



# 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<sup>00</sup>

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<sup>00</sup>

>121.9 Kg

Low

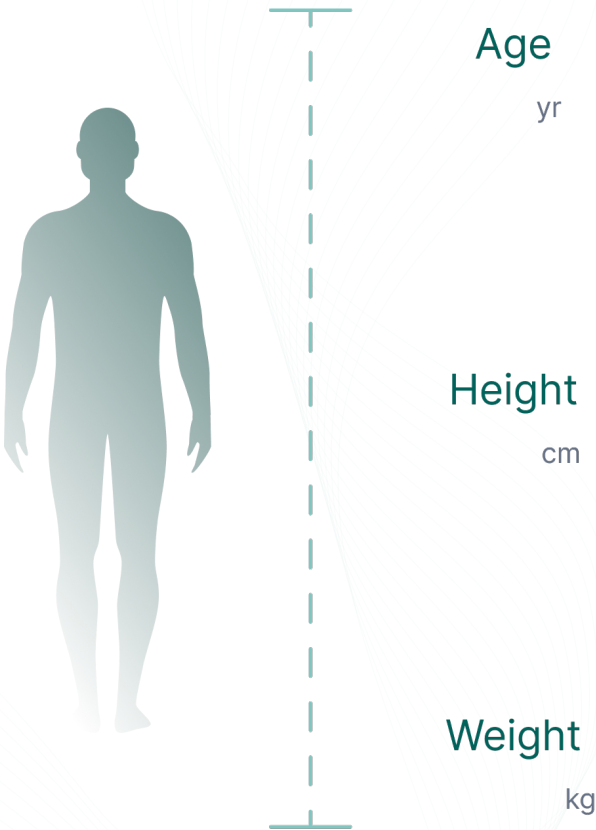


Cognitive

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



## Immediate Memory

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

low



## Working Memory

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

low



## Brain Executive Function

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

low



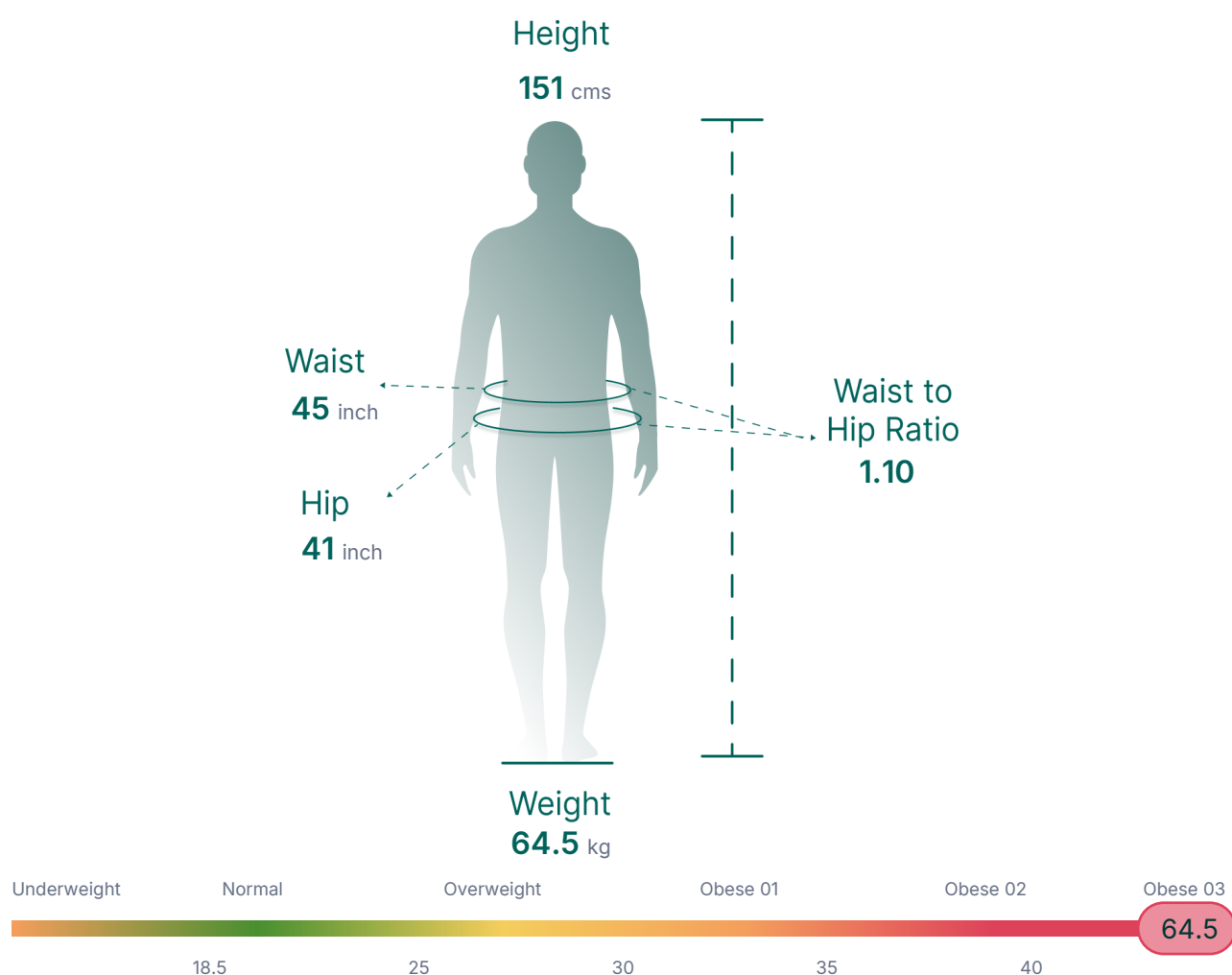
# Body Mass Index (BMI)

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