

Member Profile

Member Snapshot

- * Preferred name: Arjun Mehta
- * Date of birth, age, gender identity: 22 July 1983, 42, Male
- * Primary residence & frequent travel hubs: Singapore (primary), frequent travel to Hong Kong, Dubai, London, and San Francisco.
- * Occupation / business commitments: Senior Vice President at a Global Consulting Firm. Role involves managing high-stakes transformation projects, cross-border negotiations, and client advisory work. Arjun's career demands long hours, high mental performance, and frequent travel across time zones, often leading to disrupted routines.
- * Personal assistant: None. Arjun manages his own schedule, occasionally assisted by the firm's executive assistant team during peak workload periods.

Core Outcomes & Timelines

Top three health or performance goals (with target dates):

1. Lower ApoB consistently under 80 mg/dL and maintain an optimal cardiovascular risk profile by March 2026, with regular quarterly monitoring.
2. Improve VO₂max and cardiovascular endurance to increase resilience during long-haul travel and improve sustained energy levels by September 2026.
3. Establish sustainable, travel-proof nutrition and exercise routines that align with his busy lifestyle by December 2025.

"Why now?" – intrinsic motivations & external drivers: Arjun has a strong family history of hypertension and cardiovascular disease. With two teenage children and a demanding global role, he is determined to reduce risk factors early and ensure long-term vitality. He recognizes that his lifestyle of frequent travel and high workload poses risks, and he is motivated by both career longevity and a desire to be present for his family.

Success metrics Arjun cares about:

- * Blood markers: ApoB, LDL-C, fasting glucose, HbA1c, hs-CRP.
- * Cardiovascular performance: VO₂max scores, resting heart rate trends.
- * Recovery: HRV variability tracked via Whoop/Garmin.
- * Lifestyle markers: Sleep quality, energy levels, and adherence rates.
- * Longevity markers: Biological age assessments, stress resilience indices.

Behavioural & Psychosocial Insights

- * Personality / values assessment: Strategic, ambitious, and analytical. Arjun thrives on structured routines and measurable progress. He values evidence-based recommendations and expects clear reasoning behind interventions.
- * Stage of change: Highly motivated, though adherence is about 50%, due to heavy work-travel commitments. Responds best to flexible, adaptable plans that accommodate real-life constraints.
- * Social support network: Married, with two teenage children who encourage him to stay healthy. His spouse is supportive, and he has domestic help that assists with meal prep and household logistics.
- * Mental health history: No formal history of mental health conditions. Reports periodic stress spikes during high-pressure work phases or while traveling. Practices journaling, mindfulness apps, and structured workouts to regulate stress.

Tech Stack & Data Feeds

- * Wearables in use: Whoop band (primary for HRV and recovery tracking), Garmin Fenix (for outdoor runs and fitness tracking), considering Oura Ring (for advanced sleep metrics).
- * Health apps / platforms: MyFitnessPal (nutrition logging), Whoop dashboard, Trainerize (exercise programming).
- * Data-sharing permissions: Willing to provide full API integration for Elyx team to monitor performance, biomarker trends, and sleep/recovery data.
- * Desired dashboards / reporting cadence:
- * Weekly WhatsApp-style progress summaries (bite-sized, actionable).

- * Monthly detailed health reports on exercise, sleep, recovery, and nutrition.
- * Quarterly deep-dive reviews with medical and lifestyle strategy updates.

Service & Communication Preferences

- * Preferred channels: WhatsApp for quick daily check-ins and reminders; Email for in-depth reports and recommendations.
- * Response-time expectations: Non-urgent queries answered within 24 hours. Urgent concerns escalated via WhatsApp.
- * Detail depth: Prefers data-driven summaries with actionable steps, but values access to granular data if he wishes to explore further.
- * Language, cultural, or religious considerations: English is the preferred medium. Indian cultural background. No dietary restrictions aside from reducing processed foods and managing salt intake due to family history of hypertension.

Scheduling & Logistics

- * Typical weekly availability: Allocates ~5 hours per week for structured health routines, usually in the mornings before work commitments. Evening sessions possible but less consistent.
- * Travel rhythm: Travels internationally 1 out of every 4 weeks on average. Trips include long-haul flights across multiple time zones, requiring adaptive programming.
- * Appointments: Prefers virtual sessions to maintain consistency across locations. Open to on-site diagnostics and medical assessments during extended stays in Singapore.
- * Transport: Arranges his own transport; values efficiency and punctuality.