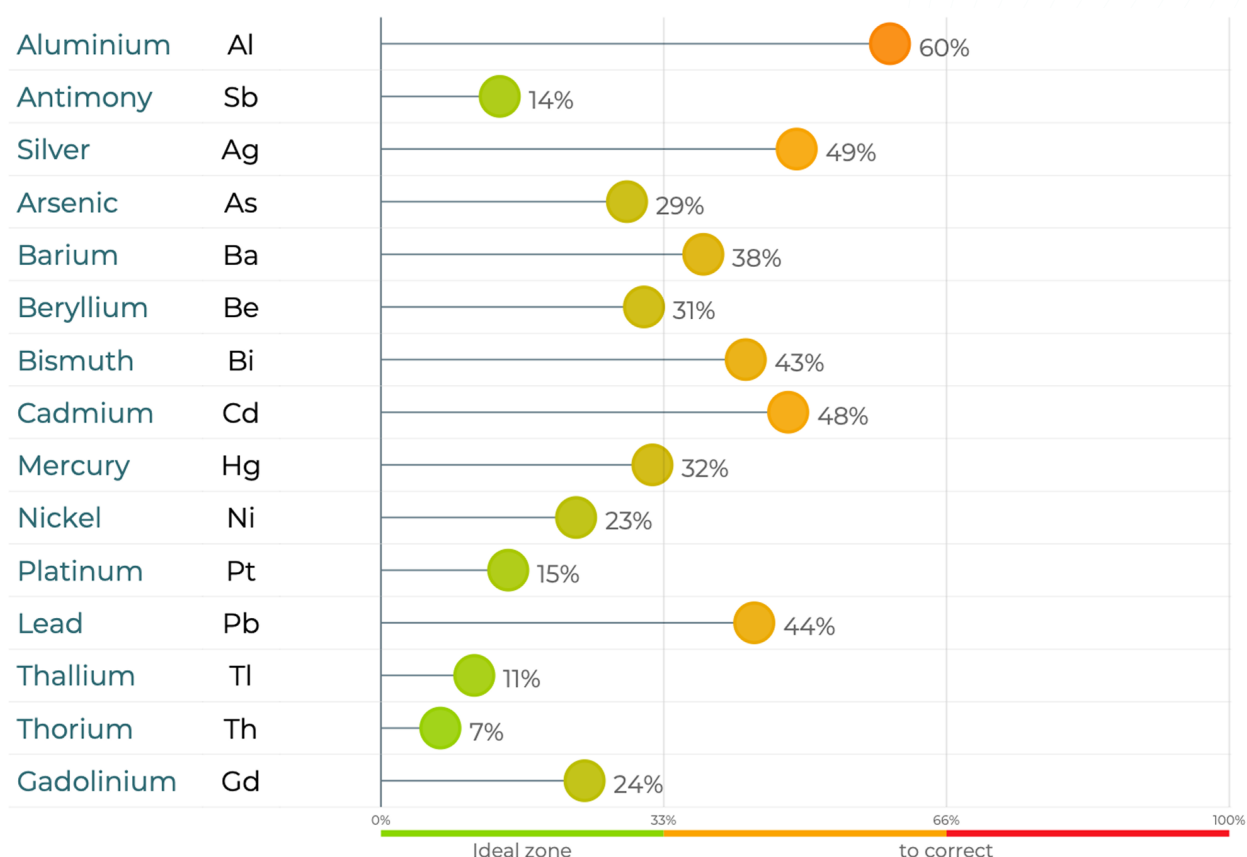
The Risk



Oligo Scan

A non-invasive, adjunctive screening tool to assess intracellular mineral trends and potential heavy metal accumulation at the tissue level. It does not replace validated laboratory diagnostics such as blood, urine, or hair analysis, and its findings should not be construed as definitive evidence of deficiency or toxicity. All OligoScan findings are interpreted in context of clinical symptoms, patient history, and follow-up diagnostics when needed. No medical diagnosis or treatment is initiated based solely on this scan.

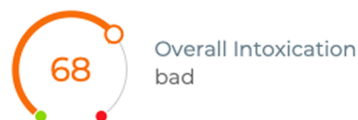
Heavy Metal Test Report



- **Aluminium, Antimony, Arsenic, Mercury, Silver** are **Moderately Elevated**. These can come from contaminated water, household cookware, ornaments and pesticides
- **Lead, Bismuth, Cadmium** are **Moderately Elevated**. These are linked to neurological issues, hypertension, GI discomfort
- **Barium** is **Moderately Elevated**. These can come from contaminated water or pesticides.

Domains In focus

DETOX.



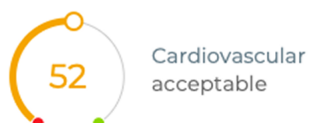
DIGESTION



MENTAL CONDITION



GENERAL BALANCE



Domains In focus

OXIDATIVE STRESS



Oxidative Aggression
to correct



Antioxidant Protection
good

ANTI-AGING SKIN



Elasticity - Texture
good



Aging Condition
to correct

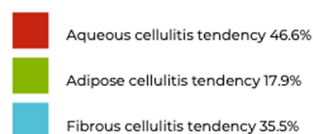


Fragility
good

SLIMNESS



Fat excess
to correct



HAIR / NAILS



Falling tendency
to correct



Quality
to correct

JOINTS



Flexibility
to correct

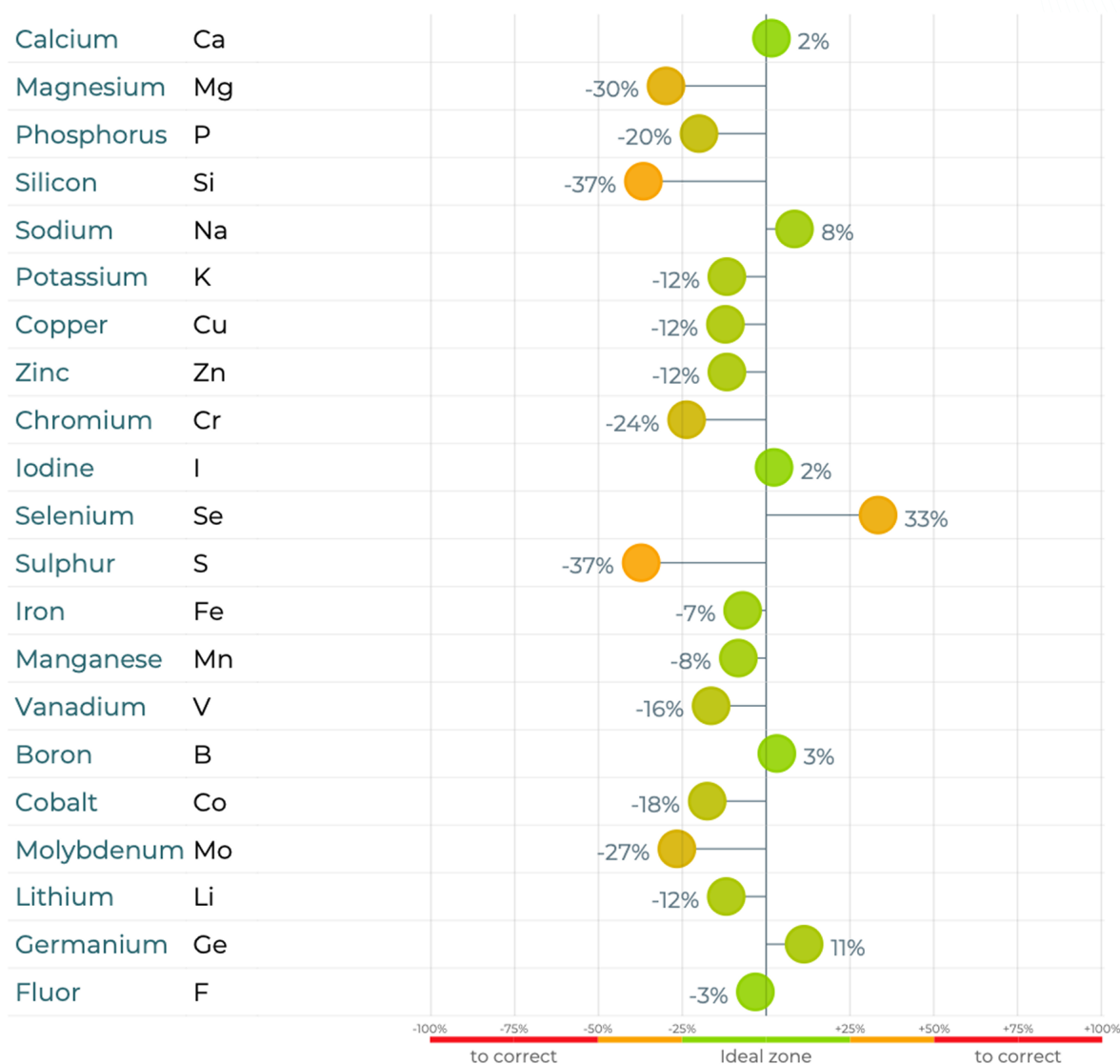


Acid-base balance
to correct

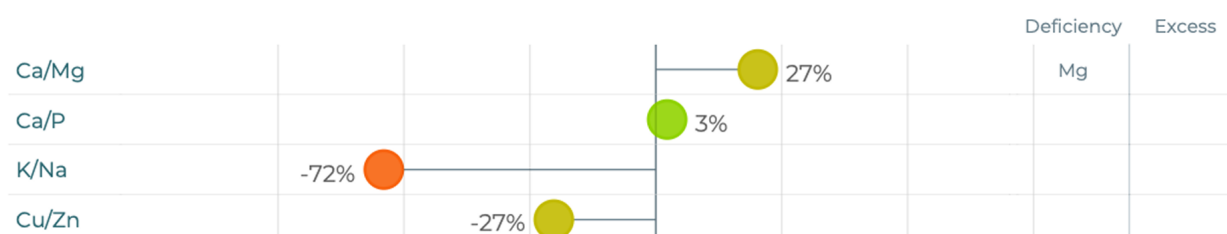


Tissue Repair
good

Mineral Test & Ratios Report



RATIOS



- **Chromium, Phosphorous, Zinc, Silicon** are **low**. These are important for glucose metabolism. These deficiencies can affect skin, bone and immune health.
- **Potassium to Sodium, Calcium to Phosphorous ratios** are **skewed**. Long term imbalance can increase the risk of heart disease.

Aerobic Capacity (Volume of Oxygen Maximum - Vo2 Max)

Measures your body's oxygen use during exercise to assess cardiovascular fitness and guide endurance goals

46.5 ml/kg/min

Optimal

How your VO2 Max compares to people similar to you

