

Longevity Clinics and Services in London

Q4 2021

Table of Contents

Introduction	2
Report Methodology and Approach	3
Executive Summary	5
General Overview	8
Longevity Industry Overview	9
Hallmarks of Ageing	11
Concept of Longevity Medicine	13
Longevity Check-Up Benefits to Health	20
Concept of Longevity Check-Up	21
Longevity Health Check Programme	22
Longevity Check-Up Process	24
Longevity Clinics in London	30
Methodology for Selecting Longevity Clinics	32
Comprehensive Analysis	34
Advanced Technologies for Diagnostic in Longevity Clinics	36
Clinic Profiles	37
Additional Longevity Services in London	57
Levels of Additional Longevity Services	59
List of Additional Longevity Services: Specialised Clinics	75
Cell Technologies Table	77
Conclusions	78
Disclaimer	80

This analytical case study provides a **comprehensive overview of the Longevity Clinics and Additional Longevity Services in London.**

Considering the complexity of the Longevity Industry, this report enlightens the modern understanding of ageing and biomarkers that define ageing factors. In order to help humanity reach maximum Longevity, nowadays, medicine has established a relatively new branch - Longevity Medicine. Longevity Medicine is a Smart Precision Medicine based on Longevity Biomarkers that serves to prolong active Longevity and maintain optimal functioning of the body throughout life. Therefore, Longevity Medicine is personalised by nature. **Longevity Clinics and Services in London Q4 2021** mainly focuses on an **in-depth analysis of the Top-10 Longevity Clinics in London** and exhibits a **detailed SWOT analysis of Longevity Check-Up diagnostic services proposed by these clinics.** The separate chapter of the report is devoted to the overview of a recommended set of **additional longevity services that are established as an alternative for Longevity Clinics.** The Longevity Check-Up approaches are characterised by **precise diagnostic methods, personalisation, selection of individual health plans, and preventive means suitable for the body's biochemical, physiological, and genetic characteristics.**

This analytical case study contains valuable and practical information, describing the most up-to-date Longevity services, techniques, and diagnostics that are being implemented into Longevity Medicine these days. **Thus, it can help choose the optimal solution that best suits a patient's needs, health, geographic location, and financial status.**

Report Methodology and Approach

Database

10	Longevity Clinics	45	Additional Longevity Services
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The database was formed based on:

- the **identification of Longevity Clinics** which offer a full set of services for prolong life (according to a specially developed methodology)
- the **determination of additional longevity services** in hospitals, clinics, diagnostics centres, laboratories which offer the same facilities as Longevity Clinics, but not in a package

Applied Research and Analytics Methods

Descriptive Analysis	Mixed Data Research	SWOT Analysis
Comparative Analysis	Qualitative Data Collection	Data Filtering

Data Sources

Media Overview (Articles and Press Releases)	Industry-Specialised Databases	Publicly Available Sources (Websites)	Industry Reports and Reviews
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Relying on various research methods and analytics techniques, the analytical provides practical recommendation for the Longevity Check-Up in London. This approach has certain limitations, especially when using publicly available data sources and conducting secondary research. Aging Analytics Agency is not responsible for the quality of the secondary data presented herein; however, we do our best to eliminate the said risks using different analytics techniques and cross-checking data. Please note that we did not deliberately exclude certain companies from our analysis. Nor was it due to the data-filtering method used or difficulties encountered. The main reason for their non-inclusion was incomplete or missing information in the available sources.

Report Methodology

To evaluate the top **Longevity Clinics** and choose the most prominent ones, was developed a framework **with 6 overarching parameters**:

Services



This parameter allows analysing and compare the versatility of longevity clinics.

Team Composition



This parameter allows to analyse the variety of doctors and staff who can help patients to solve their medical issues.

Science Activity



This parameter allows analysing clinics' scientific achievements and intellectual property

Prices



This parameter allows comparing prices for longevity clinics' services

General Characteristics



This parameter allows analysing basic information about the clinics' history, their location, media representation and level of regulation

Marketing



This parameter allows analysing marketing strategies, activities, methods and platforms longevity clinics tend to use to attract and communicate with patients

Overall **performance** within each criteria category was taken into account to choose the **leading Longevity Clinics**.

Executive Summary

Longevity Clinics

London's leading integrative medicine clinic & testing facilities are mostly located in the downtown London. What makes these clinics stand out is the range of longevity services and executive health assessment programs. **These services include full blood test, treatment of different condition, pain management, aesthetics, vein clinic, weight loss clinic, Private GP, anti-ageing & Longevity, fertility clinic, physiotherapy.**

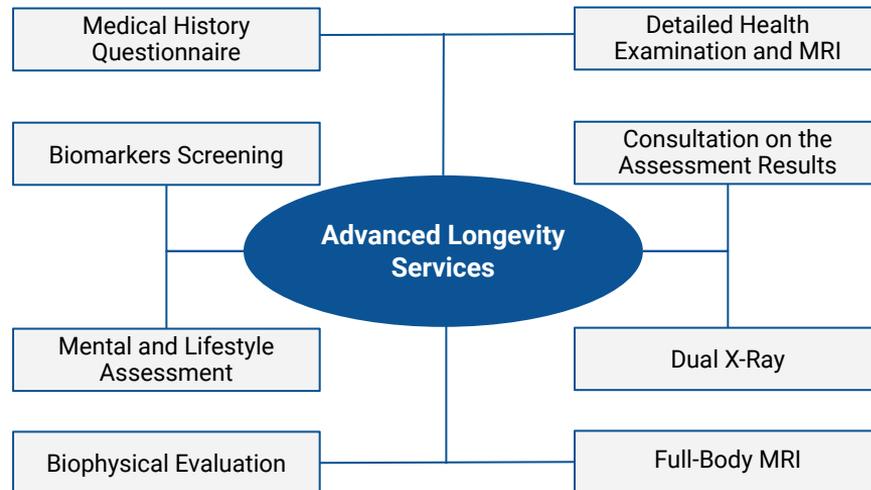
Programs are state-of-the-art genetic and cellular level treatments designed to prolong life and maximize vitality. These include a range of testing and specific screening aimed at prolonging life, health and wellbeing, as well as anti-ageing, aesthetic beauty and skin and organic health.

Longevity clinics thoroughly assess the existing conditions and lifestyles of their patients. These assessments help the clinics to create personalized health programs, nutrition plans, and lifestyle advice tailored specifically to the patients' needs.

The **Longevity Clinics and Services in London** report provides information about the prices of services available at top-tier longevity clinics in London, as well as offers alternative options for select Longevity Check-Up services at other clinics, laboratories, and diagnostic centres. The advantages of such additional Longevity Services range from the geographical benefits and costs to preferences and trust patients are putting into more familiar clinics.

Advanced Longevity Services

While the Longevity Medicine field is still developing, the advanced services presented in private clinics and hospitals help to introduce this innovative type of medical care to the people. Since **Longevity Medicine** targets people who most likely already have a preference for the specific medical establishments, the introduction of **Advanced Longevity Services** in the hospitals that have already earned the trust of their patients over the years is the best way to provide advanced **anti-ageing** care for the elderly.



List of Longevity Clinics*

1	Echelon Health
2	Health Optimising
3	Human Health
4	London Center for Longevity and Metabolic Health
5	London Integrated Health
6	Medical Express Clinic
7	One5 Health
8	Paar London
9	Preventicum
10	Wellgevity

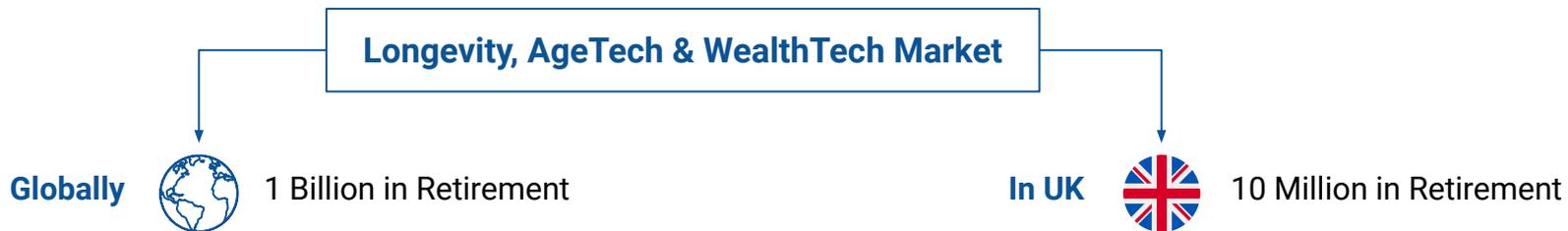
*in alphabetical order as for Q4 2021

Longevity Industry: General Overview



Longevity Industry Overview

Longevity has become a major focus of some of the largest financial institutions in the world, with many major institutional investors seeking opportunities to contribute to the development of the Longevity industry by investing in AgeTech, Longevity Fintech, Longevity Biomedical companies, and startups. Ageing has become more than a challenge at the intersection of many of the most acute problems of our time - it also presents one of **the most promising opportunities**.



“The one billion retired people globally are a multi-trillion dollar opportunity for business”.

~ Dmitry Kaminskiy, interview in the Financial Times



“The global spending power of those aged 60 and over will reach \$15 trillion annually by 2020”.

~ Bank of America Merrill Lynch

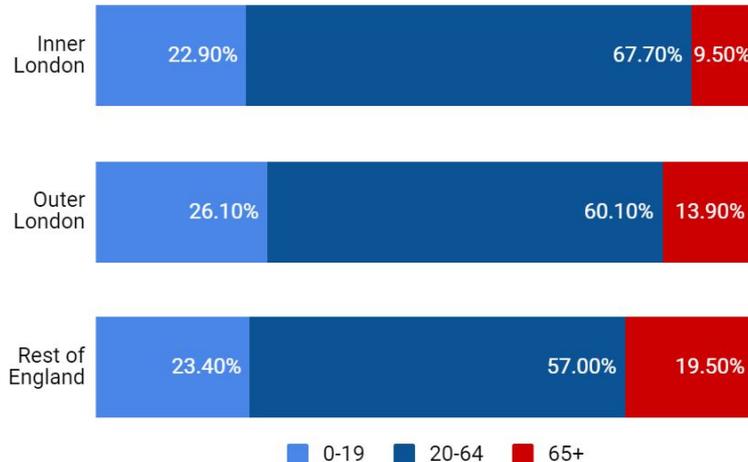


Ageing in London

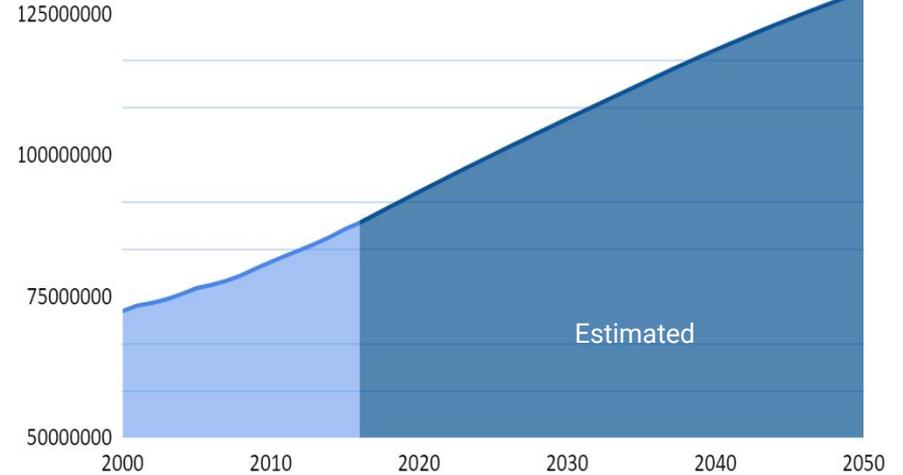
There are **2.5 million people aged 50 or over** living in London. Of this number, **1.1 million are aged over 65** and this is projected to increase by **86%** in the next thirty years. This is a far quicker rate than younger age groups.

There are **130,000 people aged over 85** in London, and that is expected to increase to **180,000 over 85 by 2024**, which is a **38%** increase in 10 years London's population, like that of the rest of the UK, is getting older.

London's Age Population Share, 2019



London's Population Growth (estimated for 2017-2050), 2019



Social and economic circumstances have a great impact on how people experience older age and on levels of inequality. Over the last 30 years, the share of Londoners aged 65 or over **fell 3 percentage points to 11.9 per cent in 2018, the lowest of the 12 regions**. Analysts said the tendency to cash in on **high property prices** in the capital and a poorer quality of life were some main factors pushing pensioners out.

The Hallmarks of Ageing

1. Genomic Instability

Ageing can be the consequence of increased DNA damage accumulation. This is due to physical, chemical, and biological agents, as well as DNA replication errors, spontaneous hydrolytic reactions, and reactive oxygen species (ROS).

2. Telomere Attrition

Telomeres are the chromosomal regions located on the ends of chromosomes. They tend to become increasingly shorter after each DNA replication. When this sequence ends, the cell dies. Telomerase deficiency in humans is associated with age-related diseases.

3. Epigenetic Alteration

Epigenetic changes involve alterations in DNA methylation, post-translational modification of histones, and chromatin remodelling. It can lead to abnormal function of cell.

4. Loss of Proteostasis

Proteostasis involves mechanisms for the stabilization of correctly folded proteins, as well as mechanisms for the degradation of abnormal proteins. These processes tend to change during ageing.

5. Deregulated Nutrient Sensing

Nutrient sensing includes trophic and bioenergetic pathways, such as insulin and IGF-1, signalling pathways, and other systems (mTOR, AMPK, and sirtuins).

6. Mitochondrial Dysfunction

There is a noticeable reduction in ATP generation and increased electron leakage in the respiratory chain caused by ageing. It is associated with mitochondrial damage.

7. Cellular Senescence

Cellular senescence can be defined as a stable arrest of the cell cycle. The accumulation of senescent cells in aged tissues can lead to age-related disease progression.

8. Stem Cell Exhaustion

Stem cells are cells from which all other cells with specialized functions are generated. There is a substantial decrease in the number of stem cells during life. Recent studies suggest that stem cell rejuvenation may reverse the ageing phenotype.

9. Altered Intercellular Communication

Neurohormonal signalling tends to be deregulated in ageing as inflammatory reactions increase, while immunosurveillance against pathogens and premalignant cells declines.

3 New Hallmarks of Ageing

This analytical case study offers for consideration “Hallmarks” as factors and signs of immune, psychological and reproductive ageing: iAge, pAge and rAge, respectively. We focus on the modern understanding of ageing and the related study of various biomarkers that determine the signs of ageing. Each “feature” should ideally meet the following conditions:



Biological ageing, with a certain rate and sequence of age-related changes corresponding to the **biological, adaptive and regulatory** capabilities of a person.



Its test correction (**slowing down or suppression**) to slow down the biological ageing process and **prolong the healthy life**.



Its test **escalation** to **accelerate** ageing.

The **ageing of the immune system (iAge)** is seen as a consequence of the constant exposure of the body to antigens. Lifelong antigenic load and oxidative stress affecting the immune system form an individual immunological history. The increasing imbalance of cellular and humoral immunity with age leads to a decrease in the efficiency of recognition and destruction of pathogens, an increase in the level of so-called “inflammatory markers” in the blood, cells and tissues.

An important feature of the **psychology (pAge)** of older people is its vulnerability. With age, a person becomes less confident in himself and his strengths, fears appear (loneliness, death, poverty, etc.), the emotional sphere becomes impoverished. In favourable conditions, the human condition remains compensated for a long time. In the event of a job loss, a decrease in social activity, a narrowing of the social circle, negative changes intensify, suspicion, isolation, irritability appear, which only aggravate the problem.

Reproductive aging (rAge) in men and women has a number of features. Its consequences equally negatively affect health and well-being. Changes in the menstrual cycle, with varying cycle length, usually begin in a woman after 40 years. From about age 20, the production of testosterone (the main male sex hormone) in men usually begins to decline by about 1–2% per year. The rate of decline in testosterone production is subject to fluctuations in different men.

Concept of Longevity Medicine

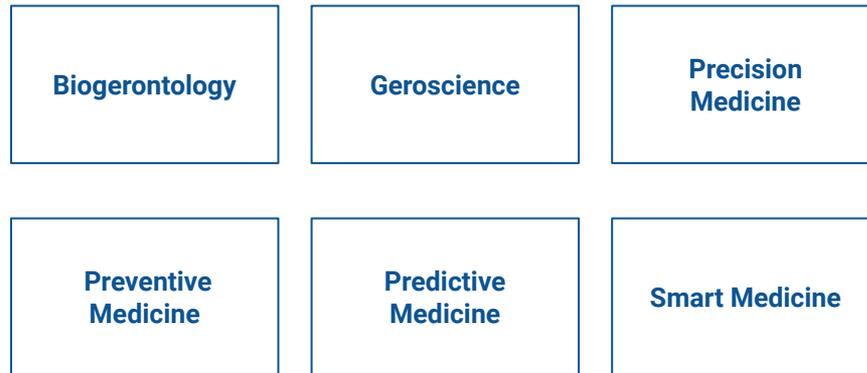
Longevity Medicine is a Smart Precision Medicine (4P Medicine - Predictive, Preventative, Personalised, Participatory) based on Longevity Biomarkers (quantitative methods of ageing biomarkers reflecting biological age, which are individual for each person), therefore Longevity Medicine is personalised by nature.

Longevity Medicine combines the best practices from various fields and uses leading-edge innovation and technologies inherent in the so-called Smart Medicine — telemedicine, telemonitoring and diagnostics based on wearables, virtual care, home based therapy, machine learning, artificial intelligence, Internet of things, and serves to evaluate the patient's biological age throughout the course of life and prolong active longevity and maintain optimal functioning of the body throughout life.

Longevity physicians are looking for ways to reduce the gap between the current parameters (current biological age) and the parameters of optimal maximum physical performance (the ideal biological age, predicted by deep learning).

An important aspect of Longevity Medicine is the use of AI methods and medical decision support systems based on knowledge management.

The Field of Longevity Encompasses the Likewise Rapidly Evolving Areas of



Adequate curricula on ageing and Longevity biotechnology encompassing and explaining the complexities of those fields are an essential foundation to differentiate the burgeoning longevity medicine from anti-ageing and prolonging life. Equipping healthcare providers with tools of obtaining and utilising an individualised precision dataset of each patient not only reduces the risks of the patient developing diseases, but mitigates and even eliminates diseases, and customises optimal preventive and therapeutic approaches.

The Impact of Environment on the Longevity

Increasing human health and Longevity is a global interest. Environmental, genetic, and stochastic factors all affect longevity. Among these factors, the environment is considered to be extremely important.

Various environmental factors can be anticipated: prenatal environment, pollution, radiation and oncogenic agents, notably tobacco, food (quantitatively and qualitatively), medicinal products, stress, education and socio-professional lifestyle, isolation, number of children and sexual activity, sports and exercising, etc.

There are 8 most important environmental factors which affect health such as, chemical safety, air pollution, poor water quality, natural disasters, climate change, diseases caused by microbes, global environmental issues, electromagnetic radiation.

Consider a sobering statistic from Healthy People, which notes that 23% of all deaths (and 26% of deaths among children ages 5 and younger) result from entirely preventable environmental health problems. By optimising environmental health, people can reduce exposure to disease, as well as to pollutants that have a toxic effect on the body.

Also, we all know about the negative impact of electromagnetic radiation on our health, therefore, it's important to reduce its influence.

Environmental Factors which Influence the Longevity



Chemical Safety



Air Pollution



Poor Water Quality



Natural Disasters



Noise Pollution



Diseases Caused by Microbes



Global Environmental Issues



Electromagnetic radiation

The Impact of Environment on the Longevity

Detailed Description of Environmental Factors which Influence the Longevity

Chemical Safety



The chemical safety field is concerned with minimizing the effects of both natural and synthetic chemicals. Chemical safety seeks to safeguard humans.

Air Pollution



The impact of air pollution on people is a serious public health problem, impacts climate change, and also can increase morbidity and mortality.

Poor Water Quality



Several factors contribute to poor water quality, including industrial waste and pollution, lack of proper water treatment, sanitation services.

Natural Disasters



Natural disasters directly impact the health of the population resulting in physical trauma, acute disease, increasing mortality.

Noise Pollution



Noise pollution is the propagation of noise with ranging impacts on the activity of human, most of them harmful to a degree.

Diseases Caused by Microbes



Eating is one of the primary ways in which humans can contract diseases (respiratory illness, urinary tract infections, and others) caused by microbes.

Global Environmental Issues



More than 100 illnesses and injuries like respiratory diseases, heart disease, and some types of cancer can be directly linked to environmental health concerns.

Electromagnetic radiation



Electromagnetic radiation has an effect on the nervous system; it's linked to the development of cataracts, endocrine changes, immune system, carcinogenesis.

Gadgets which Reduce Negative Effects of Environmental Issues

An air purifier/humidifier or air cleaner is a device which removes contaminants from the air and increases humidity (moisture) in a room. These devices are commonly marketed as being beneficial to allergy sufferers and asthmatics, and at reducing or eliminating second-hand tobacco smoke. As low humidity can cause adverse health effects, the gadget allows to fight the problem.



Air Purifier/Humidifier



Electrosmart



Overall radiation can be measured not only by the Geiger counter. There are also mobile applications such as Electrosmart. They help to detect and measure electromagnetic radiation around the user and also suggest solutions. Electromagnetic radiation has an effect on the nervous system; it is linked to the development of cataracts, endocrine changes, immune system and carcinogenesis.

An air ioniser is a device that uses high voltage to ionise (electrically charge) air molecules. Air ionisers are used to remove particles from air. The fan base ioniser uses its fan to circulate air around the room rapidly, but it is noisier and consumes more energy, while the fanless types distribute air slowly, taking a longer time to purify air, but are noiseless and more energy efficient.



Air Ioniser



Water Purifier



The water purifier removes undesirable chemicals, biological contaminants, suspended solids, and gases from water. The goal is to produce water fit for specific purposes. Water purification may reduce the concentration of particulate matter including suspended particles, parasites, bacteria, algae, viruses, and fungi which can cause several diseases.

Smart thermostats are Wi-Fi thermostats can be used with home automation and are responsible for controlling a home's heating, ventilation, and air conditioning. The gadget allows to control the temperature indoor and maintain the best possible microclimate, reducing the risk of hypothermia or overheating which can lead to a cold or other diseases.



Smart Thermostat



Sanitising Wand



The UV-C light emitted by the sanitising wand eliminates up to 99.9% of bacteria and viruses found on the surfaces we touch every day by breaking down their genes. Sweep the device over a surface for 30 seconds and this will be completely germ-free and safe. The gadget allows getting rid of dangerous bacteria and viruses which can cause diseases.

Wearables which Allow to Control the Health

If blood pressure is a worry and visits to your local medical centre aren't always possible, the pressure monitor can be used at home and in the comfort of your living room to keep an eye on blood pressure levels – as well as any notable changes.



Blood Pressure Monitor



Phone Sanitiser and Wireless charger



We've talked about how our smartphones, while glued to our hip, are rarely cleaned – and, therefore, are often covered in bacteria. As we come into the typical flu season, you may want to consider investing in a phone sanitizer – and Olbio's offering combines both cleanliness and charging.

The smartwatch can provide a variety of functions to keep an eye not just on your fitness, but your overall well-being. The smartwatch sports an activity tracker, sleep monitor, and heart rate tracker, and is also swim-resistant. The smartwatch allows making ECG and control the health of the cardiovascular system.



Smart Watch



Water Filter Bottle



Finally, making sure you drink enough water each day can be beneficial to your health in many ways. We often forget to stay hydrated, and so to make this easier, a Brita bottle – complete with filtering – can help you remember.

Using an infrared LED sensor, the Smart Ring tracks a sleep quality, duration, and other factors and produces a personalised sleep score. The ring was also one of the top performers in the same 2020 study, when it came to accurately determining wakefulness and being asleep.



Sleep Tracker (Smart Ring)



Smart Toothbrush



Smart toothbrush that has a new magnetic drive to make the motor quieter, sensors that know which quadrant of a mouth a person is brushing, and AI app that helps to clean all parts of a mouth and sends information to the cloud. It asks questions about a person's gum health. The smart toothbrush has several modes and a pressure sensor.

Methodology for Selecting Biomarkers Panels

Diagnosis of ageing is an **urgent problem** of modern medicine, the solution of which opens the **possibility to influence the processes, triggers age-related changes, inhibits and prevents them, thus opening the prospects for ageing prevention**. Therefore, of particular importance are the indicators of the body, the regulation of which we can increase, reviving the **continuation of human life**.



Of the thousands of **physiological parameters** known to science, more than **600** are already considered biological markers of ageing. Our task is **to develop a methodology** that would allow us to select from this variety the most interesting from a **practical point** of view biomarkers and offer them as recommended.



The most important thing from our point of view is to **determine** the criteria by which certain **biomarkers** will be classified and offered in the panel: minimum, optimal and maximum. The **criteria** have a degree of importance, the **sequence** of criteria is arranged in decreasing order of importance from 1 to 5.

1

Compliance with at least one of the 9 Hallmarks of Ageing (biomarker should reflect one of the mechanisms of the ageing process of the human body).

2

Availability (prevalence, included in which panels, in which medical checks, diagnostic level: home diagnostics, laboratory level, medical centre level, cost, possibility of coverage from insurance).

3

Reproducibility (degree of invasiveness, versatility, male / female, here we mean the ease of introducing a study into wide clinical practice).

4

Ease of interpretation of results (the parameter should have standardized quantitative indicators, and the values of the norm corridor are recognized in most studies and recommendations).

5

Allows to classify a biomarker by coverage or depth (molecular, cellular, tissue, organ, systemic, organismic).

Biomarkers Panel

The optimal version of biomarkers panel includes **functional biomarkers**. To this panel were added **biomarkers**, which are best related to the **signs of ageing**, including biomarkers of reproductive, immune and psychological health. A number of studies aimed at **diagnosing** and **predicting ageing**.

Alanine aminotransferase (ALT)
Aspartate aminotransferase (AST)
Zinc
Albumin
Alpha-fetoprotein (AFP)
Vitamin B12 (cyanocobalamin)
Calcium (total)
Parathyroid hormone
Atherogenicity index
Insulin
Glucose
NT-proBNP
HOMA-IR index calculation
Creatinine
Magnesium
Urea (BUN)

Uric acid
T3 (general)
T3 (free)
T4 (general)
T4 (free)
C-reactive protein (ultrasensitive)
Interleukin 6
Serum iron
TSH
Antibodies to thyroglobulin, anti-TG
Antibodies to thyroperoxidase, anti-TPO
Cortisol
Testosterone
Ferritin
Homocysteine
Vitamin D (25-OH) (calciferol)

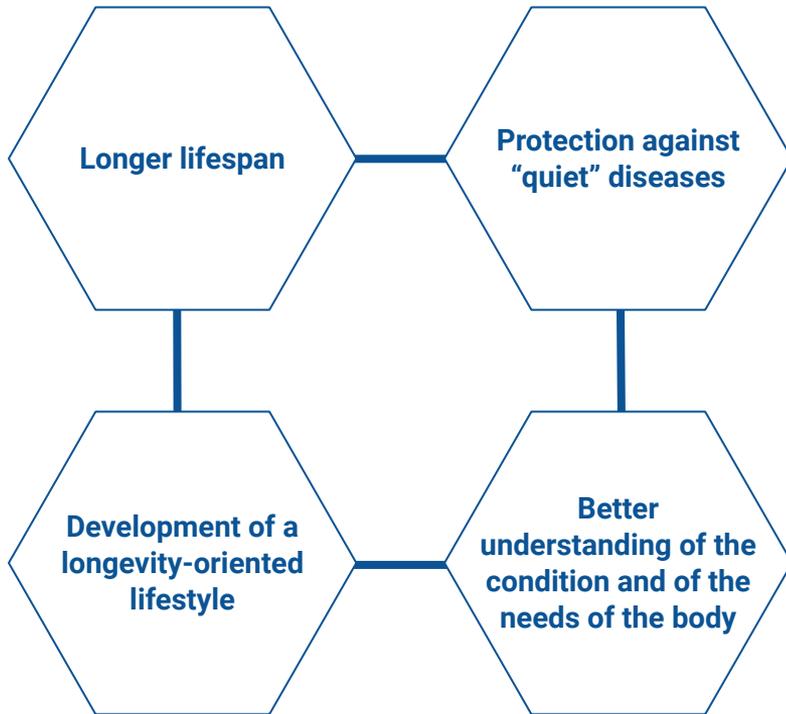
Folic acid in erythrocytes
Cholesterol
Cholesterol-HDL
LDL cholesterol
Triglycerides
Bilirubin (common)
ECG (with transcript)
Se (selenium (ISP-MS))
Glycated hemoglobin (HbA1C)
Lactate
General blood test (5-diff)
D-dimer
Calcium (Ca ²⁺), Potassium (K ⁺), Sodium (Na ⁺), Chlorine (Cl ⁻)
Duplex scanning of the carotid arteries to determine the thickness of the intima-media complex

Longevity Check-Up: Benefits to Health



Concept of Longevity Check-Up

Benefits of Having a Longevity Check-up

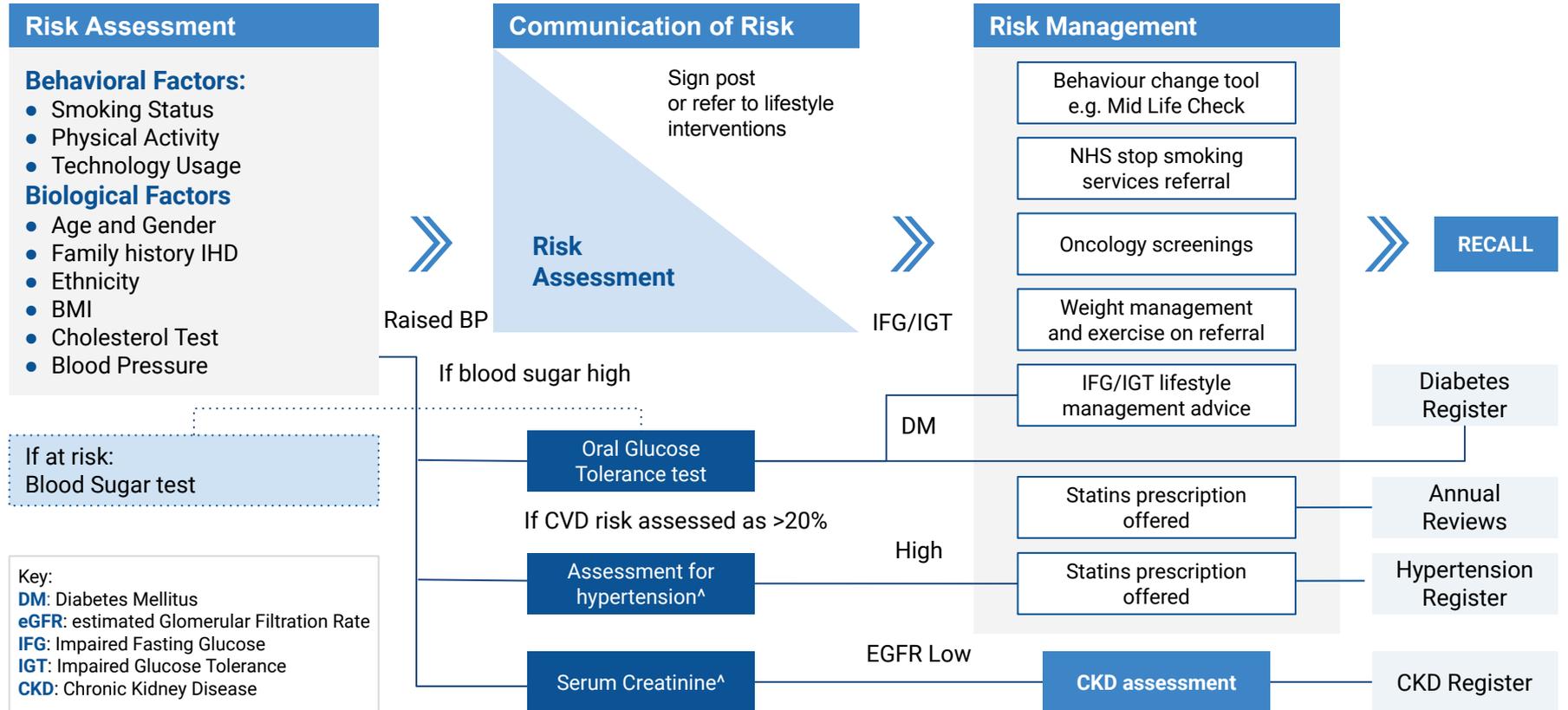


Longevity check-up is a type of **medical check-up** which collects in-depth data on the patient's health to assist in the prevention of disease and to **guide the patient towards** an increased lifespan. Longevity check-ups use precision medicine technologies to obtain data otherwise inaccessible to the patient and their doctor in a more traditional **disease- and symptom-focused** medical care model. Contrary to the latter, longevity check-ups are a part of the preventive medicine paradigm.

Longevity check-ups offer the patients a variety of analyses that are usually only **available to patients with specific symptoms**: MRI, CT, Ultrasound scans, involved **blood work, genetic investigations**, etc. The collected data is then used to catch the early signs of disease (which may include lifestyle, chronic, and oncological diseases), and to track the **performance** of the body with regard to its best possible performance.

Longevity check-ups are the first step to and a powerful tool of longevity medicine. **Early diagnostics** and advanced data parsing allows the medical team to tackle any diseases before they develop larger imbalances and deficiencies in the patient's body, often resulting in an **easier and more complete** treatment. This effect is famously studied for cancers, which are most effectively treated before the patient develops any symptoms. Effective treatment of such **diseases has** a direct influence on the patient's lifespan and, together with proper advising on nutrition and lifestyle (which can also be derived from diagnostic data) **could ensure** that the patient lives a longer and a healthier life.

Longevity Health Check Programme



Longevity Health Check Programme

Conduct Risk Assessment

- Age
- Gender
- Ethnicity
- Family history IHD
- Physical activity
- Alcohol screening AUDIT C
- Smoking status
- BMI – Body Mass Index
- Blood pressure above 140/90 mmHg
Repeat 3 times – record last result
If above 180/110 seek immediate advice
from Practice Nurse or GP
- Over 65
- Pulse check record regular or irregular
- Dementia awareness

Assess Risk Score

Calculate the risk score: the score relates to a person's risk of having a cardiovascular event within ten years following the health check. Provide clear written and verbal information about the risk score and what it means.

Discuss Risk Score

Discuss CVD risk and healthy lifestyle. Signpost or refer to lifestyle programmes (record on template and written information for the person)

- NHS Stop Smoking Service
- Alcohol brief advice
- Physical Activity advice
- Weight Management advice

Cardiovascular Disease (CVD) Risk:

Below 10%

with no other risk factors –
no blood test required.



Blood test confirms CVD risk is < 10%:
Advice by HCA
Record written information for the individual

To be seen again in 5 years

10-19%

Blood Tests

ALL: Total and HDL Cholesterol
Those with obesity levels BMI ≥ 30 (27.5 South Asian)
to include: HbA1c, eGFR
Results to be checked by PN or GP

Results

Blood test confirms CVD risk is 10-19%:
Advice by GP/PN
Record written information for the individual

Annual Review



Blood Tests

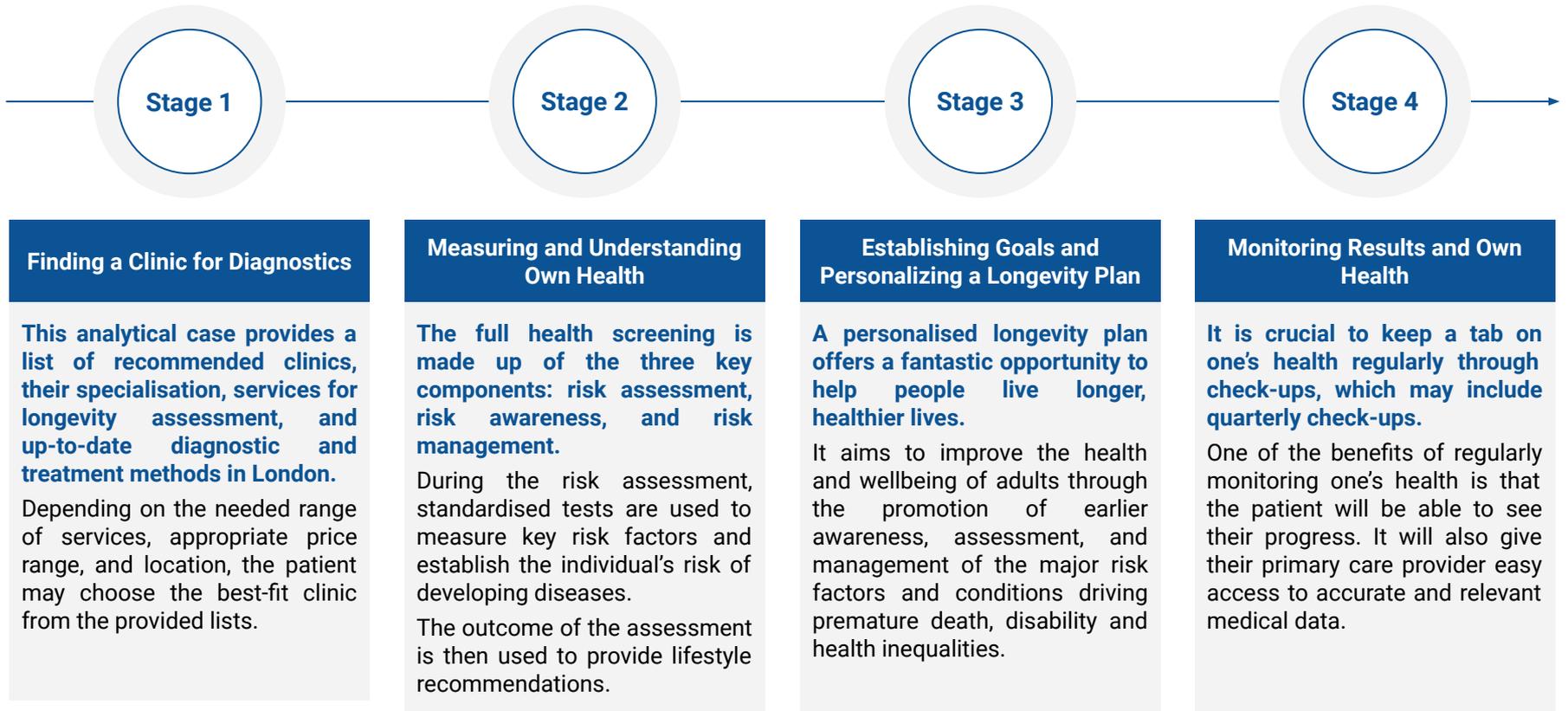
Total and HDL cholesterol
HbA1c, eGFR; ALT-Alanine aminotransferase NOT full LFT array
Results to be checked by PN or GP

Results

Blood test confirms CVD risk is $\geq 20\%$
Or abnormal BP/eGFR/HbA1c
Advice by GP/PN
On management options

Annual Review

Longevity Check-Up Process



Stage 1 – Finding a Clinic for Diagnostics

Getting Started

This **analytical** case study **presents** a shortlist of the **recommended clinics** for a Longevity Check-Up. The clinics are **compared** based on the **comprehensive methodology**. The following aspects have been identified as critical to an **appropriate** choice for a Longevity Check-Up centre:

- The clinic provides a full range of diagnostics for the Longevity Check-Up.
- The clinic meets requirements in terms of location, visiting hours, etc.
- The clinic uses **advanced technologies** and treatments.

The following suggestions outline ways to make a visit to one's Longevity healthcare provider the most effective:

- **Preparing for the appointment** by making a list of questions or concerns to discuss with the provider.
- Bringing any prescription drugs, over-the-counter drugs, vitamins, and supplements to **the appointment** and reviewing them with the provider.
- Taking notes during the appointment and asking follow-up questions.
- Asking for written information about one's **condition** to take elsewhere.
- Calling the clinic or using the provider's **mobile** app in case of questions.

A Quick Checklist to Choose a Clinic

STEP 1:

Learning about one's longevity goals and choices

STEP 2:

Thinking about one's personal needs and financial status

STEP 3:

Comparing clinics based on one's condition and needs

STEP 4:

Having an initial consultation and choosing a clinic

Stage 2 – Measuring and Understanding Own Health

1 Stress and Lifestyle Assessment

- A health and lifestyle interview;
- Blood pressure and basic blood analysis;
- Stress and lifestyle assessment;
- Sensors (glucose monitors (CGM), sleep trackers, blood pressure monitors, or others).

2 Evaluating Biophysical Indicators

- Basal metabolic rate (BMR);
- Distribution of fat/muscle mass in the body;
- Metabolic versus chronological age;
- Coronary Calcium Score (CT);
- Echocardiogram (ECHO);
- Electrocardiogram (ECG);
- Wireless Heart Rhythm;
- Balance Tracker.

3 Blood Testing

- Metabolic, lipid, and glucose levels;
- Medical Provider Review;
- Repeated testing upon lifestyle changes.

- Comprehensive Labs and Metabolic Analysis (analysis of blood biomarkers);
- Insulin Sensitivity Testing;
- DEXA (Dual X-ray absorptiometry);
- Metabolomics;
- Multi-target Stool DNA Test;
- Genomic services.

Stage 2 – Measuring and Understanding Own Health

4

Biometrics Scanning (Detailed Health Examination)

- Full-Body MRI Scan;
- Cranioencephalic: Angio MRI, including Carotid Arteries;
- Ophthalmology: Complete Ophthalmologic Examination;
- Cervical: Carotid Ultrasound;
- Respiratory System: Chest CT Scan + Respiratory Function Test;
- Bones: Bone Densitometry;
- Urology/Gynaecology: Renal/Bladder/Prostatic/Ovaries/Womb Ultrasound;
- Breast: Breast Ultrasound + Mammography (Female Patient);
- Hearing System: Complete Hearing Evaluation;
- Dental: Dental Examination;
- Thyroid: Thyroid Ultrasound.
- Abdominal: Abdominal Ultrasound;
- Cardiac System: ECG + Echocardiography + Coronary Calcium Scan/EBT;
- Intestinal: Sigmoidoscopy (colon);
- Pelvic System: Pelvic Ultrasound;
- Lower Limbs: Venous and Arterial Ultrasound;
- Spirography;
- Chest X-ray;
- Audiogram;
- Colonoscopy;
- Predictive Genomic Services: Biomarkers of Aging, Immune Status. Vitamins and Minerals.

5

Genetic Analysis

- Understanding long-term health risks;
- Reviewing insights with the primary care provider;
- Incorporating results into the longevity plan.

6

Medical and Family History Profile

- Initial Medical History Questionnaire;
- Centralized medical history;
- Family health history.

Stage 3 – Establishing Goals and Personalising a Longevity Plan

Longevity plan includes recommendations regarding lifestyle, nutrition, sleep, exercise, stress resilience, etc. based on comprehensive assessment.

1

Setting Goals in Baseline Visit

The baseline begins with an in-depth review of the patient's health data – biometrics, labs, medical history, family history – and a complete physical exam. The health provider will highlight opportunities to proactively improve the patient's health.

- Reviewing biometrics and lab results;
- Discussing goals and questions;
- Prioritizing areas for improvement.

2

Developing an Evidence-Based Plan

Each personalised plan will have a goal, and the clinic will track the patient's progress, including proactive check-ins along the way.

- Reviewing options with the provider;
- Aligning on the proper next steps in care;
- Tracking progress towards one's goal.

Why a Personalised Longevity Health Plan is needed?

Longevity Health Plan addresses a significant unmet need of the patients through a more person-centric model of care that improves coordination of care and reduces avoidable hospitalizations for members placed in the institutional setting. There are also diseases that are specific to the elderly such as Alzheimer's and movement difficulties. Often, these may be written off as a part of age-related deterioration.

However, the aforementioned symptoms can be alleviated and, in some cases, are fully treatable given the proper diagnosis and treatment. This is particularly true if the diagnosis is made early on, as early treatment may provide a higher chance of successful recovery.

Stage 4 – Monitoring Results and Own Health

1 Tracking Own Mental Health

- Regularly attending Psychotherapist;
- Measuring the levels of anxiety and depression;
- Tracking changes over time.

2 Monitoring Own Skin for Early-Stage Cancers

- Completing a physical skin exam;
- Taking photos of blemishes;
- Tracking changes in skin over time.

3 Staying in Touch with the Provider

- Responding to check-ins from the provider;
- Updating the provider on the condition;
- Actively engaging with the provider on questions and concerns;
- Booking virtual or in-person visits.

4 Adjusting Care Plan

- Adjusting longevity plan according to new insights;
- Meeting with the provider when needed.

5 Routinely Updating Lab Work and Biometric Scans

- Reminders for needed updates;
- Scheduling follow-ups;
- Reviewing test results to track progress.

Doctors are highlighting the importance of prevention as a means to reduce the number of patients requiring medical treatment or surgery. **Regular check-ups can help find potential health issues before they become a problem.** Medical providers that have patients complete check-ups often are able to detect health conditions or diseases early that gives the patient the best chance for getting the right treatment quickly, avoiding any complications. **By getting the correct health services, screenings, and treatment, the patients are moving toward living a longer, healthier life.**

Longevity Clinics in London



Concept of Longevity Clinic

The Longevity Clinic is a specialised medical institution, whose specialists deal exclusively with the problems of prolonging active life in its various aspects. They can be multidisciplinary or focus on one of the following areas:

Diagnosis and Treatment of Age-dependent Diseases

Aesthetic Medicine and Cosmetology

Reproductive Medicine

Regenerative Medicine

Functional Medicine

Space Medicine

Sport Medicine

Rehabilitation

Longevity diagnostic is a **new approach** to assessing human health, which differs from the **traditional** in that **comprehensive examination programs** and interpretation of results are conducted with a focus on **prolonging the active quality of human life**, taking into account risk factors affecting ageing and the **development** of common diseases **associated with age**.

Performing laboratory (tests of blood and other biological fluids) and instrumental (ultrasound, MRI, etc.) tests to detect diseases, including in the early stages of development

Biomarkers of Ageing

Immune Status Study

Genomic Status Study

The **paradigm of Longevity** and healthy ageing as a top priority has a **significant impact** on approaches to **primary, secondary and tertiary disease prevention**. Along with clinical (objective) health indicators, specialists in the field of **Longevity Medicine** emphasise the **subjective assessment of health and quality of life**, as well as the unity of **chronological (passport), biological and subjective (psychological) age**.

Methodology for Selecting Longevity Clinics in London

The main goal of this analysis was to investigate longevity clinics and additional longevity services of London and identify top 10 clinics and precision medicine clinics, hospital, diagnostic services, laboratories with additional longevity services out of over 100 registered in London.

The top 10 longevity clinics and services ranking was created using data collection approach. The evaluation of over 100 clinics and additional longevity services by experts allowed to build a ranking of London clinics and services from the most advanced and competitive clinics at the top to less effective and developed at the bottom of the list.

While some clinics at the bottom of top longevity clinics rank can be treated as less advanced in comparison with clinics which top the rank, they should be considered as truly effective ones as they are all in top 10% of London clinics.

Every **Longevity Clinic** from the list obtained **scores** from three independent experts. The **weight of each of the experts' scores in the final mark is 50%**. The method of normalised score allowed to rank every single clinic from **10** (the top score) to **2** (the lowest possible score). The best performing clinic from our rank obtained **9.2 out of 10 points**, as it was decided not to use the best performing clinic from the list as the benchmark.

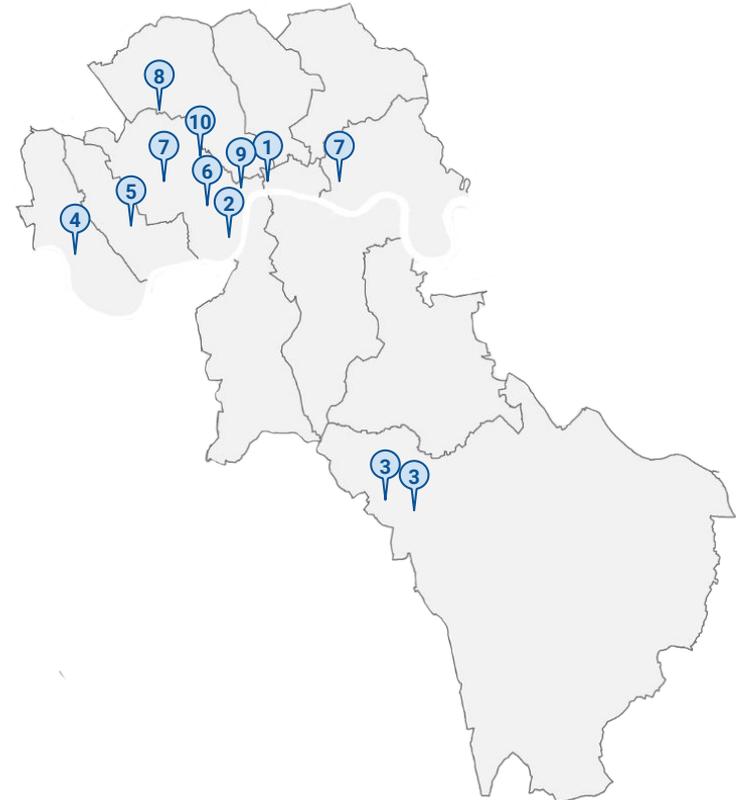
The aim of the analysis was to create a **golden standard** of longevity clinic. Comprehensive **investigation** of clinics allowed to reduce the level of subjectivity of the analysis significantly. The empirical approach to the **comparative analysis** of longevity clinics in London allowed to represent the most advanced clinics and diagnostic centres in one of the longevity centres in the world.

There were chosen 6 most significant indicators which helped to **rank** all clinics from the list, such as availability of services, equipment, team composition, **intellectual property**, pricing and geographical location to compare the performance of clinics.

Longevity Clinics in London

1	Echelon Health (68 Harley Street)
2	Health Optimising (56 Maida Vale)
3	Human Health (Honor Oak Park: 43 Honor Oak Park and Crystal Palace: 33 Anerley Road)
4	London Center for Longevity and Metabolic Health (264 High Street)
5	London Integrated Health (150 Princes Ave)
6	Medical Express Clinic (117A Harley St)
7	One5 Health (One5 Health City: 30 Moorgate and One5 Health Marylebone: 83 Baker Street)
8	Paar London (S. Molton St)
9	Preventicum (The Cursitor Building, 38 Chancery Lane, London)
10	Wellgevity (18 Dover Street, London)

Locations of the Longevity Clinics



Comparative Analysis

Longevity Check-Up	 echelon health	 Health Optimising	 HUMAN health	 LCLMH London Center for Longevity and Metabolic Health	 London Integrated Health
	Echelon Health	Health Optimising	Human Health	London Center for Longevity and Metabolic Health	London Integrated Health
Initial health and medical history questionnaire	✓	✓	✓	✓	✓
Biomarkers screening (blood analysis)	✓	✓	✓	✓	✓
Stress, mental, and lifestyle assessment	✓	✓	✓		✓
Biophysical evaluation	✓	✓	✓	✓	✓
Detailed health examination and MRI scan	✓			✓	
Consultation on the assessment results	✓	✓	✓	✓	✓
Personalised Longevity Plan	✓			✓	✓
Access to the most advanced medical technologies	✓				

Comparative Analysis

Longevity Check-Up	 Medical Express CLINIC		 paar	 Preventicum <small>London Centre of Preventive Medicine</small>	 wellgevity
	Medical Express	One5 Health	Paar London	Preventicum	Wellgevity
Initial health and medical history questionnaire	✓	✓	✓	✓	✓
Biomarkers screening (blood analysis)	✓	✓	✓	✓	✓
Stress, mental, and lifestyle assessment			✓		
Biophysical evaluation	✓	✓	✓	✓	✓
Detailed health examination and MRI scan		✓	✓	✓	✓
Consultation on the assessment results	✓	✓	✓	✓	✓
Personalised Longevity Plan			✓	✓	✓
Access to the most advanced medical technologies			✓	✓	✓

Advanced Technologies for Diagnostics in Longevity Clinics

Ultrasound Guided Injections	Preventicum	Ultrasound guided injections are used when an injection needs to be delivered precisely into the injury site. Doctors Specialists at Preventicum have undergone specific and specialised training in order to be able to carry out this procedure. Ultrasound scanning is excellent for diagnosing injuries to specific areas, including tendons, ligaments and soft tissue structures.
Full-Body PET Scanning	Preventicum	PET is an extremely safe medical imaging technique that can map out the location or track the movement of tiny amounts of radioactively-tagged compounds (radiotracers) after they are introduced into the body.
EOS CT Upright Skeleton	Echelon Health	This ultra low dose CT scan of the entire skeleton in the standing position enables us to determine whether a patient have any postural issues or predisposition to spinal disc problems.
CT Coronary Angiogram	Echelon Health	This determines the exact location and severity of any atheroma; people with significant stenosis of one or more of the heart arteries have a very high chance sooner or later of having a heart attack, but which can be prevented by insertion of a stent The CT angiogram is unique in its ability to also visualise the so called 'soft plaque' which is atheroma that has not yet calcified and which is the most vulnerable to rupturing and causing a heart attack.
3D MRI scanners	One5 Health	MRI is radiation free, sophisticated scan that. The clinic has access to high quality 3T MRI scanners. MRI can be useful as part of the investigation of bone, joint or spinal problems.
X-Ray	One5 Health	An x-ray is a quick, cheap and valuable tool in investigating certain bone or joint problems as well as chest or heart problems.



At **Echelon Health** the health Assessment will be carried out using world-class scanning technologies operated by some leading radiographers in the world. The resulting high-quality images are interpreted by a select group of internationally renowned specialist radiologists. The assessment of all the accompanying detailed blood tests and imaging reports as well as the personal consultation with the patient at the end of the process will be carried out by one of the finest physicians consulting in Harley Street today.

Address

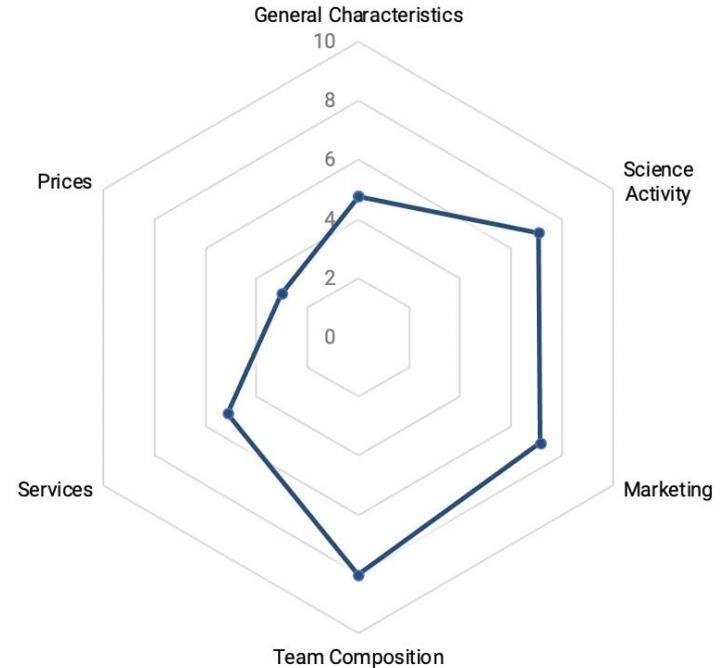
68 Harley Street, London.

Pricing

Comprehensive Health Assessment - £12,000.

Advantages

- A little black book' of the best and most in-demand physicians.
- Combined Scanning Technologies.
- Most Advanced Private Health Assessment Award 2021.





Procedures at Echelon Health

Diagnostics	Price	Description
Health Assessment Platinum	£12,000	Medical Questionnaire & Pre Assessment. Blood Tests, ECG, CT Aorta, CT Heart, CT Coronary Angiogram, CT Chest, CT Abdomen, CT Pelvis, CT Virtual Colonoscopy, MRI Brain, MRI Cerebral Artery Angiogram, MRI Carotid, Artery Angiogram, Ultrasound Neck Arteries, Ultrasound Thyroid, Ultrasound Testes/Ovaries, Digital Mammogram (Women only), MRI Prostate (Men only), CT Bone Density, EOS CT Upright Skeleton, Full-Body Mole Screen, Summary/ Final Consultation.
Health Assessment Gold	£8,000	Medical Questionnaire & Pre Assessment. Blood Tests, ECG, CT Aorta, CT Heart, CT Coronary Angiogram, CT Chest, CT Abdomen, CT Pelvis, CT Virtual Colonoscopy, Ultrasound Testes/Ovaries, Digital Mammogram (Women only), MRI Prostate (Men only), Summary/ Final Consultation.
Core Cancer	£4,950	Medical Questionnaire & Pre Assessment. Blood Tests, CT Abdomen, CT Pelvis, CT Virtual Colonoscopy, MRI Brain, Ultrasound Thyroid, Ultrasound Testes/Ovaries, Digital Mammogram (Women only), Summary/ Final Consultation.
Healthy Heart	£1,950	Medical Questionnaire & Pre Assessment. Blood Tests, ECG, CT Heart, CT Coronary Angiogram, Summary/ Final Consultation.

Health Assessment Plan

**Total Baseline
£12,000**

If a fully comprehensive health assessment is what patients are looking for, Platinum Health Assessment is a right choice. The most advanced and cutting-edge scanning technology and skilled doctors, enable us to detect tumours as small as 1-2 mm and subsequently, up to 94% of the causes of preventable death.

Patient Can Expect:

- To be greeted personally on arrival by one of our highly trained Client Liaison team.
- To complete any last-minute paperwork (although most will have been done beforehand).
- To have the bloods taken and undergo an ECG.
- Dependent on the package a patient have chosen, the patient will move seamlessly from CT to MRI to Ultrasound.
- After CT scans (if applicable) a patient will be able to have something to eat and drink.
- At the end of the visit, the team will review the day with a patient to ensure it met the expectations and arrange a date for the follow-up consultation.

[Learn more about Lab Tests and Echelon Health services](#)



Health Optimising

Health Optimising is Natural Health & Wellbeing Clinics. A revolutionary new health concept. Exclusive world-leading health technologies, aligned with nature's wisdom.

Address

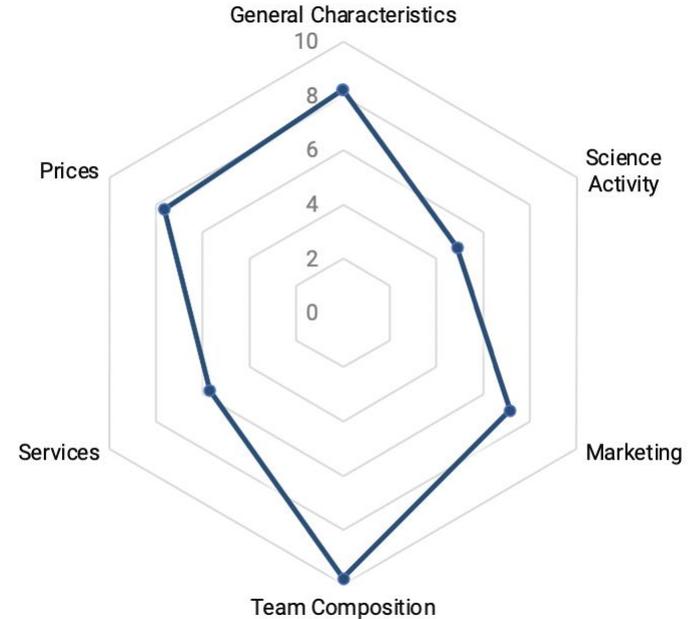
56 Maida Vale London.

Pricing

Comprehensive Health Assessment - varies.

Advantages

- Leading-edge technology.
- Unique, comprehensive real-time body scan.
- Tailored health plan.
- Perform to the patient's full potential.
- Advanced medical techniques and methods.
- Significant professional experience of medical staff.



Procedures at Medical Express

Procedures	Price	Description
Consultations	varies	Consultation types include specialist consultations, unlimited in time standard consultations, control drug prescriptions, and prescription without consultation.
Optimal Health Assessment	varies	The gateway to a naturally healthy lifestyle via the unique Health Optimising concept, which uses advanced state-of-the-art medical systems to give a distinctive insight into the everyday health imbalances and stresses on the body.
FDA Approved Full-Body Health Discovery Tool	varies	Particularly beneficial for breast health. Fully trained and professional thermographs use the highest-resolution camera to visually record and give a very accurate location of metabolic processes and any physiological deviations from normal temperatures and patterns.
The Heidelberg Test	varies	The Gold Standard Medical Test for assessment of stomach function.
Personalised Nutritional Assessment	varies	The individualised route to optimum wellness, featuring Gut Biome testing.

Lab Packages

Total Baseline Price - varies

Health Optimising offers a high-quality health assessment. The clinic has been specifically designed to screen for the most relevant health issues. The wide portfolio of advanced services will allow patients to improve their health significantly and to prevent the development of illnesses.

Patient Can Expect:

- A consultation usually takes 20 minutes in normal cases. If a patient has a more complex or long-standing issue, it may take longer.
- All Full-Body MOT programmes include a private GP consultation and physical examination. This gives a patient the opportunity to discuss concerns privately with an expert.
- The clinic's health screening services provide patients with up to date, accurate and detailed information about their current state of being. This information a patient can then use to lead a healthier lifestyle.
- A nutritionist can help sort through all of this information on an individual basis, giving patients the confidence that they are eating healthily.

[Learn more about Lab Tests and Medical Express services](#)

Human Health is an independent clinic founded by Dr. Mayoni Gooneratne. Human Health is all about delivering excellent health-focussed solutions to patients. Services include Human Health Packages (Human Health Formula, Weight Management, Mental Wellness, Chronic Fatigue And Stress, Management, Gut Health & Cookery, Maintaining Optimal Health), Physiotherapy, Perimenopausal/Menopausal, Symptoms (BHRT), Well Woman Clinic, Well Man Clinic, Chronic Fatigue And Stress, Management, Blood Tests, Nutritional Genetic Testing, Supplements And Probiotics, Covid Testing.

Address

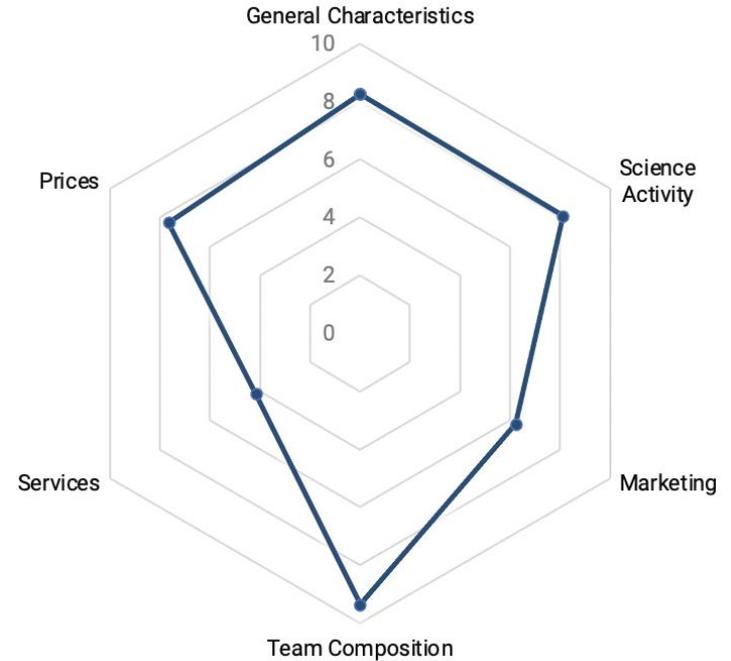
43 Honor Oak Park, London.

Pricing

Comprehensive Blood test - £220.

Advantages

- Founder Dr. Mayoni also has two award-winning aesthetic clinics in South East London, The Clinic by Dr. Mayoni.
- Dr. Mayoni is a patron and supporter of Their Future Today.
- Clinic has a unique The Human Health Lifestyle Journey strategy.



Procedures at Human Health

Diagnostics	Price	Description
Combined consultations	£350	The journey starts with a consultation. This is an hour-long session that can be done from the comfort and safety of patient's home using online video. During this session, Dr. Mayoni will get to know a patient not only medically but as a person, human-to-human. She will likely suggest some baseline blood tests which will be followed up in a second hour-long session where she will also discuss a no-obligation personalised treatment plan that has been tailored around patient's needs.
Blood Tests	£60 - £220	Full Blood Count, Glucose, Iron, Liver function, Cholesterol, Thyroid, HRT profile, Female hormone profile, Testosterone, Prostate, Adrenal, Pregnancy test, HIV, Syphilis, Omega 3/Omega 6, Vitamin B9 (Folic acid) Red Cell, Vitamin B9 (Folic acid) Serum, Vitamin B12, Vitamin D.
FREE health score	varies	This short questionnaire gives the insight that will help kick start patient's journey to better health.

Health Assessment Plan

The Human Health Lifestyle Journey

The Human Health Lifestyle Journey has three key stages: Stage 1 - Discovery call, assessment and diagnosis, First consultation, Second consultation; Stage 2 - Treatment, coaching and monitoring; Stage 3 - Maintenance.

Patient Can Expect:

- The first step is a discovery call consultation. This will lead to a consultation with Dr. Mayoni, which is split into two sessions.
- A patient will receive 60-minute-long appointment involving a complete review of current health, personal medical history and what a patient wants to achieve.
- Once tests results and any other information have been analysed, the patient will have a 60-minute follow-up appointment, usually within two weeks of the first appointment.
- After these sessions, patients go onto the second stage: treatment. This usually includes a combination of specific packages.
- The Patient will be supported with periodic monitoring and assessments, so that patient's doctor can spot any differences.

[Learn more about Lab Tests and Human Health services](#)



London Centre For Longevity And Metabolic Health is the UK's Premier Centre For The Optimisation Of Metabolic And Physical Health, And The Prevention And Reversal Of Chronic Disease.

Address

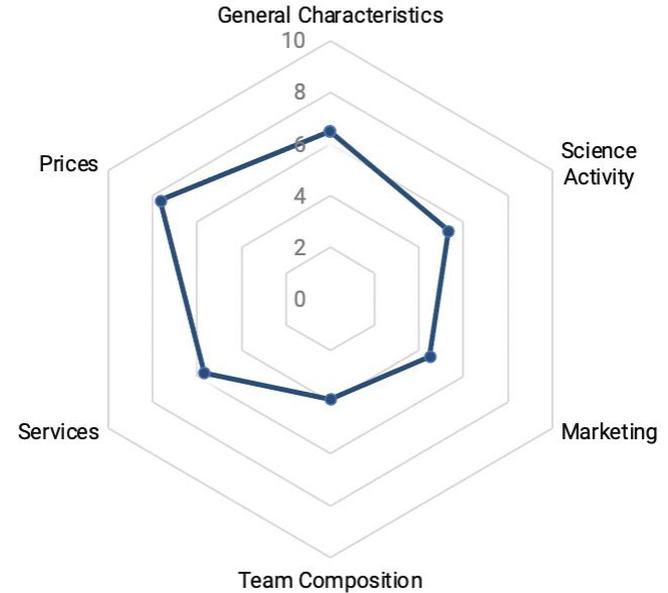
264 High Street, London.

Pricing

Comprehensive Health Assessment - varies.

Advantages

- The UK's Premier Centre For The Optimisation Of Metabolic And Physical Health, And The Prevention And Reversal Of Chronic Disease.
- The latest evidence-based techniques.
- Clinical assessment of patient's current metabolic and physical state.



Procedures at London Centre For Longevity And Metabolic Health

Diagnostics	Description
Brain Health	<ul style="list-style-type: none"> • Alzheimer's Disease; • Cognitive Decline; • Stroke; • Mental Health.
Metabolic Health	<ul style="list-style-type: none"> • Diabetes; • Obesity; • Metabolic Syndrome; • PCOS.
Heart Health	<ul style="list-style-type: none"> • Heart Attack; • Angina; • High Cholesterol; • High Blood Pressure.
Longevity	<ul style="list-style-type: none"> • Nutrition; • Exercise; • Sleep; • Ageing; • Biomarkers of Ageing; • Genomics; • Microbiota; • Cell.

Health Assessment Plans

The Prevention and Reversal of Chronic Disease

LCLMH is revolutionising the prevention and management of chronic disease, utilising the latest evidence-based techniques to provide the highest quality of care, down to the cellular and metabolic level.

Patient Can Expect:

- To complete a thorough clinical assessment of the current metabolic and physical state, utilising our in-depth understanding of the latest advances in metabolic health and chronic disease.
- To do several evidence-based tests to aid in understanding the current health and risk of future disease, tailored specifically to the needs, including bloods tests and imaging.
- To be devised detailed and individualised management plans to optimise the health and reduce a risk of illness.
- To receive free initial 10-15 minute telephone consultation.
- Clinic can arrange to visit a home at time suite to a patient, provided the address is within London and the Home Counties.

[Learn more about Lab Tests and LCLMH services](#)



London Integrated Health uses an integrated approach to provide patients with high-quality health and wellbeing support that is tailored to their specific needs.

Address

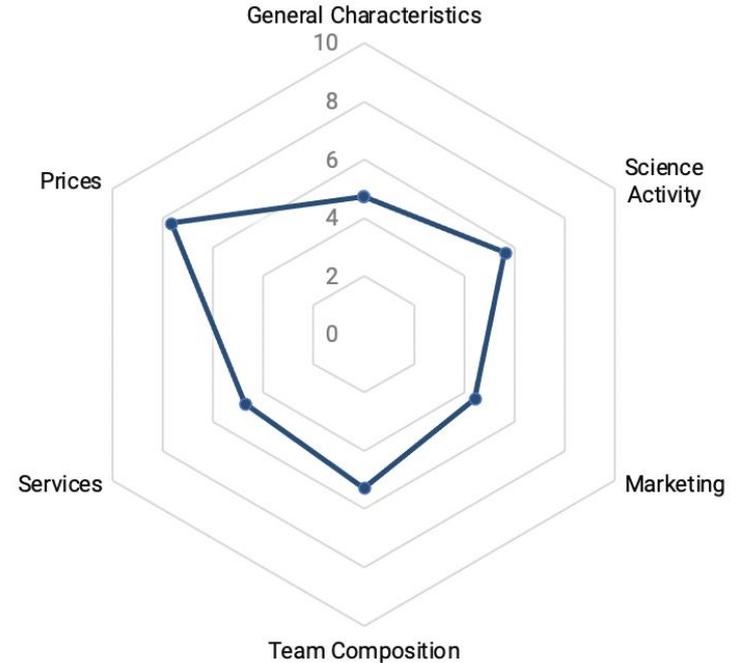
10 Harley Street, London.

Pricing

Comprehensive Health Assessment - varies.

Advantages

- The London's Longevity Clinic For The Optimisation Of Metabolic And Physical Health, And The Prevention Of Chronic Disease.
- Comprehensive assessment of current physical state.
- The advanced techniques.



Procedures at Medical Express

Procedures	Price	Description
Consultations	£300	Consultation types include specialist consultations, unlimited in time standard consultations, control drug prescriptions, and prescription without consultation.
Nutritional Medicine	varies	Nutritional Medicine is based on the principle that nutrients, including essential micronutrients, are required for the proper functioning of all the biochemical processes on which our bodies depend.
Comprehensive Health Assessment	varies	Comprehensive health assessment with in depth consultation with medical professional who will create a personalised longevity and preventive plan.
Heart Rate Variability Assessment and Report	£350	Heart Rate Variability Assessment includes detailed monitoring of heart and circulatory system of a patient. The report about a current state of the patient's health will be issued.
Preventive Medicine	varies	Preventive medicine deals with the prevention, diagnosis, and treatment of physical, emotional and mental health problems in children, adolescents and adults. It may use pharmacotherapy.

Lab Packages

Total Baseline Price - varies

London Integrative Medicine offers a comprehensive assessment of a patient's health. The clinic has been specifically designed to screen for the most relevant health issues. And has a rich experience of general practice work and offers a full consultation with GP to discuss any health problems.

Patient Can Expect:

- A consultation usually takes 20 minutes in normal cases. If a patient has a more complex or long-standing issue, it may take longer, up to 90 minutes.
- The clinic provides patients with preventive programmes which allow preventing, identify and treat diseases. This gives the opportunity to discuss patient's concerns privately with an expert.
- The clinic's Health Screening services provides patients with up to date, accurate and detailed information about their current state of being. This information can be used to lead a healthier lifestyle.
- A nutritional specialist can help sort through all of this information on an individual basis, giving patients the confidence that they are eating healthily.

[Learn more about Lab Tests and Medical Express services](#)

Medical Express Clinic provides first-class, private healthcare in a way that effortlessly fits in with a patient's lifestyle. Harley Street health centre combines modern facilities, expert consultants, and on-the-spot treatment to keep our patients thriving.

Address

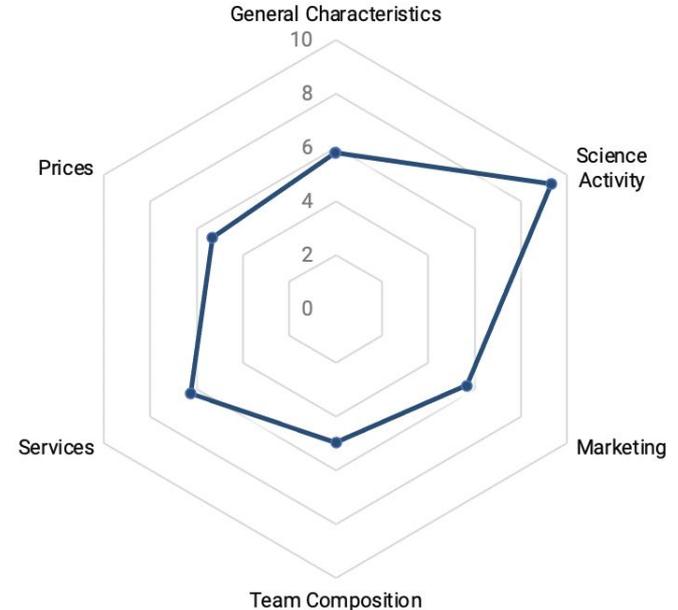
117A Harley St, London.

Pricing

Comprehensive Health Assessment - £1,999.

Advantages

- Walk-in appointments.
- Travel clinic with a wide range of vaccines available.
- Variety of health screening packages.



Procedures at Medical Express

Procedures	Price	Description
Consultations	£250-400	Consultation types include specialist consultations, unlimited in time standard consultations, control drug prescriptions, and prescription without consultation.
Mediscreen Gold MOT	£595	Tests included in this package screen a patient's biochemistry, cholesterol including liver and thyroid function tests, cardiovascular health and key hormone levels. When these blood tests are combined with the measurements and observations from a patient's examination and the findings from the GP consultation, a patient will be able to get a comprehensive look at the general health along with recommendations to improve a total well-being.
Silver Blood Test	£105	Full Biochemistry consisting of Kidney Function, Uric Acid, Bone Metabolism, Nutrition and Immunity, Liver Function, Cholesterol Profile, Blood Sugar (Glucose), Haematology - Anaemia, Red & White Blood Cell count, Inflammatory Markers.
Fertility Assessment	£600+	Convenient treatment options to patients after a close diagnosis and investigation of the relevant gynaecological issues. A wide range of screening, diagnostic, prenatal, surgical and therapeutic services.
Colposcopy	£630	Colposcopy is a procedure undertaken after abnormal cells are found during cervical screening. A colposcope is used to examine the lower part of the womb - cervix.
Minor Surgeries	\$100-495	Lumps and bumps removal (£295-495), Sutures removal (£100-200).

Lab Packages

Total Baseline £1999+

Mediscreen Deluxe packages offer a top-to-toe assessment of a patient's health. They have been specifically designed to screen for the most relevant health issues seen in 30 years of experience of general practice work and offer a full consultation with GP to discuss any health problems.

Patient Can Expect:

- A consultation usually takes 15 to 20 minutes in normal cases. If a patient has a more complex or long-standing issue, it may take longer.
- All Full-Body MOT programmes include a private GP consultation and physical examination. This gives a patient the opportunity to discuss concerns privately with an expert.
- Our private Health Screening services provides a patient with up to date, accurate and detailed information about the current state of being. This information a patient can then use to lead a healthier lifestyle.
- A nutritionist can help sort through all of this information on an individual basis, giving patients the confidence that they are eating healthily.

[Learn more about Lab Tests and Medical Express services](#)

One5 Health is a private GP clinic with two central London locations. Virtual and in clinic doctor appointments available. At One5 Health, they care for everything from urgent care, common illnesses, chronic conditions and mental health problems.

Address

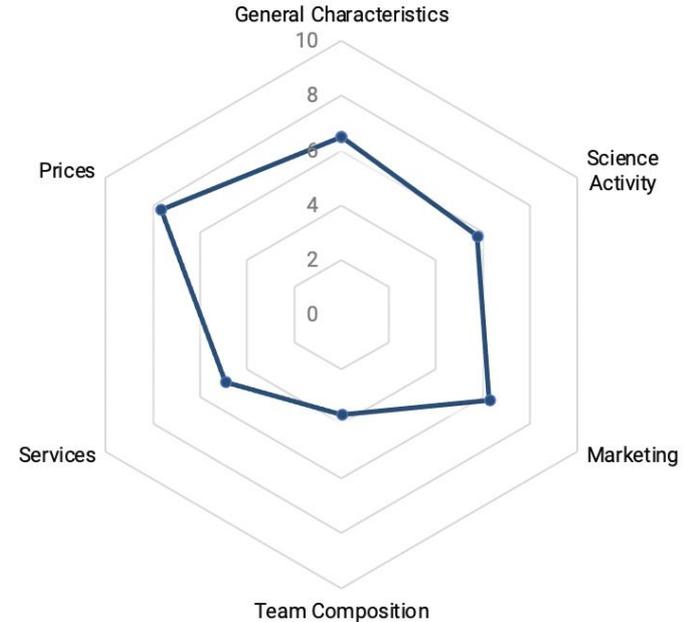
83 Baker Street, London.

Pricing

Comprehensive Health Assessment - £910.

Advantages

- Two convenient location in the UK.
- Consultation via video-appointments are available.
- Sports & Exercise Medicine.



Procedures at One5 Health

Diagnostics	Price	Description
GP Appointments	£50-120	In Clinic GP Appointment (up to 15 minutes) - £60. In Clinic GP Appointment (up to 30 minutes) - £90. Sport & Musculoskeletal Injury In Clinic Assessment (up to 30 minutes) - £120. Video GP Consultation (up to 15 minutes) - £50.
Blood Tests	£250	GP appointment, blood test and follow-up appointment.
X-ray	£40+	An x-ray is a quick, cheap and valuable tool in investigating certain bone or joint problems as well as chest or heart problems.
MRI	£300+	MRI is radiation free, sophisticated scan that. The Clinic has access to high quality 3T MRI scanners. MRI can be useful as part of the investigation of bone, joint or spinal problems.
Extended/MSM Sexual Testing	£200	Triple (three) site testing for chlamydia, gonorrhoea and a blood test HIV and syphilis blood test.

Health Assessment Plans

Total Baseline £910+

From £250, the clinic offers a comprehensive, preventative, full-body health screening option to help a patient to take control of the health. Gain the insights a patient need, expert advice, coaching and an action plan to deliver results. Whatever a patient's age or stage of life, invest in the health today.

Patient Can Expect:

- A 30 minute, doctor-led overview of the health and wellness including medical history, menstrual, fertility and contraceptive histories, mental health review, physical examination and lifestyle assessment.
- A comprehensive blood test panel spanning all things women's health and wellness including hormones, vitamins, cholesterol and diabetes blood profiles.
- A virtual or in clinic follow up to review of the results, giving a patient time to ask any questions and set clear health and wellness goals.
- A patient will always have the option to add on any additional tests including sexual health screening, smear tests or any scans that a patient might need.

[Learn more about Lab Tests and One5 Health services](#)



Paar London is a holistic vitality and longevity company providing Personalised Anti-ageing and Rejuvenation lifestyle plans that aim to slow down, stop and reverse ageing of the individual.

Address

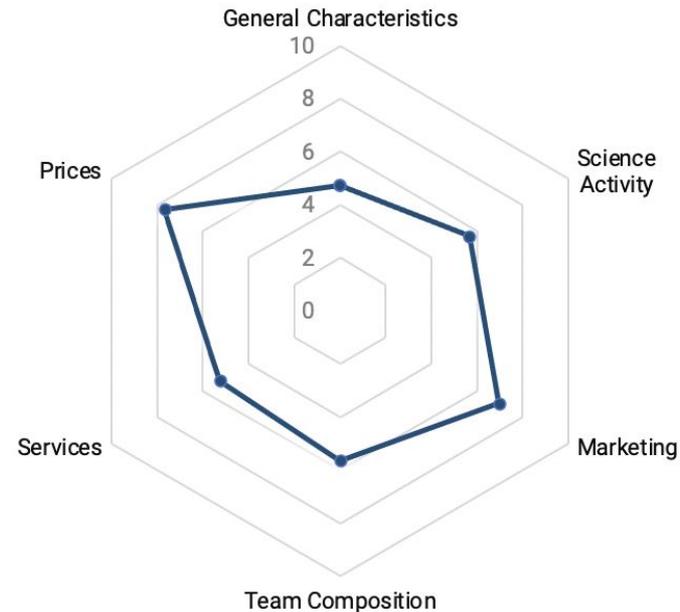
4 Wood Crescent, London

Pricing

Comprehensive Health Assessment - varies

Advantages

- The UK's Longevity Centre For The Optimisation Of Metabolic And Physical Health, And The Prevention And Reversal Of Chronic Disease.
- The advanced medical techniques.
- Comprehensive assessment of a current metabolic and physical state.



Procedures at Medical Express

Procedures	Price	Description
Consultations	varies	Consultation types include specialist consultations, unlimited in time standard consultations, control drug prescriptions, and prescription without consultation.
Paar Wellbeing Program	varies	Biofeedback Scan <i>(UK only)</i> . Vitamin & Nutrient Deficiency Blood Test. Essential Mineral Balance & Heavy Metal Toxicity Test. Food Intolerance Test. Wellbeing Dimensions Questionnaire.
Paar Vitality Program	varies	Biofeedback Scan <i>(UK only)</i> . Functional Health Blood Test. Gut Health Microbiome Test. Essential Minerals Balance & Heavy Metal Toxicity Test. Food Intolerances Test. Wellbeing Dimensions Questionnaire.
Paar Longevity Program	varies	Biofeedback Scan <i>(UK only)</i> . Functional Health Blood Test. Gut Health Microbiome Test. Essential Minerals Balance & Heavy Metal Toxicity Test. Food Intolerances Test. Genetic Test for Nutritional & Fitness Traits. Genetic Test for Predisposition to Diseases. Epigenetic & Biological Age Test. Wellbeing Dimensions Questionnaire.

Lab Packages

Varies

Paar London packages offer a top-to-toe assessment of patient's health. The clinic have been specifically designed to screen for the most relevant health issues seen in 30 years of experience of general practice work and offer a full consultation with GP to discuss any health problems.

Patient Can Expect:

- A consultation usually takes 15 to 20 minutes in normal cases. In case of more complex or long standing issue it may take longer
- All Full Body MOT programmes include a private GP consultation and physical examination. It gives the opportunity to discuss concerns privately with an expert
- The private Health Screening services provides patients with up to date, accurate and detailed information about the current state of being. This information can be used to lead a healthier lifestyle
- A nutritionist can help sort through all of this information on an individual basis, giving patients the confidence that they are eating healthily

[Learn more about Lab Tests and Medical Express services](#)

Preventicum's range of personal, doctor-led, health assessments have been developed by the team of medical experts to provide one of the most advanced health checks in the world. All assessments include detailed consultations with a Preventicum doctor.

Address

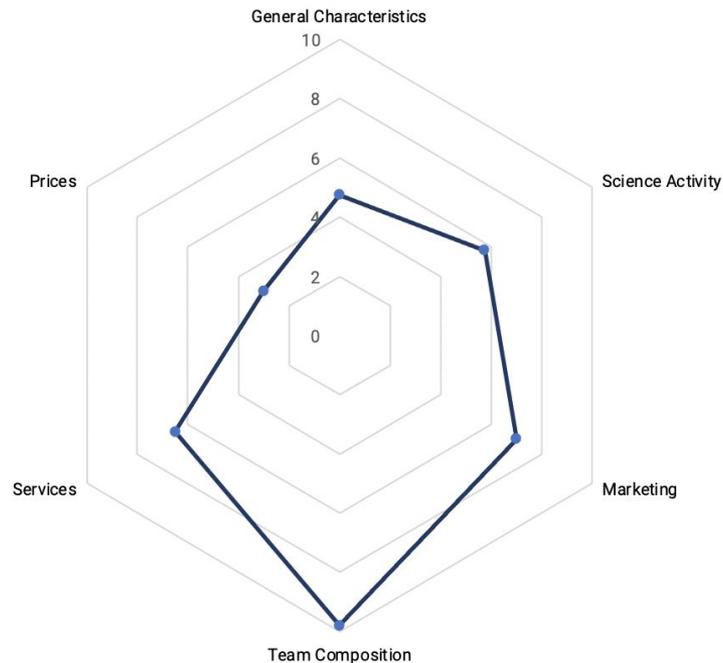
The Cursitor Building, 38 Chancery Lane,
London

Pricing

Comprehensive Health Assessment - £7500+

Advantages

- The longevity clinic uses the most advanced technologies and medical equipment to investigate the client's health.
- The clinic's medical staff and doctors are considered to be exclusively professional
- The clinic offers a wide range of services and packages for patients with different possibilities



Procedures at Medical Express

Procedures	Price	Description
Essential Assessment	£2000	Services: Consultation with a Preventicum doctor, Detailed physical examination with a Preventicum doctor, Vital observations, Over 45 blood tests and urine analysis, Ultrasound examinations, Echocardiogram, Resting electrocardiogram (ECG) and others.
Ultimate Assessment	£5500	Services: Consultation with a Preventicum doctor, Detailed physical examination with a Preventicum doctor, Vital observations, Over 45 blood tests and urine analysis, Ultrasound examinations, Echocardiogram, Resting electrocardiogram (ECG), Spirometry (lung function test), Body Composition Analysis, Audiometry (hearing test), Tonometry (glaucoma/eye test), Results consultation, Preventicum Lifestyle Prescription, Follow-on consultation, Magnetic Resonance Imaging (MRI), Radiologist consultation.
Elite Assessment	£7500	Services: Consultation with a Preventicum doctor, Vital observations, Over 45 blood tests and urine analysis, Ultrasound examinations, VO2max*, Resting electrocardiogram (ECG), Spirometry (lung function test), Pure Sports musculoskeletal movement screen and strength & conditioning coaching, Body Composition Analysis, Audiometry (hearing test), Tonometry (glaucoma/eye test), Results consultation, Preventicum Lifestyle Prescription, Follow-on consultation, Magnetic Resonance Imaging (MRI), Radiologist consultation.

Lab Packages

Varies

Preventicum Elite Assessment was designed for clients who have specific concerns about their physical health and want to improve their general fitness. It is a thorough assessment of current health and potential future risk factors.

Patient Can Expect:

- The consultation lasts up to 60 minutes. The patient will have the opportunity to discuss the current health, medical and family history and any concerns.
- MRI scans of brain, heart, central arteries and organs of the abdomen and the pelvis as well as a whole spinal scan including your cervical, thoracic and lumbar spine. Their two, state-of-the-art MRI scanners are equipped with 'in-bore' technology, ambient lighting and a choice of music or film to create an immersive audio video visual experience.
- A consultation and movement screen with a specialist musculoskeletal physiotherapist at Pure Sports (on-site) to determine injuries, exercise history and gait analysis. A sports coach will then take the patient through an in-depth strength assessment using a mix of gym equipment, clinical tests, and hand-held strength testing for specific muscle groups.

[Learn more about Lab Tests and Medical Express services](#)

A Wellgevity Comprehensive Health Assessment focused on identification of key blocks to optimal health and provide guidance on how to achieve wellbeing in the now and reverse engineer the ageing process.

Address

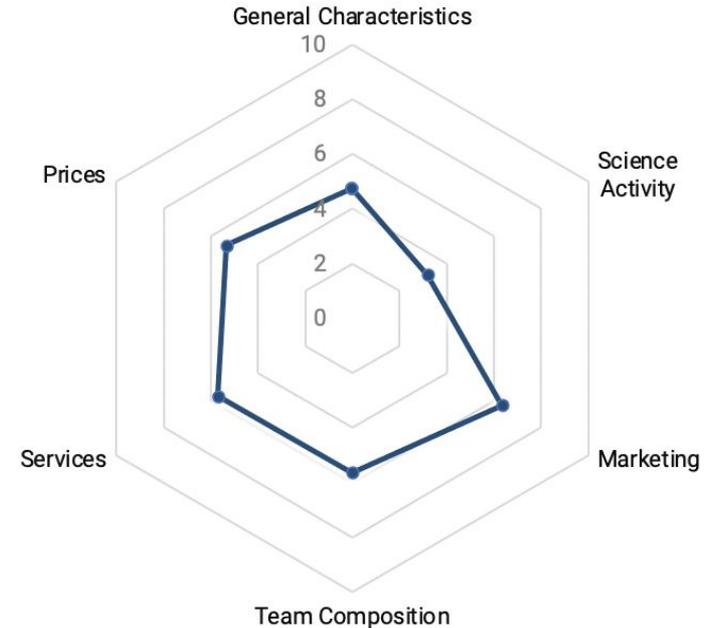
18 Dover Street, London

Pricing

Comprehensive Health Assessment - £6,200

Advantages

- The London's Longevity Centre For The Optimisation Of Healthcare And The Prevention And Reversal Of Chronic Disease
- The most advanced and modern techniques
- Clinical assessment of a patient's current metabolic and physical state



Procedures at Medical Express

Procedures	Price	Description
Consultations	varies	Consultation types include specialist consultations, unlimited in time standard consultations, control drug prescriptions, and prescription without consultation
MOT	varies	Tests included in this package screen the biochemistry, cholesterol including liver and thyroid function tests, cardiovascular health and key hormone levels. When these blood tests are combined with the measurements and observations from the examination and the findings from a GP consultation a patient be able to get a comprehensive look at the general health along with recommendations to improve a total well-being.
12 Week Jump Start Programme	varies	Full Biochemistry comprising of:Kidney Function, Uric Acid, Bone Metabolism, Nutrition and Immunity, Liver Function, Cholesterol Profile, Blood Sugar (Glucose), Haematology - Anaemia, Red & White Blood Cell count, Inflammatory Markers
12 Week Premium Programme	varies	Convenient treatment options to patients after a close diagnosis and investigation of the relevant gynaecological issues. A wide range of screening, diagnostic, prenatal, surgical and therapeutic services.

Lab Packages

Varies

Wellgevity packages offer a comprehensive assessment of patient's health. The clinic have been specifically designed to screen for the most relevant health issues seen and has valuable of experience of general practice work. The clinic offers a full consultation with GP to discuss any health problems

Patient Can Expect:

- A consultation usually takes 20 minutes in most cases. If a patient has more complex issues it may take longer
- All Full Body monitoring programmes include MRI scanning consultation and physical examination. This gives the opportunity to discuss patient's concerns privately with an expert
- The private Health Screening services provides patients with up to date, accurate and detailed information about current state of being. This information can be used to lead a healthier lifestyle
- A dietician can help to sort through all of this information on an individual basis, giving patients the confidence that they are eating healthily

[Learn more about Lab Tests and Medical Express services](#)



Additional Longevity Services in London



Concept of Additional Longevity Services

Concept of Additional Longevity Services

Additional Longevity services are Longevity services that are recommended for Longevity Check-Up in addition to advanced procedures and tests. They can reveal a bigger picture about the patient's health and show problems in more specific areas of human well-being.

Places that offer Additional Longevity Services

Additional longevity services can be found not only in longevity clinics but also in hospitals of general medicine, specialised clinics, diagnostic centres and laboratories. Patients benefit from completing additional procedures and tests in specialised clinics as they can receive a more specific and broad assessment on needed services.

Biobanks

Further, patients can donor and store or receive biological material (DNA, cells, tissue, etc.) in particular Biobanks or Clinical and hospital-based biobanking. Biobanks play an increasingly important role in healthcare research and delivery as health systems become more patient-centered, and medicine becomes more personalised.

Cell and bio materials storage

Biopsy for fibroblasts and their storage	Baby teeth	Umbilical cord blood	Sperm and eggs	Mesenchymal cells	Embryos	Cryobanks
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List of Additional Longevity Services

Breast Ultrasound + Mammography

Kidney Function Test

Liver Function Test

Tumors Marker (PSA, CEA, AFP)

Mesotherapy

Cervical Cancer Screening (Gynecologist)

Comprehensive Geriatric Treatment

Hair Transplants/Consultation

Levels of Additional Longevity Services*



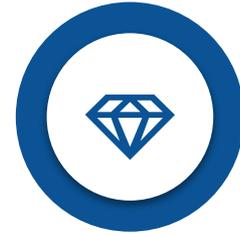
BASIC

Basic entry-level is recommended in order to take advantage of the most basic services.



ADVANCED

Advanced level is a more comprehensive package with an expanded range of services at a higher price.



PREMIUM

Premium level, comprising of the same services as Advanced, in addition, offers extra class services. It is the best possible care.

*based on price

Stem Cell Therapy Services in London



Basic

London Stem Cell Centre

164-168 Cromwell Road,
Kensington, London

London Stem Cell Centre is a regenerative medicine clinic offering minimally invasive, cellular treatments for musculoskeletal conditions.

- Bone Marrow Aspirate Concentrate (BMAC) injections is used to treat or augment a wide range of orthopaedic conditions and injuries.



Advanced

Harley Street Specialist Hospital

18-22 Queen Anne Street,
London, W1G 8HU

Harley Street Specialist Hospital offers the latest regenerative treatments from our base off Harley Street in London, using the very latest technologies.

- Activated Mesenchymal Pericyte Plasma (AMPP) injections. AMPP harnesses the body's natural ability to repair damage using cells and factors extracted from adipose fat tissue and blood.
- Bone Marrow Aspirate Concentrate (BMAC) uses regenerative stem cells found in bone marrow to support healing in patients with moderate to severe osteoarthritis as well as tendon injuries.



Premium

The OrthoBiologics Clinic

London Orthopaedic Clinic
1st Floor, King Edward VII's Hospital,
5-10 Beaumont St, London

The OrthoBiologics Clinic is one of the first clinics in the UK to offer revolutionary new ACP-SVF Cell Therapy for arthritic joint pain and tendinopathies, which combines the advantages of an increased concentration of healing growth factors in PRP and regenerative cells that are derived from body fat (adipose tissue).

- Regenerative Cell Therapies (ACP-SVF Cell Therapy, BMAC Therapy) - from £4995

Biomaterials Storage Services in IVF Clinics

Basic
£325 - £2995



The Centre for Reproductive & Genetic Health
230-232 Great Portland Street, London, W1W 5QS

CRGH uses the advanced technology of vitrification to freeze the biomaterial which yields survival rates in excess of 90%.

- Annual sperm/eggs/embryos storage - £325
- Sperm/egg/embryo cryopreservation preparation - £400
- Egg freezing cycle - £2995

Advanced
£300 - £3500



Concept Fertility Clinic
14 Point Pleasant, Wandsworth Park, London, SW18 1GG

Concept Fertility Clinic helps extend or preserve your fertility period through egg freezing. Unlike eggs, sperm can be frozen and stored indefinitely. At Concept only vitrification is used for both embryo and egg freezing.

- Annual sperm/eggs/embryos storage - £300
- First sperm freeze (including 1 year storage) - £400
- Embryo cryopreservation (including storage for up to 1 year) - £700
- Egg freezing treatment cycle (including 2 year storage) - £3500

Premium
£375 - £7000



CARE Fertility London
Park Lorne, 111 Park Rd, London, NW8 7JL

At CARE Fertility exclusive egg freezing package is available (EGGsafe) that allows to store and keep 20 eggs (up to 4 cycles to collect eggs if required).

- Annual sperm/eggs storage - £375
- First sperm freeze (including 1 year storage) - £400
- Embryo freeze (excluding storage) - £500
- Egg preservation - one cycle - £4150
- EGGsafe - multicycle - £7000

Advanced Procedures (Omics Technologies) in London

Lipidomics

Lipid Blood Test
Profile £ 55



BLOOD.LONDON

Private Blood Tests London

Suite E, 117a Harley St, Marylebone,
London, W1G 6AT

Lipid profile testing assesses risk of developing cardiovascular disease (CVD), heart disease and stroke for transporting cholesterol and triglycerides in the blood. Lipid profile testing provides the result to the levels of the following:

- total cholesterol
- high-density lipoprotein
- low-density lipoprotein
- triglycerides.

Microbiomics

Microbiome Test
£159



atlas

Atlas Biomed Group Limited

Tower Bridge House, St. Katharines
Way, London, E1W 1DD

Atlas Microbiome test provides probiotics and beneficial bacteria reports, dietary fibre breakdown and butyrate synthesis, personalised food recommendations. The client will find out information about:

- which bacteria to tame and which to nurture;
- if have enough good bacteria in gut;
- how bacteria digest fibre, lactose and gluten.

Personal genomics

Atlas DNA Test
£99



atlas

Atlas Biomed Group Limited

Tower Bridge House, St. Katharines
Way, London, E1W 1DD

The technologies used in the Atlas DNA Test are 99.9% accurate. The client will learn:

- health status; disease risks; hereditary diseases
- metabolism; genetic predisposition to elevated or reduced concentrations of micronutrients in the body; personalized analysis of how the body reacts to alcohol, lactose and gluten; genetic risk of sports-related injuries
- ancestry.

Full Body Scan Services in London

Basic
£2820



MRI Scans London
19 Harley Street, London, W1G 9QJ

- Pre-assessment consultation with a specialist doctor
- MRI (brain, carotid arteries, abdomen, pelvic, cardiac)
- ECG, exercise ECG treadmill test, echocardiogram
- Blood test (more than 50 markers), urinalysis
- Follow-up consultation for discussion of your results, medical report

Advanced
£3760 for men
£4160 for women



London Harley Street Practice
66 Harley Street, London, W1G 7HD

- Full body composition, 10 year calculation risk of cardiovascular event
- Diabetes and cholesterol (lipid) full profile, vitamin D profile, thyroid function tests
- Male hormone profile, prostate profile, pesticular cancer (AFP) OR
- Female hormone profile, ovarian cancer early detection blood tests and breast cancers, cervical smear
- Blood tests, urine analysis
- ECG
- Spirometry, audiometry
- Whole MRI body scan
- Personalised report and 30 minute follow up appointment

Premium
£7000



Preventicum
London Centre of Preventive Medicine

Preventicum
The Cursor Building, 38 Chancery Lane, London, WC2A 1EN

- Consultation and physical examination with a Preventicum doctor, vital observations
- Over 50 blood tests and urine analysis
- MRI scans of your brain, heart, central arteries and organs of the abdomen and the pelvis as well as a whole spinal scan including your cervical, thoracic and lumber spine
- Ultrasound examinations
- ECG
- Spirometry (lung function test), body composition analysis, audiometry (hearing test), tonometry (glaucoma/eye test)
- Results consultation, follow-on consultation (6 months after assessment)

Remote Patient Monitoring Services in London

Basic



Doctaly

11 Leadenhall St, London, EC3V 1LP

Doctaly Assist helps clinicians to track patient data and symptom progression to maintain ongoing patient care and support, flag patients with worsening symptoms and notify clinicians of a patient's deteriorating health in real-time when not in a clinical setting.

Platform benefits:

- virtual ward for clinicians
- improving outcomes
- deployment and training.

Advanced



Feebris

London

Feebris's Remote Monitoring allows powering precision out-of-hospital care. It's an opportunity to capture data directly from multiple medical devices (e.g. pulse oximeter, digital stethoscope blood pressure cuff, digital thermometer, Android) via a responsive check-up and triage process that is personalized to each patient. Platform benefits:

- intuitive user interface
- built for the last mile
- full service
- AI guided.

Premium



Huma

Millbank Tower, 21-24 Millbank,
London SW1P 4QP

Huma's Remote Patient Monitoring solution tracks symptoms and vital signs, flags patients' deterioration, incorporates telemedicine functionality, and is integrable with medical devices. Platform benefits:

- improved patient experience, reassurance and QoL
- supported self-management
- capturing health information in one place
- better adherence to care plan
- educational content.

Sport Diagnostics in London

Basic
£55



East London Physiotherapy & Sports Medicine

VeloPark, Abercrombie Road,
London, E20 3AB

East London Physiotherapy & Sports Medicine is owned and operated by Health Consultants Incorporated, a company dedicated to health and humanity:

- Physiotherapy
- Initial assessment, diagnosis & treatment
- Sports injury treatment
- Massage Therapy
- Research of muscle strength and spine flexibility
- Provide Workplace Injury Prevention

Advanced
£150



ESPH

116 Lordship Lane LONDON,
GB

ESPH is one of the UK's leading providers of sport medicine services who works both privately and with the NHS to help people experiencing physical difficulties to get better. Clinic's services:

- Research of hematological factors
- Workstation Assessment
- Sports injury treatment
- Sports Massage

Premium
£275



Pure Sports Medicine

116 Cromwell Rd, London,
SW7 4XR

Pure Sports Medicine provides excellence in the diagnosis, prognosis and treatment of sports injuries and illnesses to both elite athletes and exercise enthusiasts:

- Initial assessment, diagnosis & treatment
- Sports injury treatment
- Bike Fit Service
- Physical level assessment

Sleep Diagnostic Assessment Services in London

Basic
£100



London Doctors Clinic

At London Doctors Clinic new virtual wellness screens utilize the latest health monitoring technology and allow team of medical experts to monitor patient's health and wellbeing via a cloud portal. The assessment utilizes wearable technology to provide an in-depth view of patient's health over a 4-week period. Oura ring is provided on loan to collect data with results analyzed by sleep experts.

Advanced
£300 - £325



S&HC

Sleep and Health Clinic

Weymouth Street Hospital, The London Clinic, HCA The Waterfront Elstree Outpatient Center, Royal National ENT and ED Hospital

Sleep and Health Clinic provides PSG package – first consultation, PSG and follow-up included. Polysomnography allows to assess sleep quality and actual sleep time as well as leg movements, abnormal behaviours and breathing during the night. Sleep Apnoea Package - first consultation, ambulatory home sleep study, follow-up consultation. Ambulatory sleep study includes heart rate monitoring, oxygen saturation monitoring and assessment of breathing effort. The equipment is portable, and the study can be performed at home.

Premium
£1725 - £2300



The Private Patients Unit at the Royal Free Hospital

Private Patients, Royal Free Hospital, Pond Street, London, NW3 2QG

The Private Patients Unit at the Royal Free Hospital provides diagnostic during which sleep study specialists make overnight recordings of:

- oxygen levels
- heart rate
- sleep position
- breathing effort

Using a portable sleep diagnostic device (WatchPAT) the sensors are attached and then the patient is allowed to fall asleep as they wish. When sleeping, the sensors monitor breathing patterns and oxygen levels with the information being sent to a computer.

Psychosomatic Treatment Services in London

Basic

from £100 per one hour therapy



Harley Psychiatrists

23 Harley Street, London, W1G 9QN

Harley Psychiatrists – leading London psychiatric team of experienced professionals. Assessments, evaluations and treatment: attention deficit hyperactivity disorder (ADHD), anxiety, panic and stress, autism, obsessive-compulsive disorder (OCD), borderline personality disorder, bipolar disorder.

Possible treatment routes include psychiatric treatment to target specific symptoms, psychological intervention (e.g. cognitive behavioural therapy) and lifestyle adaptations.

Advanced

from £300 per one hour therapy



London Psychiatric Clinic

1-7 Harley St, London W1G 9QD
171 Clarence Ave, London, New Malden KT3 3TX

London Psychiatric Clinic specialises in assessment and treatment for the full range of psychiatric disorders: anxiety, depression, panic disorder, schizophrenia, phobias, OCD, eating disorders, post-traumatic stress disorder (PTSD), attention deficit hyperactivity, ADHD, hypochondriasis, bipolar affective disorder, body dysmorphic disorder (BDD).

Premium

from £500 per one hour therapy



72 Harley Street, London, W1G 7HG

London Psychiatry Centre offers an innovative integrated full service addressing every need associated with mental health. Clinic's services: treatment of addiction, ADHD, anxiety, bipolar, depression, early intervention cardiology, seasonal affective disorders (SAD), trauma; endocrinology, genetic testing for better mental health, marital/couples therapy, perinatal mental health, external trigeminal nerve stimulation (eTNS), eye movement desensitization and reprocessing (EMDR) therapy, treatment using rTMS (£2,000 per week).

Cardiovascular Health Assessment Services in London

Basic £1100	 <p>London Centre for Advanced Cardiology Third Floor, 19 Harley Street, London, W1G 9QJ</p>	<ul style="list-style-type: none">• Consultation with a cardiologist• Cholesterol profile blood test• ECG test, exercise treadmill test• Echocardiogram (heart ultrasound)• CT heart scan (coronary calcium score)• Full medical report, telephone follow-up appointment with doctor
Advanced £1650	 <p>Cardiac Screen Balppa House, 57-61 Newington Causeway, London, SE1 6BD</p>	<ul style="list-style-type: none">• Consultation with a cardiologist• Resting electrocardiogram (ECG), exercise treadmill ECG• Echocardiogram (heart ultrasound)• Cardiovascular risk profile (cholesterol, HDL cholesterol, LDL cholesterol, triglycerides)• General chemistry blood profile (kidney/renal profile, liver function profile, fasting blood sugar level, C-reactive protein)• Full blood count, thyroid profile, routine urine, vitamin D• Prostate profile (PSA)• Ambulatory ECG, cardiac event monitor, ambulatory blood pressure monitoring (ABPM) at extra charge
Premium £1900	 <p>LycaHealth 1 Westferry Circus, Canary Wharf, London, E14 4HA</p>	<ul style="list-style-type: none">• Consultation with a cardiologist• Resting ECG• Blood test (including cholesterol, diabetes, thyroid, kidney and liver function)• Echocardiography (heart ultrasound)• CT coronary angiogram (including calcium scoring- an examination of the heart arteries)• Follow-up appointment with consultant cardiologist

Cancer Screening Services in London

Basic
from £190



Harley Street Health Centre

Harley Street Health Centre

13 Queen Anne Street, London,
W1G 9JH
33-34 Bury Street, London,
EC3A 5AR

Harley Street Health Centre offers a range of blood tests that screen for the markers of certain types of cancer.

- CA 50, for bladder & colorectal cancer
- CA 19-9, for cancer of the GI tract, colorectal cancer, & pancreatic cancer
- CA 15-3, for breast cancer

Advanced
£510 - £565



MOORE MEDICAL PRACTICE

Moore Medical Practice

First Floor College House,
272 Kings Road, Chelsea,
London, SW3 5AW

Moore Medical Practice offers a range of cancer screening tests, which tailored to patient's particular risk profile.

- Examination of breast, prostate, testicles, abdomen and lymph nodes
- Mole check
- General blood test for haematology and inflammatory markers
- Specific blood testing for a range of tumour markers
- Urinalysis
- Faecal immunochemical testing
- Cervical smear and HPV test
- Written report and recommendations

Premium
each from £995



LONDON
GENERAL
PRACTICE
LEADERS IN
MEDICAL EXCELLENCE

The London General Practice

114a Harley Street,
London, W1G 7JL

The London General Practice offers access to the latest, high-tech, cutting-edge diagnostic tests available in Harley Street and its environs.

- Breast cancer screening
- Prostate and testicular cancer screening
- Bowel cancer screening
- Cervical cancer screening
- Ovarian cancer screening
- Lung cancer screening

Immune System Assessment Services in London

Basic
£95



VisitHealth

David Game College, 31 Jewry St,
London, EC3N 2ET

The Immune System Check-Up package is the key biomarkers involved in the functioning of body's natural defense mechanism.

This package helps to understand the quantity of the main cells involved in immune defense system, as well as get a NLR ratio to assess physiologic stress level. Essentially, this package provides an overview of how effectively the immune system is working.

- Immune system check-up (full blood count, neutrophil-lymphocyte ratio, vitamin D) - £95

Advanced
£59 - £263



**Blood Tests in London | Blue Horizon
Medicals**

76 Wimpole Street, London,
W1G 9RT

- Hepatitis B surface antibodies - £59
- Hepatitis B surface antigen (HbsAg) - £59
- IgG Immunity blood test profile 1 - £137
- IgG Immunity blood test profile 2 - £156
- IgG Immunity blood test profile 3 - £167
- IgG Immunity blood test profile 4 - £183
- IgG Immunity blood test profile 5 - £202
- IgG Immunity blood test profile 6 - £263

Premium
£367



Private Blood Tests London

Suite E, 117a Harley St, Marylebone,
London, W1G 6AT

Private Blood Tests London has a great reputation for delivering outstanding value for an extensive range of private blood tests in London's Harley street.

- Immune function evaluation (total) - £ 367

Biomarkers Analysis Services in London

Basic
£69



thriva
Thrive
Classic House, 174-180 Old St,
London, EC1V 9BP

Thrive is a London startup that offers a home finger-prick blood test that lets you track a range of internal blood markers associated with good or bad health.

General health test includes biomarker profiles: cholesterol, liver function, vitamin D, iron profile, B12 (total) diabetes (HbA1c), folate.

- General health test - £69 (22 biomarkers)

Advanced
£149



Medichecks

Medichecks is the UK's leading online blood testing company. With over 250 tests from individual markers like vitamins and hormones, to fully comprehensive health checks.

Advanced health check for women/man includes biomarker profiles: hormones, proteins, liver health, cholesterol status, kidney health, diabetes, iron status, thyroid hormones, gout risk, clotting status, red blood cells, white blood cells, vitamins, minerals, muscle health, inflammation.

- Advanced well women blood test - £149 (49 biomarkers)
- Advanced well man blood test - £149 (47 biomarkers)

Premium
£299



Vital
71-75 Shelton Street, Covent Garden
London, WC2H 9JQ

Vital provides a wide array of tests in easy-to-use home test kits so the client can fully assess all aspects of health. Some biomarkers are very useful individually, but most tend to be grouped into 'panels' of tests so that an overall picture of health can be assessed.

Complete health test (whole body control) includes biomarker profiles: cholesterol, diabetes (HbA1c), full blood count (FBC), cardiovascular risk (hs-CRP), liver function, vitamins, minerals.

- Complete health test - £299

Dental Check-Up Services in London

Basic
£35



Vitality Dental London
111 Philip Lane, London, N15 4JR

At Vitality Dental London dentist assess include: occlusion, jaw (assessing your jaw movement and jaw related muscles), oral cancer screening (soft tissue assessment), lymph nodes and neck, tongue and lips (for diagnosis purposes), gum health, assessment of risk factors, teeth and signs of potential problems.

Advanced
£45



London Dental Centre
109 Lever Street, London, EC1V 3RQ

At London Dental Centre in the examination dentist thoroughly examines teeth, gums and mouth and takes x-rays if required. Then dentist will discuss any general health, dietary issues and general teeth-cleaning habits. Also doctor will be able to advise and recommend any improvements where possible, suggest additional treatment and will provide patient with a full treatment.

Premium
£ 199



Harley Street Dental & Implant Clinic
90 Harley St, London, W1G 7HS

Harley Street Dental & Implant Clinic dentist performs a comprehensive examination of patient's mouth, teeth and gums; examines the health of the soft tissue in mouth (cheeks and tongue); tests gums for any signs of gum disease and remove any plaque or harmful tartar; takes an x-ray of teeth. As well as teeth cleaning and oral health analysis, dentist will also offer mouth cancer screening and offer advice and guidance on continued and improved dental care.

Medical Consultation Services in London

Basic

£65 - £95



Murakami Medical Centre

7 Craven Park Road, Harlesden,
London, NW10 8SE

Murakami Medical Centre offering affordable expertise in a range of issues, the centre prides itself on its safe, effective, caring, responsive and well-led standards of care. Centre specialties services: psychology; dermatology; cardiology; ear, nose and throat; health check-ups.

- Consultation with a physiotherapy/psychology - £65
- Consultation with a GP - £75
- Consultation with a cardiology/dermatology - £95

Advanced

£80 - £120



Baltic Medical Centre

Unit 121, Meridian Place, Canary
Wharf, London, E14 9FE

Baltic Medical Centre is private modern treatment institution providing comprehensive medical services and controlled by the UK-based company Northway Holdings Limited.

- Consultation with a GP/internal medicine specialist/surgeon - £80
- Consultation with a cardiologist/gastroenterologist/neurologist/orthopaedist - £100
- Consultation with a paediatric - £110
- Consultation with a gynaecologist - £120

Premium

£180 - £851



London Medical

49 Marylebone High Street, London,
W1U 5HJ

London Medical offers private diagnostic services and treatments from over 70 experienced consultants supported by some of the most advanced diagnostic outpatient facilities currently available in the UK. London Medical's specialities: audiology; cardiology; clinical psychology; dermatology; diabetes; ear, nose and throat; endocrinology; gastroenterology; GP service; gynaecology; hepatology; nephrology; neurology; nutrition occupational health; ophthalmology; optometry; paediatrics; pain management; physiotherapy; podiatry; respiratory medicine; rheumatology.

- GP consultation - from £180
- Specialist consultation - from £200
- Annual health screen consultation - £851

Electrolyte Blood Test Services in London

Basic
£51



DocTap
11 London clinics

An electrolyte panel, also known as a serum electrolyte test, is a blood test that measures levels of the body's main electrolytes. Abnormal levels electrolytes can be a sign of a serious health problem, including kidney disease, high blood pressure, and a life-threatening irregularity in heart rhythm.

At DocTap in London electrolyte blood test profile measures levels of electrolytes: Sodium, Potassium, Chloride, Bicarbonate, Urea, Creatinine.

Advanced
£64



London Doctors Clinic

The Urea and Electrolytes blood test, otherwise known as a kidney function test, is routinely used to monitor the body's electrolyte balance and can also give a strong indication of renal function. It measures levels of a range of elements and molecules found in the blood, that are filtered out into the urine by the kidneys.

At London Doctors Clinic electrolyte blood test profile measures levels of electrolytes: Sodium, Potassium, Chloride, Bicarbonate, Urea, Creatinine.

Premium
£79



Blood Tests in London|Blue Horizon Medicals
76 Wimpole Street, London,
W1G 9RT

Electrolyte measurements are used to screen for an electrolyte or pH imbalance and to monitor the effect of treatment on a known imbalance that is affecting bodily organ function. Electrolyte levels are affected by how much is taken in through your diet, the amount of water in your body, and the quantity of electrolytes excreted by your kidneys. They are also affected by hormones, Knowing which electrolytes are out of balance can help healthcare professional determine the cause and treatment to restore proper balance.

At Blood Tests in London electrolyte blood test profile measures levels of electrolytes: Sodium, Potassium, Chloride, Bicarbonate.

Medical Services in London

Basic

£100+



Biolab Medical Unit

Biolab Ltd The Stone House, 9
Weymouth St, London W1W 6DB

The clinic offers several professional medical services and comprehensive blood analysis:

- Blood-Based Oxidative Stress Markers
- Antioxidant Profile
- Antioxidant Blood Test Profile



Doc Tap

John Bell & Croyden, 50-54 Wigmore
St, London W1U 2AU

The clinic offers several professional medical services and comprehensive blood analysis:

- Blood-Based Oxidative Stress Markers
- Antioxidant Profile
- Antioxidant Blood Test Profile



Premium

£323

Blood Tests in London Blue Horizon Medicals

76 Wimpole Street, London,
W1G 9RT

The clinic has multiple services available. The clinic is always available, either online, or on the phone, 9am - 5pm Monday to Friday. Blood-Based Oxidative Stress Markers:

- ORAC Assay (The Oxygen Radical Absorbance Capacity)
- Antioxidant Blood Test Profile
- Blood-Based Oxidative Stress Markers

The Most Popular Healthcare Providers in London

Millions of patients across the UK choose **private healthcare** because it's faster, comfortable and modern. Here is a selection of the **London's healthcare providers** that are the most popular in 2021, as well as information about services without prices.



**Mayo Clinic
Healthcare**

- **Specialities:** medical exam, second opinion, cardiology, gastroenterology, pulmonary medicine
- **Diagnostics:** abdominal ultrasound, bone density test, cardiac MRI, chest X-ray, colonoscopy, CT coronary angiogram, echocardiogram, ECG
- **Health screenings:** wellness plans, breast cancer screening, cervical cancer screening, prostate cancer screening



**Phoenix Hospital
Group**

- **Specialities:** allergy and immunology, cardiology, dermatology, ENT, endocrine, gastroenterology, GP services, general surgery, gynaecology and obstetrics, health screening, men's health, neurology, ophthalmology, orthopaedic, pain management, physiotherapy, urology, women's health
- **Diagnostics:** CT, MRI, ultrasound, dexa and X-Ray

BMI Healthcare

BMI Healthcare

Specialities: allergy and immunology, audiology, cancer care, cardiology, surgery, dermatology, diet and nutrition, endocrinology, gastroenterology, GP services, gynaecology, haematology, health assessments, hepatology, imaging and radiology, nephrology, neurology, ophthalmology, paediatrics, psychology, rheumatology, urology, women's health

**Cromwell
Hospital**

Cromwell Hospital

- **Specialities:** audiology, cardiology, dermatology, gastroenterology, GP services, health assessments, neurology, oncology, ophthalmology, osteopathy, pain medicine, physiotherapy, PRP therapy, radiology, rheumatology, respiratory medicine, surgery
- **Diagnostics:** CT, PET-CT scan, MRI scan, mammography and breast screening, ultrasound

Cell Technology Table

Cell Technology Table represents the importance and utility of **biomaterial analysis** used for **in-depth health assessment**.

Biomaterial	Sources	Purpose / Application
Hematopoietic stem cells	Umbilical cord blood / bone marrow	Restoration of the hematopoietic system (bone marrow implantation)
Multipotent mesenchymal stem cells	Adipose tissue / Tooth pulp / Bone marrow / Amniotic fluid / Varton's jelly	Treatment of disorders such as spinal cord injury, bone fracture, autoimmune diseases
T Cells	Isolation of untouched human T cells from peripheral blood mononuclear cells (PBMC) by depleting B cells, NK cells, monocytes, platelets, dendritic cells, granulocytes and erythrocytes	CAR-T therapy
Neural crest derived stem cells	Bulbar region of the hair follicle	Experimental Cell Therapy for Central Nervous System Injuries
Introduced pluripotent stem cells	Reprogramming of somatic cells (peripheral blood cells or dermal fibroblasts)	Experimental stem cell therapy for intractable diseases
Human amnion epithelial cells	Amnion	Metabolic Liver Disease

Conclusions



Conclusions

- **Longevity** is a complex industry, which requires a unique approach and a thorough **assessment and forecasting of resources and efforts**. The Longevity industry is expected to become one of the leading industries in the near future and to outnumber other sectors in both size and market capitalisation.
- **Longevity medicine** is an advanced branch of **preventive medicine** powered by deep biomarkers of ageing and Longevity. Because the industry is relatively young and perspective, it has a potential to experience a significant double digit annual growth in the next few years. The field encompasses the likewise rapidly evolving areas of **biogerontology, geroscience, precision, preventive and functional medicine**.
- **Biomarker panels** are integral part of Longevity Medicine. The panels identified from **gene expression data** are used to diagnose diseases and/or stratify patients into different disease stages. Machine learning and data mining algorithms were adapted to identify biomarker candidates. The **comprehensive methodology** created by scientific experts allowed to identify the best longevity clinics in London.
- **Longevity Diagnostics** based on biomarkers of longevity and aging allows you to improve the quality of your health by **monitoring, predicting, preventing and detecting various diseases** in the early stages. Aging is an integral part of the life of any living organism, so the concepts of **smart medicine** and the idea of age-well come to the fore in which a new topical direction of **longevity medicine** is formed before our eyes.
- **Several longevity gadgets and wearables** allow to track and control important health indicators and share the valuable data with a personal doctor. Having access to the most actual data makes it possible to watch health trends and stay informed about the current situation of a person's health. Home based gadgets allow to mitigate the risks caused by environmental issues.
- Additional **Longevity Services** provided by longevity diagnostic centres allow to investigate specific health issues and get a full picture of the patient's state of health. Specific longevity services include cell and biomaterials storage, **comprehensive geriatric testing**, concierge services, biophysical evaluation.
- **Longevity Clinics and Services in London** report describes the concept of the longevity medicine and provides a comprehensive overview of the longevity clinics and **additional longevity services** in London. The report represents the current state of Longevity Industry in one of the most **advanced** Longevity centres in the world.



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