

***Is there a way to calculate my personal longevity wellness?
How can I improve my longevity wellness and maybe live longer?
Can emerging science help me?***

LongevityQuest helps you answer these difficult questions through the *myLQAnalysis® Report Card* — developed by a collaboration of experts in biomedical diagnostics, actuarial science and longevity risk. This report uses new technologies to help give you a clear picture of your personal longevity wellness, including a patented ranking system and the ability to identify Potential Conditions that may be impacting your wellness and lifespan.

NEW TECHNOLOGY—ADVANCED DATA ANALYTICS

Quest Diagnostics, the world's largest diagnostic information and testing company, is a major provider of scientific data for the life insurance industry. By harnessing the power of advanced data analytics, Quest (through its subsidiary ExamOne) worked with MIT to analyze the health experience over 50 million case studies that included laboratory tests, physical measurements, prescription records, medical claims and mortality events. That project led to the creation of a sophisticated risk assessment model that considers more than 2,000 variables and their interrelationship with respect to impact on wellness and longevity.

What that means is this science focuses on the combination and inter-connected aspects of body systems and is dramatically improved over simply interpreting laboratory results and physical measurements based upon being in or out of a specified range. And it searches over 50 billion records to find your unique information for comparison.

This risk modeling technology is already in use behind the scenes in the insurance industry. LongevityQuest uses this data modeling science for the public in proprietary ways to produce the *myLQAnalysis Report and the patented myLQRank*.

This system begins by accessing extensive prescription databases, while searching diagnostic testing and diagnosis code historical data completed by the two largest labs in America – Quest Diagnostics and Laboratory Corporation of America.



The prescription drug database is the largest of its kind, containing approximately 93% of all such records. Each pharmacy record includes prescriber & specialty, Rx count & drug label, HIC code & strength, last filled & quantity, RX number & date filled, interactions & dosage and pharmacy information.



The diagnostic testing records and diagnosis database, representing approximately two thirds of all tests completed in the country (as well as test performed by ExamOne for insurance purchases), contains all such records for lab tests performed by Quest and LabCorp. These records contain the test name & service date, description & results, diagnosis codes, reference ranges and performing site information.

Data located in the prescription and diagnostic test databases is then run through a suite of biomedical algorithms developed jointly by teams of scientists and statisticians at Quest and MIT to form a complex, systemic picture of your longevity health. That picture is then compared to the 50-million-person database that includes all their health and even their mortality records to find similarities and correlations.



Results are then analyzed by LongevityQuest's actuarial systems and robust risk modeling research to create your personal *myLQAnalysis Report*.



Quest
Diagnostics™

 **LabCorp**
Laboratory Corporation of America

THE MYLQANALYSIS REPORT

Section 1: Know Where You Stand

Your *myLQAnalysis Report* includes *myLQRank* - a patented way to know where you stand. There's an old saying that goes like this: If you know the score, and show the score, the score will improve. *Do you know your score? Do you know where you stand compared to others, or to the best possible you?* That is the theory behind our patented *myLQRank*.

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.

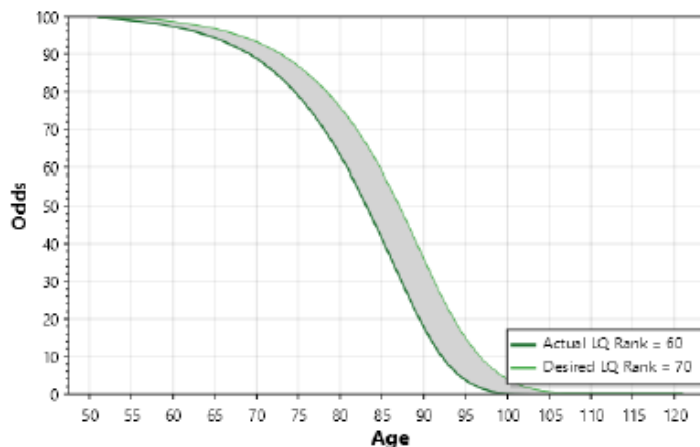
Your LQ Rank: 60% (Compared to Males Age 50)

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



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.

This patented ranking system calculates where you stand in relation to the Scientific Best (99th percentile), Population Median (50th percentile) and Bottom 1%. “Population Median” and is based upon research conducted by the Centers for Disease Control and Prevention (CDC) as published in the National Vital Statistics Reports. This provides context to your results. **A longevity rank of 60 means you have a statistical likelihood of outliving 60 percent of others your age and gender at birth.**

This easy-to-remember number puts your longevity wellness into context. We even display the gap between **where you want to rank and where you rank now and show how many years you could potentially add to your lifespan.**

Section 2: Suggestions for Increased Longevity

The *Analysis* uses powerful augmented intelligence (AI) tools applied to your personal information and longevity insights to make recommendations for your general wellness.

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.

Section 3: Aids for Your Healthcare Professional

Developed in conjunction with MIT and using over 200 different predictive models, The Ask Your Doctor About section includes customized discussion points for your healthcare consultation:

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.

The next page of the *Analysis* features a list of Potential Conditions that may be impacting your results. These Potential Conditions are determined by assessing all your available diagnostic testing and diagnosis records, Rx records and select demographic data to determine the percentage of others your age and gender who have been diagnosed with the condition in question. This detail serves as an aid for the healthcare provider by including a Scientific Confidence level (the statistical likelihood of being linked), the Longevity Impact (High, Moderate or Low) and up to four Contributing Factors that were used to determine the Scientific Confidence Level.

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

The *Analysis* even shows a summary of the information used in the data analytics:

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

Over 200 Potential Conditions are possible in the *Analysis Report*.

LIMITATIONS OF THE ANALYSIS REPORT CARD

While the very nature of wellness status and longevity calculations involve inherent uncertainty, the sophisticated modeling systems incorporated into the *myLQAnalysis Report Card* have scientific limitations:

Mental Health, Accidental Death and Non-medical Lifestyle Risks — The complex nature of these issues and their impact on longevity are beyond the scope of the *Analysis Report Card*.

Genetics — The field of genetic research and testing has expanded rapidly in recent years, with significant debate over its practical application in diagnostic medicine, longevity studies and mortality science. While certain genetic influences may be observable in prescription drug and diagnostic testing histories, genetic makeup is not involved in the *Analysis Report Card* but will be considered for inclusion once deemed both correlated and causative.

No or Limited Records — While the prescription and diagnostic test records are extensive, covering the vast majority of all such records in the United States over the last seven years, it is possible that all your records are not available. In cases where no diagnostic testing nor prescription records were found, no Potential Conditions can be identified and no longevity wellness can be determined. We recommend having a baseline set of labs (Complete Blood Count, Comprehensive Metabolic Profile and Lipid Panel) completed by a Quest- or LabCorp-affiliated facility so new diagnostic testing records can be established. Write to info@mylongevityquest.com for more information.

About LongevityQuest®

LongevityQuest encourages and empowers people to pursue a long, good life. LongevityQuest's innovative *myLQAnalysis*® reports provide individuals with a patented ranking against others and comprehensive analysis of risk factors that may be subtracting from or adding to your longevity – all from the convenience and confidentiality of home. For more information, visit our website at mylongevityquest.com or contact us at info@mylongevityquest.com.

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.