DEEP KNOWLEDGE GROUP

LONGEVITY INDUSTRY ANALYTICS

Longevity Real Estate in the United Arab Emirates



March 2025

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Introduction

The concept of longevity is no longer limited to the idea of simply living longer; it encompasses the notion of living better, healthier, and more meaningfully throughout an extended life. This shift in mindset has led to the emergence of a new domain within urban development: Longevity Real Estate. At the intersection of health, technology, and urban planning, longevity-focused real estate is reimagining how we build cities that support our increasingly long lives. The UAE, renowned for its ambition and futuristic vision, has positioned itself as a pioneer in this evolving space. Cities around the world are beginning to feel the strain of increased demands on healthcare, housing, and infrastructure. Recognizing the need for a comprehensive solution, the UAE has embarked on a journey to blend cutting-edge technology with sustainable urban living to create environments that not only accommodate an aging population but actively enhance their quality of life.

Introduction

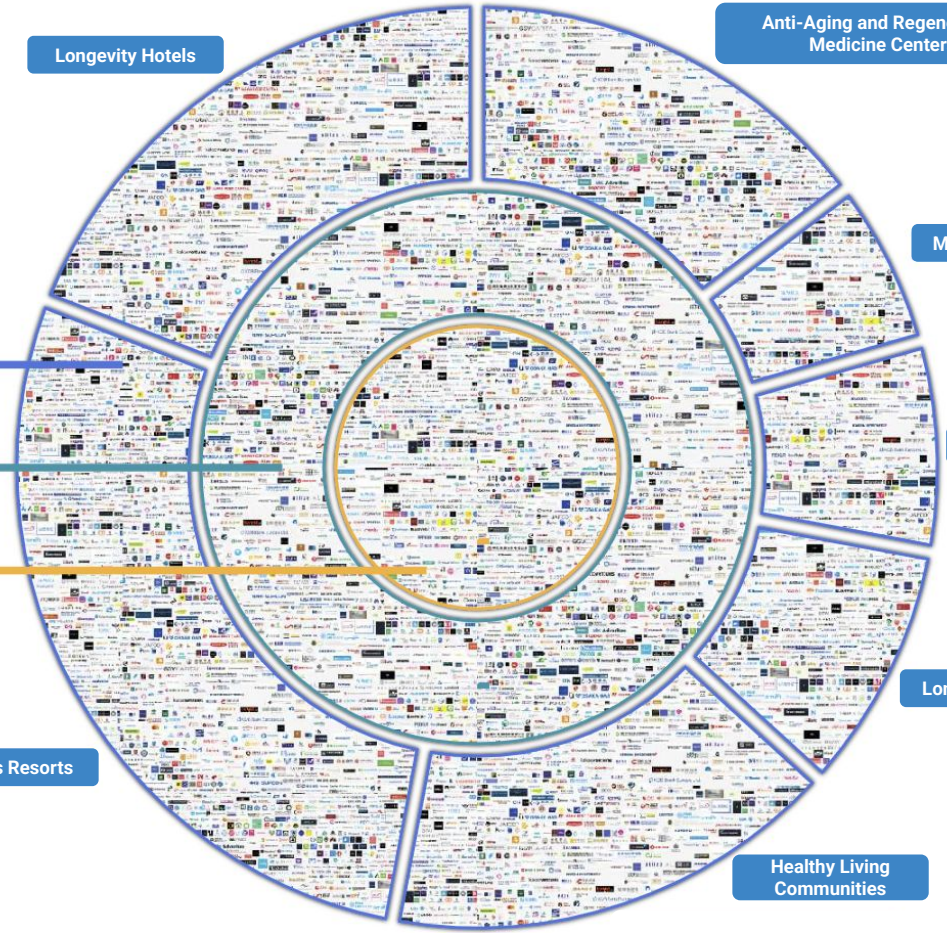
What makes the UAE unique in this venture is its approach to longevity-focused urban planning, incorporating artificial intelligence, biometric monitoring, sustainable living, and healthcare innovations into the very fabric of its cities. The idea of age-friendly homes has evolved, expanding into fully integrated smart homes and communities designed to optimize healthspan—the period of life lived free from chronic disease and disability. As the nation embraces advancements in fields like AI, robotics, and precision health, the UAE is building a model that others around the world are looking to replicate.

But this is not just about the health of individuals; it's about the long-term sustainability of societies and economies. The UAE has understood that longevity is not just a personal aspiration but a new economic frontier. It is rapidly becoming a hub for global investment in Longevity real estate, with international investors and developers looking at the UAE as a model for future urban living. Public-private partnerships are a key driver in this growth, ensuring that the infrastructure, policies, and innovations are aligned with the emerging needs of an aging global population.

As we stand on the cusp of a new era of urbanization, the UAE's vision for longevity is a glimpse into what the future holds. The road ahead will see cities that are not only smart in terms of technology but also in their ability to foster health, wellness, and sustainability. In this rapidly evolving field, the UAE's leadership sets the stage for a global transformation, redefining the way we think about living longer, healthier, and more fulfilling lives.

UAE Longevity Real Estate Q1 2025

Companies – 70
Leaders – 30
Leaders– 20



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Industry Key Features

Industry Key Features

Longevity-Driven Smart Cities in the UAE

The UAE is emerging as a leader in Longevity-focused urban development, with initiatives such as NEOM in Saudi Arabia and Abu Dhabi's smart city projects serving as blueprints. These cities integrate AI-driven healthcare, advanced geriatric services, and biometric monitoring to optimize Healthy Longevity.

Investment Potential in Longevity Real Estate

With the growing "Health as the New Wealth" paradigm, real estate developers in the UAE are incorporating advanced wellness infrastructures, such as age-friendly smart homes, biohacking-integrated communities, and AI-powered healthcare hubs. The UAE is positioning itself as a global Longevity investment hub.

Government Initiatives and Strategic Partnerships

In 2021, Sharjah Research Technology & Innovation Park (SRTIP) and Deep Knowledge Analytics partnered to map the Longevity Industry ecosystem in the UAE. This collaboration aims to develop infrastructure for Longevity governance and integrate longevity strategies into national policy.

Longevity-Progressive Governance and Policy Development

The UAE is implementing technocratic approaches to Longevity governance, ensuring that Healthy Longevity becomes a national asset.

Policymakers are aligning real estate strategies with biomedical advancements, transforming urban centers into longevity-focused smart cities.

The Future of Longevity Real Estate in the UAE

By 2030, the UAE is expected to be among the world's first Longevity Finance and Real Estate Hubs, integrating AI-driven predictive healthcare, biometric longevity analytics, and sustainable living environments. These initiatives aim to redefine retirement and long-term wellness, making the UAE a top destination for Longevity-focused investments.

Definition of Longevity Real Estate

Longevity Real Estate is a specialized sector of the real estate market that focuses on designing, developing, and investing in properties and infrastructure that cater to the unique needs of an aging population. As global life expectancy increases and people live longer, often into their 80s and beyond, the demand for real estate solutions that enhance health, comfort, and independence in later life has grown. Longevity Real Estate addresses these needs through innovative housing models, age-friendly urban planning, and healthcare-focused property development. One of the core elements of Longevity Real Estate is senior living communities, which range from independent living facilities to assisted living and nursing care. These communities are designed to provide older adults with environments that promote social engagement, wellness, and access to medical services. Senior living facilities often incorporate features such as mobility-friendly architecture, on-site healthcare, wellness centers, and smart home technology to support the well-being and independence of their residents. In addition to senior living communities, Longevity Real Estate includes age-friendly housing within broader urban and suburban settings. Age-friendly housing involves adapting homes and neighborhoods to accommodate the physical and cognitive changes that often come with aging. This may include universal design principles, such as wider doorways, non-slip flooring, and step-free entrances, as well as community features like proximity to healthcare, public transportation, and recreational activities that are easily accessible to older adults. Age-friendly cities aim to create inclusive environments where residents of all ages can thrive, reducing the isolation and mobility challenges that elderly populations often face.

Healthcare real estate is another critical component of Longevity Real Estate, focusing on the development of facilities such as hospitals, clinics, rehabilitation centers, and specialized treatment centers that cater to the needs of older adults. This sector is rapidly expanding, driven by the increasing demand for healthcare services as populations age. Investments in healthcare real estate are often seen as stable and long-term, given the essential nature of these services. The convergence of technology and real estate is also shaping the future of Longevity Real Estate. Smart homes equipped with telemedicine capabilities, health monitoring systems, and AI-powered devices allow older adults to live more independently while maintaining access to critical health services.

What is Longevity Real Estate?

Elderly-Centric Design

Longevity real estate refers to land and buildings designed to meet the unique needs of older adults, incorporating features like wider doorways, ramps, and step-free access to enhance mobility and ensure safety.

Health and Wellness Integration

These developments are equipped with healthcare services, fitness centers, and wellness programs, addressing the physical, mental, and emotional health of residents. Some properties integrate smart health technologies for real-time health monitoring.

Adaptability and Flexibility:

These properties are designed to be adaptable to the evolving needs of aging residents, allowing for modifications to living spaces as mobility decreases or healthcare needs change over time

Promoting Independence

One key goal is to allow elderly residents to maintain independence for as long as possible by integrating technologies and services that support autonomous living.

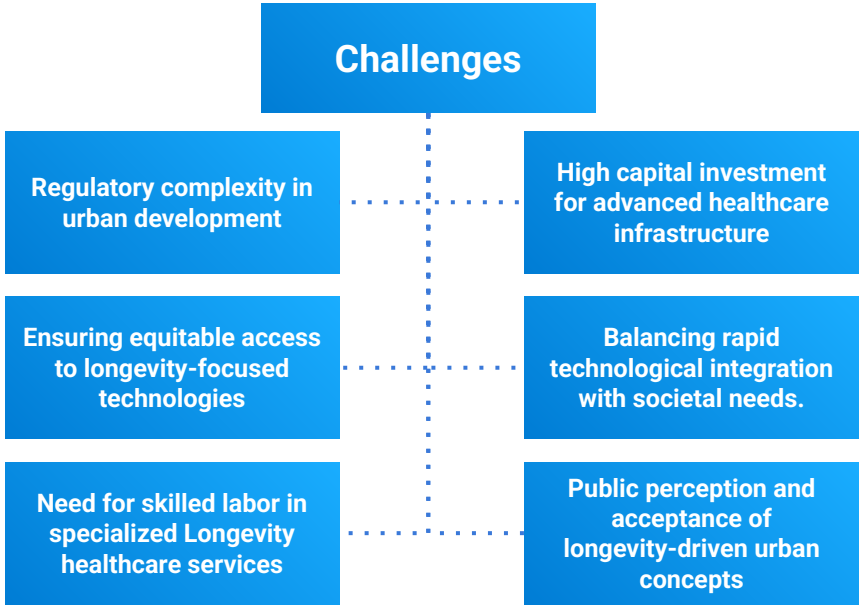
Longevity Real Estate Framework



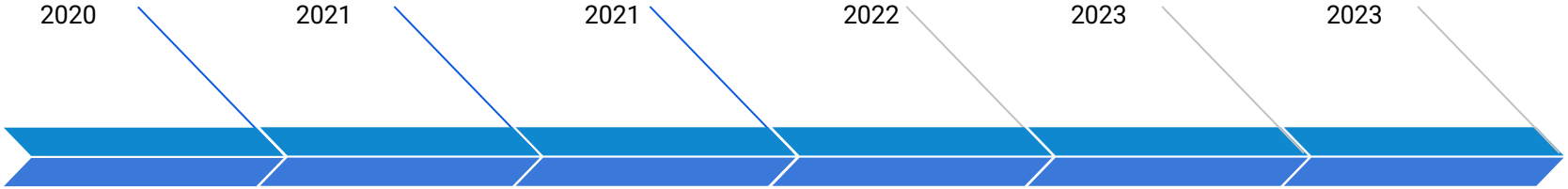
Challenges and Opportunities

Longevity real estate in the UAE presents a unique opportunity to capitalize on the growing demand for health-focused, age-friendly environments. Benefits include attracting high-net-worth individuals (HNWIs), fostering sustainable development, and creating innovative urban spaces. However, challenges include regulatory hurdles, the high cost of implementation, and the complexity of integrating cutting-edge technology into everyday living spaces.





Recent Developments



Longevity Governance Framework Established

The UAE established a national framework for longevity-focused governance, emphasizing healthspan and quality of life.

Sharjah Longevity Collaboration

Sharjah formed a partnership to develop the UAE's longevity infrastructure, focusing on wellness-driven urbanization.

First Longevity Real Estate Project

Initial real estate projects focused on longevity, wellness, and health began to take shape in the UAE.

UAE Investment in HealthTech

The UAE made significant investments in healthcare technologies, contributing to Longevity-focused real estate projects.

Government Longevity Policy Framework

The UAE government formalized its policy framework for longevity, focusing on healthspan and age-friendly infrastructure.

Public-Private Partnerships on Housing

Collaborative efforts between government and private developers to create longevity-focused housing.

History, Current State and The Road Ahead

History

The concept of Longevity real estate emerged as a niche within the larger real estate market in the early 2000s, driven by increasing global life expectancy and the aging population. Initially, it focused on creating age-friendly housing options. Over the years, with technological advancements, it evolved into a broader vision incorporating healthspan optimization, wellness technologies, and sustainable living. The UAE, with its futuristic vision and focus on innovation, became one of the early adopters of this trend, pioneering smart city concepts designed to enhance longevity and health.

Current State

Today, the UAE stands at the forefront of Longevity real estate, blending cutting-edge technology with sustainable urban planning. Major cities like Dubai and Abu Dhabi are integrating AI, biometric monitoring, and wellness-centric designs into their real estate developments. Smart homes, health-focused urban spaces, and Longevity hubs are becoming a reality, attracting international investments. The UAE has also launched initiatives such as public-private partnerships to drive the growth of the Longevity real estate market, ensuring the availability of age-friendly environments supported by advanced healthcare technologies.

The Road Ahead

Looking forward, the UAE is poised to become a global hub for Longevity real estate. The future will see an expansion of longevity-focused smart cities that integrate AI, IoT, and health technologies to improve the quality of life for residents. Investments in health and wellness infrastructure will continue to grow, driven by the demand for long-term healthspan optimization. Moreover, with the global population continuing to age, the UAE's real estate market will likely lead the charge in redefining how cities are built to support healthier, longer lives, setting the stage for other nations to follow suit.

Key Takeaways

The UAE is rapidly becoming a global leader in Longevity real estate, integrating cutting-edge technologies such as AI and biometric monitoring into urban planning. This focus on wellness, longevity, and smart homes positions the UAE at the forefront of an emerging market for age-friendly and health-optimized living environments.

The demand for Longevity real estate is growing as the global population ages, with investments in age-friendly infrastructure and health technologies becoming critical. The UAE's innovative approach to urban development offers a blueprint for other nations, showcasing how smart cities can enhance healthspan and optimize quality of life for all generations.

As the Longevity real estate market matures, the UAE's public-private partnerships and strategic investments are paving the way for a sustainable, wellness-centered urban future. The development of smart, health-focused cities will continue to accelerate, positioning the UAE as a key player in reshaping how we live longer, healthier lives.

Longevity Real Estate in The UAE

Longevity Real Estate in the Context of the Longevity Blueprint Advanced Management System (LBAMS)

Longevity Biohacking Room



Longevity Sleeping Room



Longevity Home Blueprint

Longevity Suitcase (Mobile Blueprint



Longevity Kitchen



AI Copilot

Longevity Real Estate Corporate Blueprints

Longevity Real Estate Corporate Blueprints (Ideal Pipeline for Project Execution)

Hotel Refurbished into Longevity Clinic

Description: Transform an existing hotel or resort into a longevity clinic, blending hospitality with advanced wellness and medical services.

Features

1. Remodelling: Convert hotel rooms into medical suites and wellness areas.
2. Wellness and Health Services: Health assessments, anti-aging treatments, and personalised wellness programs.
3. Specialist Staff: Medical professionals, wellness coaches, and therapists.
4. Target Clients: Health-focused travellers seeking a combination of vacation and medical care.

Key Benefits: Provides health-conscious tourists with high-quality wellness services in a comfortable, familiar hotel setting.

New Longevity Clinic in a Resort

Description: A from-scratch longevity clinic built within a resort, designed for high-end clients seeking wellness services alongside their luxury vacation.

Features:

1. Eco-Friendly Design: Incorporates sustainable building materials and wellness-oriented architecture.
2. Comprehensive Medical Services: Diagnostics, anti-aging programs, and biohacking treatments.
3. Advanced HealthTech Equipment: State-of-the-art health tech, including body scanners and labs.
4. Target Clients: Elite guests wanting comprehensive health care integrated into their vacation.

Key Benefits: A luxury resort that offers not only relaxation but personalised longevity services for long-term health improvement.

Healthy Lifestyle Homes and Apartments

Description: Residential spaces focused on supporting wellness, from clean air to fitness facilities, providing residents with an environment that promotes overall health.

Features:

1. Clean Air Systems: Air and water purification for optimal health.
2. In-Home Fitness & Wellness: Yoga rooms, meditation spaces, and personal fitness facilities.
3. Smart Health Monitoring: Sensors to track air quality, sleep patterns, and physical health metrics.
4. Target Clients: Families or individuals focused on optimising their health in daily life.

Key Benefits: Residents enjoy continuous health improvements thanks to built-in features that promote mental and physical well-being.

Longevity Real Estate Corporate Blueprints

Longevity Real Estate Corporate Blueprints (Ideal Pipeline for Project Execution)

Longevity City Zones

Description: Urban areas or neighbourhoods designed with wellness in mind, featuring green spaces, eco-friendly infrastructure, and community health resources.

Features

1. Urban Design: Parks, walkable areas, and bike paths integrated into the city layout.
2. Wellness Centers: Clinics and wellness centres offering preventive health services, diagnostics, and treatments.
3. Sustainable Living: Eco-friendly buildings with low energy consumption and renewable energy sources.
4. Target Clients: Urban professionals and families seeking a health-focused lifestyle.

Key Benefits: Residents benefit from living in a clean, health-conscious environment that encourages physical activity and community connection.

Longevity Business Mega-Centers

Description: Large-scale facilities housing multiple health and wellness clinics under one roof, providing diverse services in one centralised location.

Features:

1. Multi-Clinic Setup: Offers a range of services, from regenerative medicine to wellness and mental health.
2. Shared Resources: Centralised labs, diagnostic tools, and data-sharing between clinics.
3. AI-Driven: AI-powered systems to manage patient data, diagnostics, and personalised treatment plans.
4. Target Clients: Healthcare professionals, companies, and high-net-worth individuals.

Key Benefits: A convenient, centralised location for advanced health services, offering cutting-edge treatments with streamlined processes.

Existing Longevity Clinic Upgrade

Description: Enhancing an existing clinic with new technologies, modern infrastructure, and expanded services to offer the latest in longevity and wellness.

Features:

1. Technology Upgrades: Implementing AI diagnostics, robotic treatments, and telemedicine platforms.
2. Expanded Services: Adding new wellness programs, such as biohacking, regenerative medicine, or mental health therapies.
3. Renovations: Upgrading patient spaces to create a more comfortable, modern healing environment.
4. Target Clients: Current patients and new clients seeking cutting-edge treatments.

Key Benefits: Offers more advanced services and a more comfortable patient experience, improving overall clinic performance.

Longevity Real Estate Corporate Blueprints

Longevity Real Estate Corporate Blueprints (Ideal Pipeline for Project Execution)

Loneliness-Combating Community Spaces

Description: Real estate focused on fostering social connections and reducing loneliness, integrating community wellness activities into residential living.

Features

1. Shared Social Spaces: Lounges, community kitchens, and co-working spaces that encourage interaction.
2. Organised Events: Group fitness, meditation sessions, and social events to promote bonding and reduce isolation.
3. On-Site Mental Health Services: Access to therapists and counsellors, group therapy sessions, and mental wellness workshops.
4. Target Clients: Seniors, singles, and those seeking stronger community ties.

Key Benefits: Encourages social engagement and emotional well-being, helping residents combat loneliness and mental health challenges.

Clean Air and Environmental Wellness Living

Description: Homes equipped with advanced air filtration systems and eco-friendly designs to provide an optimal living environment focused on respiratory and environmental health.

Features:

1. Air Filtration Systems: High-tech purification systems that continuously remove pollutants and allergens.
2. Green Design: Indoor plants and natural elements incorporated to improve air quality and mental wellness.
3. Real-Time Monitoring: Sensors that monitor indoor air quality and adjust systems automatically for optimal health.
4. Target Clients: Health conscious individuals with eco-friendly living goals.

Key Benefits: Cleaner air for better respiratory health, improved mental clarity, and reduced environmental stress.

Mindfulness and Meditation Residences

Description: Homes designed with mindfulness and meditation at their core, offering spaces and services focused on mental relaxation and stress relief.

Features:

1. Meditation Rooms: Calm, quiet spaces designed for meditation and relaxation, equipped with sound therapy and natural light.
2. Mindfulness Coaches: On-site or virtual meditation guides to help residents practise mindfulness.
3. Nature-Inspired Design: Open spaces with natural elements like water features and plants, promoting calmness and mental clarity.
4. Target Clients: Individuals seeking mental peace, emotional balance, and stress management.

Key Benefits: Promotes mental clarity, reduces anxiety, and fosters emotional well-being in everyday life.

Longevity Real Estate Corporate Blueprints

Longevity Real Estate Corporate Blueprints (Ideal Pipeline for Project Execution)

Wellness-Focused Family Homes

Description: Family homes designed to enhance overall wellness, with features that promote physical health, mental well-being, and family bonding.

Features

1. Family Wellness Programs: On-site or virtual coaching for parents and children focused on health, nutrition, and mental wellness.
2. Outdoor Play Areas: Safe, stimulating play spaces for children and fitness trails for the entire family.
3. Healthy Kitchens: Equipped with smart cooking appliances and water filtration systems for easy, nutritious meal preparation.
4. Target Clients: Families seeking a healthier, more connected lifestyle.

Key Benefits: Supports family health and wellness in a cohesive, nurturing environment.

Nature-Integrated Living Spaces

Description: Homes that blend indoor and outdoor living to enhance wellness through direct access to nature, promoting physical and mental health.

Features:

1. Indoor-Outdoor Living: Large windows, open-air patios, and garden spaces integrated into daily living areas.
2. Nature Therapy Programs: Access to activities like forest bathing, gardening, and nature walks.
3. Sustainable Materials: Homes built using eco-friendly, natural materials like wood and stone.
4. Target Clients: Nature lovers and those looking to reconnect with the environment for better mental health.

Key Benefits: environment for better mental health.
Key Benefits: Enhances mental well-being, reduces stress, and fosters a deeper connection with nature.

Multi-Generational Wellness Communities

Description: Communities designed for multi-generational living, offering wellness services tailored for different age groups to encourage family bonding and well-being.

Features:

1. Intergenerational Living: Homes designed to accommodate extended families, with shared spaces for interaction and separate areas for privacy.
2. Health Monitoring: Wearable tech and smart home systems that track the health of each generation, from children's activity levels to seniors' well-being.
3. Group Wellness Programs: Wellness activities for the whole family, such as yoga for all ages, fitness classes, and family-centred wellness coaching.

Key Benefits: Promotes mental clarity, reduces anxiety, and fosters emotional well-being in everyday life.

Longevity Home Blueprint

Longevity Biohacking Room



The Longevity Biohacking Room Blueprint offers a comprehensive approach to well-being, health and longevity

Longevity Kitchen



The Longevity Kitchen Blueprint aggregates health-conscious technologies and protocols for optimized diet all inside the kitchen

Longevity Home

Longevity Suitcase (Mobile Blueprint)



A 10 kg travel case packed with devices for on-the-go Longevity Diagnostics and Treatments

Longevity Sleeping Room



The Sleep Room Blueprint enhances sleep with advanced technologies

Longevity Biohacking Room Blueprint



The Longevity Biohacking Room Blueprint transforms the home's most commonly-occupied living spaces into an ergonomic system for Health, Longevity and Performance Enhancement through a combination of AI Co-Pilot-guided, executed and adjusted equipment.

Featuring diagnostic and prognostic tools and cabinets, non-intrusive and easily storable medical devices and at-home therapies, both light, medium and intensive stow-away home exercise modules, and 'lite' versions of other more intensive diet, exercise and rest equipment found in other rooms within the Longevity Home, the Longevity Room is the meeting-point of all other room-specific Longevity Home blueprints and protocols.

With equal focus on Health, Performance and Longevity, most of its equipment is easily stowable, its permanent fixtures also serve as stylish design elements, and the entire system is guided by IoT and sensor-connected AI Co-Pilots which adjust their real-time recommendations and specific protocol compositions according to homeowner sensors (e.g. wearables) and smart-home sensors.

Types of Longevity Room Practices

Diagnostic and Monitoring Practices

- High-frequency Testing
- Body Composition Analysis
- AI-Powered Monitoring Devices
- Biomarkers Assessment
- Cardiovascular Monitoring
- Sleep Tracking

Treatment and Therapy Procedures

- IV Treatments
- Hormone Replacement Therapy
- Intermittent Hypoxic - Hyperoxic Treatments
- Ozone Treatment
- Nutritional Counseling
- Light Therapy

Sports and Physical Well-being

- Cardio Workouts
- High-Intensity Interval Training
- Oxygen Therapy
- Virtual Cycling or Running
- Hyperbaric Breathing Exercises
- Smart Resistance Training

Cosmetology and Aesthetic Care

- At-Home Facial Treatments
- Personalized Skincare Routine
- Electromagnetic Stimulation
- Dermoscopy for Skin Analysis
- Microdermabrasion
- Chemical Peels

Longevity Sleeping Room Blueprint



The Sleeping Room Blueprint aggregates the best technologies and protocols available for sleep optimization, from air, temperature and brightness control to sleep-focused NeuroTech, vibration dampening and sound isolation, and real-time monitoring of carbon dioxide and monoxide.

Besides deep sleep-optimization protocols and equipment, it also features a number of technologies and modalities designed to apply light health and Longevity-enhancing therapies that are safe to execute during sleep, such as salt walls.

A wealth of data have confirmed that **sleep is one of the very best Longevity Medicines**, and optimization of external and environmental factors affecting sleep pattern, depth, duration and quality can have the same tangible effects as changes to diet and exercise.

Sleep Room Equipment

Environmental Control Systems

- Temperature Control System
- Purification System
- Allergen and Dust Particle Sensor
- Humidity Control System
- CO2 Monitoring System
- Carbon Monoxide Detector
- Oxygen Control System
- Ventilation System
- Ergonomic Sleep Furniture
- Salt Lamps and Salt Walls

Ambient Enhancement

- Red Light
- Sound Isolation System
- Sound System
- Vibration Sensors
- Video System

Safe Alert System

- Heart Rate Monitoring
- ECG Monitoring
- Alerts System
- Sleep Monitoring System
- Respiratory Rate Monitoring

Safety Monitoring Systems

- Electromagnetic Shielding
- Fire Alarm System
- Geiger Counter Integration
- Smart Wake-Up Technology

Longevity Kitchen Blueprint



The Longevity Kitchen aggregates the best protocols and equipment for optimizing diet to meet homeowner Health, Longevity and Performance Goals.

It is equipped with a wide array of smart appliances and advanced technologies that are guided by sensor-equipped AI Co-Pilots which give automatic recommendations based on homeowner diet history and health sensors (e.g., wearables), serve as Co-Chefs via VR and AR Goggles to give home cooks a more data-enabled view for meal preparation, and automatically restock groceries according to meal plans and needs via fridge and freezer sensors.

It features sophisticated water purifiers and filters, and IoT-enabled that infuse the home’s water with negatively charged ions, ozone and hydrogen, and purify it via double distillation and the production of "dead water".

It also is equipped with specialized fixtures for therapeutic foods like fermented kombucha, kefir, and sauerkraut, and makes real-time meal-specific flavoring recommendations that incorporate Ayurvedic spices which offer tangible therapeutic benefits and closely match the meal’s desired taste profile.

Longevity Suitcase (Mobile Blueprint)

The Mobile Blueprint is a travel case weighing up to 10 kg, equipped with various devices for **Longevity Diagnostics** and **Treatments**. Tailored for portability, this blueprint combines essential tools for Health, Performance and Longevity Optimization at work, during trips and on-the-go.

Smartphone-integrated and AI-Co-Pilot enabled, the Longevity Suitcase applies the same real-time AI-augmented blueprint execution and adjustment as the other Longevity Home blueprints.

Through its AI Co-Pilots, the suitcase adjusts both levels and frequency of output, executed blueprint composition and the specific nature of its real-time personalized recommendations according to external sensors (e.g. measuring ambient environmental hazards) and user sensors (diagnostics, health wearables, etc).

It enables users to apply a similar standard of living while away from the home on business trips and vacations, or when at work. If ‘home is where your health is’, the Longevity Suitcase allows you to bring your home wherever you go.



Longevity Home Pillars

1. Neutralizing Environmental and Material Hazards in the Home



Pillar 1: Protecting home from internal and external hazards (electromagnetic, material and chemical), and optimizing air and water within the home

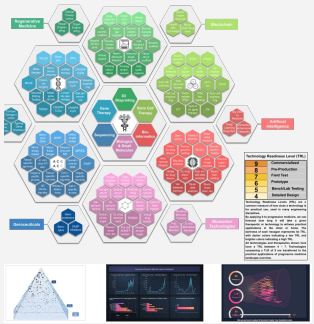
2. Equipping Home with Health, Longevity and Performance-Augmenting Hardware



Pillar 2: Installing Health, Longevity and Performance enhancing equipment and hardware in the home (diet, exercise, medical, diagnostic, wellness, sleep, lifestyle, cognitive, social, etc).

Longevity Home

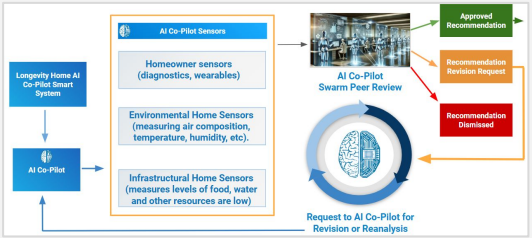
3. Blueprints and Protocols



Pillar 3: Blueprints and Protocols that define how the home's hardware and software are integrally applied to Health, Longevity and Performance. Each room has its own Blueprint, applied and adjusted in real-time by AI Co-Pilots equipped with sensors.

4. AI Co-Pilots

Pillar 3: AI Co-Pilots that apply blueprints and protocols in real time.

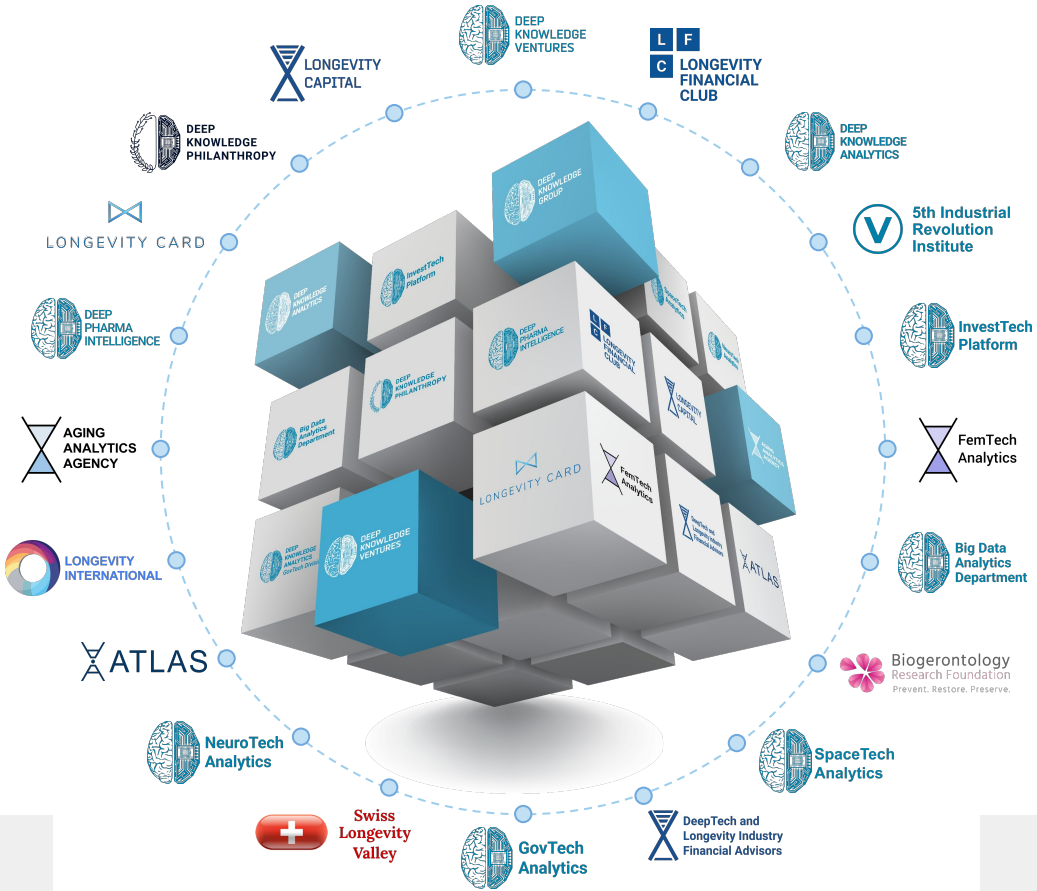


Each blueprint has its own AI Co-Pilot for real-time adjustment according to IoT sensors (homeowner diagnostics and wearables and ambient home sensors).

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