*my*LQ*Analysis* – Annotated Sample

LongevityQuest®

Empowering you to live better, longer, through science-based insights and self-advocacy

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Report Version: LQ Report v2.3 – July 2025

Start Your Longevity Quest

Your health journey is deeply personal, and you are its most important advocate. This report combines your lab data, prescription history, and personal health profile with predictive analytics developed at MIT to reveal patterns that may not be obvious to you or your doctor. It doesn't replace medical judgment—it enhances it by highlighting areas that deserve attention and conversation.

The recommendations here aren't prescriptions; they're starting points for informed discussions with your healthcare team. Every insight is designed to help you ask better questions, understand your risks, and take ownership of decisions that could add healthy years to your life. Because longevity is not just about living longer, it's about thriving, with clarity and control.

*This report is your tool for better health conversations. Use it to spark powerful questions with your doctor.*

Your LQ Rank: 60% (Compared to Males Age 50)

Your Longevity Goal: To outlive 70% of your peers

Current Standing: You are expected to live longer than 60% of your peers based on available data.

Estimated Longevity Gain Potential: By reaching your Longevity Goal, you could be adding up to ~4.5 years to your lifespan.

Lifespan Odds
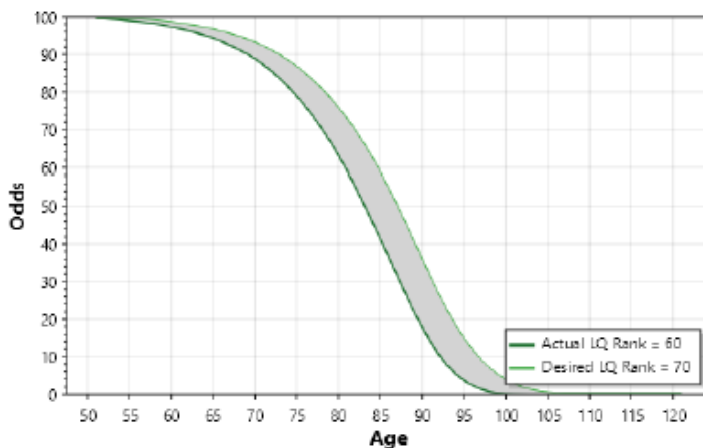
Lifespan Odds chart graphs life expectancy probabilities for actual and desired rank, with text to show the number of years potentially gained through rank improvement.

Your health future is not fixed; it's shaped by the decisions you make today. Take this report to your next doctor visit. Use it to ask smarter questions. Your best health decisions are still ahead.

![LongevityQuest logo]

Your Potential Action Plan

- Get your weight between 132.7 and 178.6 lbs **adds ~0.5 years** to longevity and **increases your LQ Rank to 61.7.**
- Continue to abstain from tobacco use.
- Annually have your doctor order (CBC, CMP, and Lipid panel) labs with LabCorp or Quest Diagnostics; then retake your LQ Analysis to get the most accurate updated results possible.

Ask Your Doctor About

This section highlights potential conditions identified by advanced analytics models based on your lab and prescription history. These are not diagnoses, but discussion prompts for further investigation, especially if symptoms are present or key lab tests have not been performed recently.

Note: Some critical lab markers commonly used in life-insurance and longevity analysis (e.g., NT-proBNP, insulin, GGT) may be missing from your records. This can affect the completeness and accuracy of condition detection.

- High blood glucose: Discuss recent lab results and watch for increased thirst or frequent urination.
- Brain function: Explore causes of recent confusion or persistent headaches.
- Muscle health: Consider muscle weakness or cramps and possible links to lab findings.
- Circulatory health: Blood pressure management and monitoring for swelling or chest discomfort.
- Endocrine concerns: Blood sugar control and awareness of fatigue or unexplained weight changes.

Lifestyle Keys for a Longer, Better Life

- Aim for at least 150 minutes of moderate activity weekly, such as brisk walking, to support heart and muscle health at age 50.
- Include a variety of vegetables, lean proteins, and whole grains in daily meals to help maintain stable blood sugar and energy.
- Maintain a regular sleep schedule and aim for 7–8 hours nightly to support brain and overall health.

Each habit you reinforce makes your future self stronger.

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Potential Action Plan section is customized using advanced AI techniques and tools.

Ask Your Doctor About section is customized for each Potential Condition, using powerful AI tools to provide suggestions to aid in diagnosis by your healthcare professional.

Lifestyle Keys section is customized for the individual's age and gender, using powerful AI tools help increase engagement and progress toward longevity goals.

Inputs for Analysis

Note: This report uses only lab and prescription data from Quest Diagnostics and LabCorp. Results from other providers may be missing and could impact model accuracy.

Age	Gender	Tobacco Use	Height	Weight	Lab Count	Lab Results	Oldest Lab	Newest Lab	Rx Count
50	M	NS	5'11"	194	5	163	2023-06-12	2025-07-08	2

Potential Conditions

This section is powered by predictive models developed in partnership with MIT and used across healthcare, insurance, and wellness industries. It flags potential health risks based on your current data, but does not replace medical evaluation.

Potential Condition	Scientific Confidence	Longevity Impact	Contributing Factors
Circulatory Disease - Any	55.8%	High	Chloride, Alb/Glob Ratio, Potassium, Calcium
Any Endocrine Disease	97.8%	Moderate	U. SG, I10-Hypertension, A1c, THC
Elevated blood glucose level	54.4%	Moderate	U. SG, Hep B Ag [Presence], U. Casts, S. Gluc
Other disorders of brain	53.3%	Moderate	R53-Malaise, Cefazolin [SUS], RDW, Thyrotropin
Any Muscle Disease	80.2%	Low	Sodium, Hydromorphone, Free T4, Urate

Important Disclaimers

This report does not diagnose. It guides conversations. Talk to your physician before making changes to your care plan.

Missing or outdated data limits model accuracy. Conditions may go undetected if essential lab tests are not included or if recent records are unavailable.

Some contributing factors may be significant due to their absence. This is based on scientific methodologies commonly used in life-insurance risk analysis, which highlight not only abnormal lab values but also the absence of expected markers for a given age and risk profile.

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