



THE OPTISPAN TRAILBLAZER PROGRAM

The Optispan Trailblazer program is a pioneering concierge longevity experience that uses science-based approaches to optimize our clients' healthspan.

We believe your health is your greatest asset—and that the long view matters when investing in it. Today, primary care assumes you are healthy until you get sick, and then tries to cure your disease or alleviate your symptoms. At Optispan, we help you take control of your personal health trajectory well in advance of ill health so you can live the longest and most fulfilling life possible. We take stock of your biomarkers, genetic predispositions, lifestyle, and more to create progress plans tailored to your unique needs and any early trends we see. We immerse ourselves in new research on therapeutics that target the root mechanisms underpinning major diseases in order to delay the onset and progression of multiple diseases at the same time. And we walk with you every step of the way, using deeply personalized insights to help you achieve your optimal healthspan.

Our team of scientists, doctors, and coaches have a solid track record in longevity medicine and scientific research. They will guide you through a menu of care that includes the following:

- Gateway Day with comprehensive baseline healthspan analysis, lifestyle evaluation, and movement assessment to understand your unique biology
- Wearable tracking for fitness and sleep optimization
- Continuous glucose monitoring for metabolic health
- Quarterly diagnostics and biomarker reviews
- Personalized healthspan optimization protocol
- Regular healthspan coaching
- Prescription medications
- Access to exclusive Trailblazer events

You will undergo assessments and diagnostics including, but not limited to, the following:

- Blood biomarker testing that includes inflammatory assessment, hormones, vitamins and minerals, lipids, metabolic, and organ functions
- Point of care ultrasound (POCUS) screening of major healthspan systems
- Biological age testing spanning multiple modalities and hallmarks of aging
- Genetic testing and polygenic risk assessments
- Preventative multi-cancer screening
- Body composition analysis

We have the tools to change your aging trajectory and keep you healthy for longer. We're excited to be at the forefront of this next and ever-evolving phase of 21st century healthcare and hope that you'll debut this reimagining with us.

The Optispan Trailblazer program is an out-of-pocket healthcare service. The program requires each Trailblazer to make at least one visit to Optispan's flagship clinic in Seattle, Washington to meet our healthspan team in person.