



# 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>

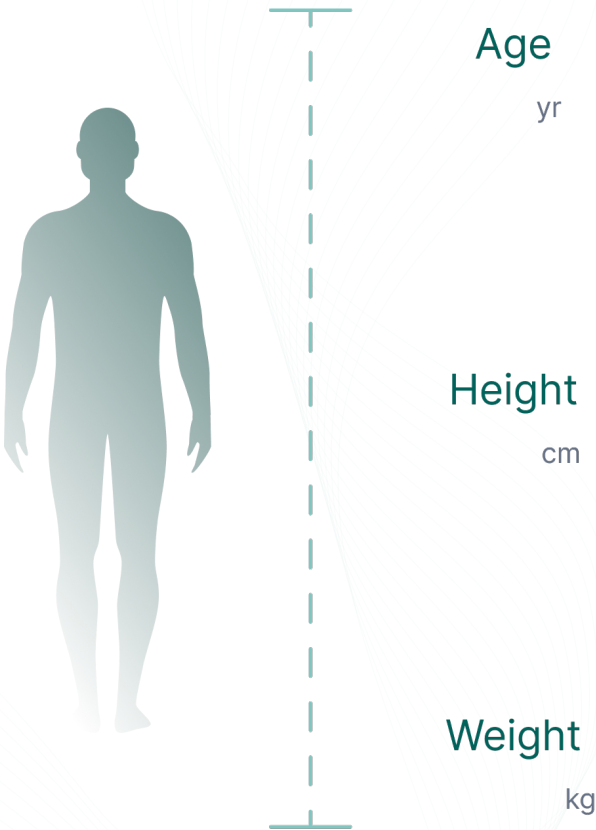
>121.9 Kg

**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

# 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

