THE SCIENCE OF

LongevityQuest

Discover what science can reveal about your personal longevity wellness

We created **myLQAnalysis** to bring advanced health analytics into a clearer, more personal perspective.

50M+

historical case studies

2,000+

analytical variables

200+

condition models

5 Minutes

fast and non-invasive

Scientific source notes and important information appear on the final page.

01 / THE BIGGER PICTURE

What does your health history say when viewed together?

Medical care often begins with individual measurements—blood pressure, cholesterol, blood sugar and other test results. Each matters. Yet the relationships among these indicators, and how they change over time, can provide additional insight.

Our **myLQAnalysis** brings available prescription, laboratory and diagnosis information into a combined analysis. We translate the resulting statistical patterns into a personalized assessment of longevity wellness.

WHY A COMBINED VIEW MATTERS

Two people of the same age can have very different health histories. Looking at findings together may reveal differences not apparent in isolated measurements.

02 / THE SCIENTIFIC FOUNDATION

Scientific development at exceptional scale

The scientific foundation of our Analysis draws on advanced analytics developed through work by Quest Diagnostics, through ExamOne, and the Massachusetts Institute of Technology (MIT). That work examined more than 50 million historical case studies, including laboratory results, physical measurements, prescriptions, medical claims and mortality experience.[1]

This analytical framework evaluates more than 2,000 variables and their interrelationships—looking beyond whether an individual test result falls inside a standard reference range.[1]

SCIENCE ALREADY AT WORK BEHIND THE SCENES

This underlying analytical science is currently used behind the scenes in the insurance industry to develop risk profiles for life, disability and long-term care products, addressing morbidity and mortality risk.[2]

© 2026 Longevity Quest, Inc.

03 / THE DATA

Large databases. A broader analytical perspective.

Our process begins by locating available prescription, laboratory and diagnosis records. The data environments described in our scientific foundation encompass more than 50 billion records, including laboratory histories associated with Quest Diagnostics and Labcorp.[1]

PRESCRIPTIONS
medications & fill history

LAB RESULTS
tests & measurements

DIAGNOSES
clinical codes & history

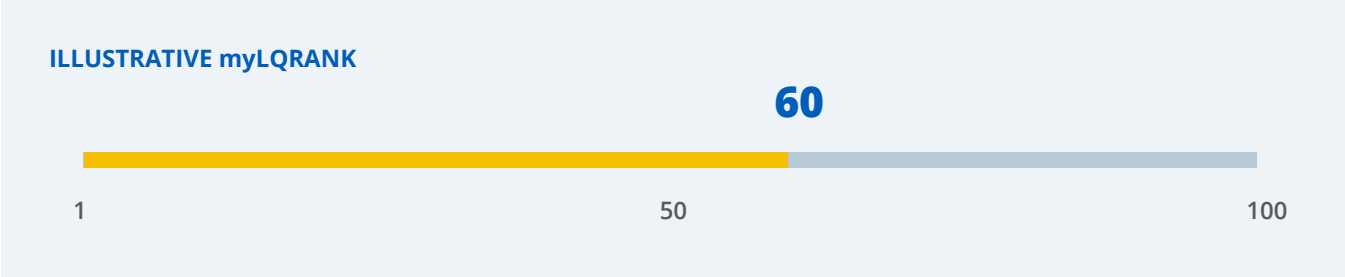
Prescription histories. The source research describes approximately 93% coverage of U.S. prescription records. **Laboratory and diagnosis histories.** It describes diagnostic coverage representing approximately two-thirds of U.S. testing.[1]

Biomedical algorithms evaluate combinations of findings against historical health and mortality experience. Our proprietary actuarial systems then produce your personalized **myLQAnalysis Report Card**.

04 / YOUR PERSONAL REPORT

Where do you stand today?

Our patented **myLQRank** expresses modeled longevity wellness as a comparative percentile among people of the same age and gender at birth. A rank of 60, for example, represents a modeled assessment of outliving approximately 60% of comparable peers.[3]



04 / YOUR PERSONAL REPORT

How many more years could your goals represent?

Your **myLQAnalysis** does more than show where your longevity wellness ranks today. It also lets you select a desired longevity rank and see the modeled difference in projected lifespan between your current rank and the rank you hope to achieve.[3]

This comparison turns a percentile into something easier to picture: potential additional years of life. It gives you a way to explore what improving your longevity wellness could mean over time—and a personal reason to discuss the factors influencing your results.

YOUR LONGEVITY GOAL / HOW THE COMPARISON WORKS

01
Your current rank

02
Your desired rank

03
Potential years gained

Your report calculates the projected lifespan associated with each rank and displays the difference. The amount is individual to your Analysis; the graphic above illustrates the process, not a sample outcome.

WHAT COULD A FEW MORE YEARS MEAN TO YOU?

More time with the people you love. The chance to watch a grandchild graduate, celebrate a wedding, or welcome the next generation. Another anniversary, another family gathering, another adventure together.

Those moments are why longevity is more than a number. Our goal is to help you understand where you stand, what may be influencing your rank, and which health questions may be worth exploring with your doctor.

THE YEARS MATTER BECAUSE THE MOMENTS MATTER.

© 2026 Longevity Quest, Inc. | mylongevityquest.com

05 / POTENTIAL CONDITIONS

Seeing patterns that may matter

Our Analysis applies more than 200 condition-oriented predictive models to combinations of your available laboratory, prescription and diagnosis records. These models identify statistical patterns associated with Potential Conditions that may be influencing your longevity wellness.

Importantly, some Potential Conditions may not appear as diagnoses in the records available for our Analysis. We call these possible previously unidentified concerns “Cryptic Risks.” They provide a meaningful starting point for further discussion with your healthcare professional.

~40%

may have at least one previously unidentified condition

~6%

may have severe cryptic risks calling for prompt medical attention

Figures from reported Quest/MIT analytical experience.[4]

YOUR FINDINGS, EXPLAINED

Scientific Confidence

A model-based indicator of how strongly the available information is associated with a Potential Condition.

Longevity Impact

A High, Moderate or Low classification describing the modeled significance of that condition to longevity.

Contributing Factors

Up to four of the findings or characteristics that contributed to the condition-oriented result.

© 2026 Longevity Quest, Inc.

06 / ASK YOUR DOCTOR ABOUT

Turning your analysis into better questions

Your **myLQAnalysis** does more than identify a possible concern. Our "Ask Your Doctor About" section turns the findings of your personal scientific analysis into customized topics and questions for your healthcare professional.

These discussion points reflect the Potential Conditions identified in your Analysis, together with the available information and contributing factors that informed those findings. The objective is to help you arrive at a medical appointment better prepared—not simply with a general health checklist, but with questions relevant to your own results.

ILLUSTRATIVE EXAMPLE / NOT A PERSONAL RESULT

Potential Condition: Type 2 diabetes

- Do my recent glucose or other laboratory results suggest that further evaluation would be useful?
- Are there symptoms, family-history details or other risk factors we should review?
- Would any follow-up testing or monitoring be appropriate for me?

The actual questions depend on your individual Analysis.

A MORE PRODUCTIVE HEALTHCARE CONVERSATION

Your doctor can compare these insights with your complete medical history, symptoms and examination, and determine whether additional evaluation is appropriate. By connecting modeled findings with specific questions, we help make complex scientific information practical and personally relevant.[4]

DISCOVER YOUR PERSONAL LONGEVITY WELLNESS

mylongevityquest.com

© 2026 Longevity Quest, Inc. | mylongevityquest.com

A FOUNDER'S EXPERIENCE

Why Personal Health Advocacy Matters

A personal account from Steve Briggs, Co-Founder, Longevity Quest

> As co-founder of Longevity Quest, I never imagined I'd personally benefit so soon and directly from the insights our platform provides. In 2023, my report flagged a potential lipid disorder risk. Though initial labs looked normal, the analysis confidence increased in 2024, prompting further testing. An echocardiogram revealed severe aortic valve failure, giving me just two years without intervention. Thanks to early detection, I underwent successful TAVR surgery. This experience reinforced my belief that we must be our own greatest health advocates. Longevity Quest exists to empower everyone to take control of their health—and I'm living proof of its life-changing impact.
>
> **— Steve Briggs, Co-Founder, Longevity Quest**

We don't just help you live longer—we help you live better, longer.

This testimonial reflects one individual's experience. The Analysis does not diagnose conditions, and individual outcomes vary. Medical evaluation and treatment decisions belong with qualified healthcare professionals.

© 2026 Longevity Quest, Inc.

IMPORTANT INFORMATION

Scientific context & source notes

1. Scientific development, data scale and coverage. Descriptions of the Quest Diagnostics/ExamOne and MIT work, 50 million case studies, 2,000-plus variables, 200-plus models, database sizes and coverage figures come from Longevity Quest, Inc., The Science of the myLQAnalysis Report Card (February 2026). The underlying research, model specifications, current coverage and independent performance validation were not provided for verification in this edition. Large databases do not ensure complete records for any individual.

2. Insurance-industry applications. Use of actuarial, medical and diagnostic data in insurance risk assessment is well established. Our statement about the Quest/MIT-related analytical science in life, disability and long-term care insurance reflects our description of the technology; specific insurer deployments or endorsements are not documented here. Such use does not establish independent validation of myLQAnalysis.

3. Rank and projected lifespan. myLQRank and additional-years estimates are modeled statistical comparisons, not guarantees of lifespan or outcomes. A rank is not a diagnosis and does not establish that any behavior or treatment will produce a particular increase in life expectancy.

4. Cryptic Risk figures. The approximately 40% and 6% figures are attributed to experience described in our Quest/MIT-related materials. Study design, population, definitions, diagnostic confirmation and external validation were not supplied. Potential Conditions are not confirmed diagnoses. Potentially serious findings warrant prompt professional evaluation; emergency symptoms require immediate medical attention.

5. Scope and medical limitations. Records may be incomplete or outdated. Certain mental health, accidental death and nonmedical lifestyle risks are outside the described scope; direct genetic information is not included. The report is informational and is not intended to diagnose, prevent, treat or cure disease. Medical decisions belong with qualified healthcare professionals.

6. Scientific attribution. Mention of Quest Diagnostics, ExamOne or MIT describes the development history presented in LongevityQuest materials and does not imply their endorsement or independent certification of this consumer product.

FINAL NOTE / IMPORTANT INFORMATION

The information provided is intended for general use, and is not designed to diagnose, prevent, treat or cure any condition or disease. Longevity Quest uses biomedical data and prescription/diagnostic test records to analyze and calculate expected longevity and related information. While such information might point to a potential medical issue, all such diagnoses should always be performed by a qualified health care provider. The information provided is for demonstration purposes only, and in no way does such information constitute a warranty, representation, recommendation, or validation regarding your physical health or wellbeing.

© 2026 Longevity Quest, Inc. | mylongevityquest.com