



Longevity Clinics and Services in London

Q3 2021

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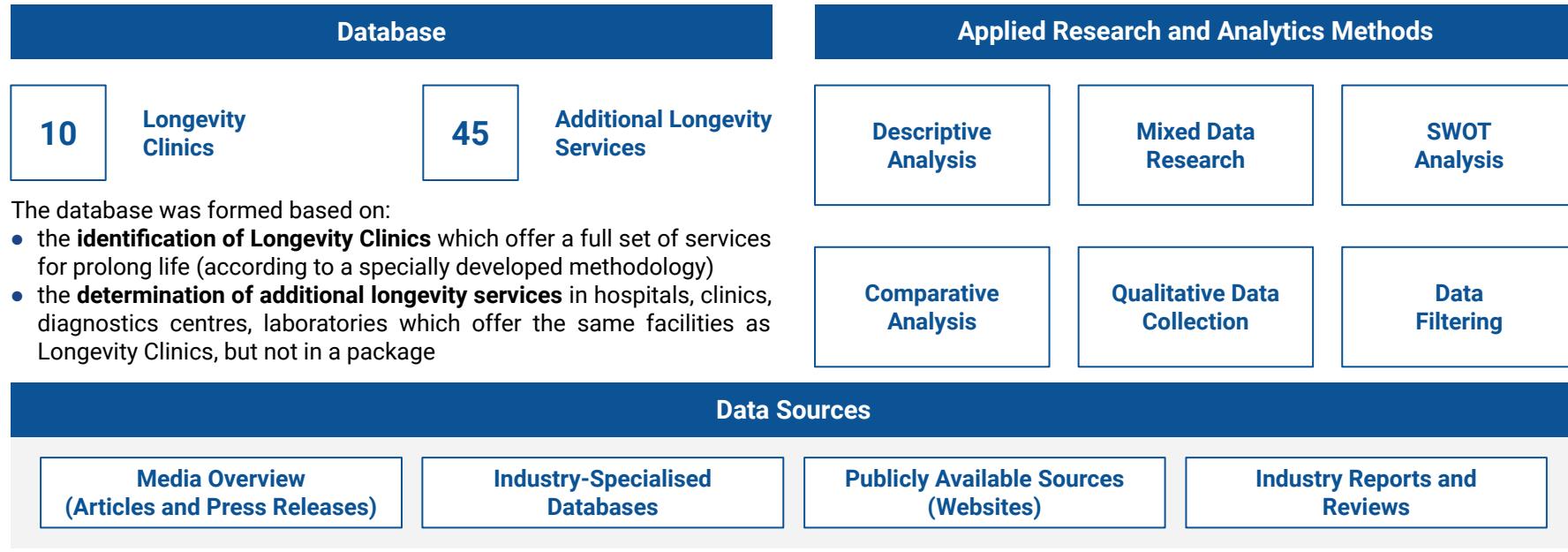
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This analytical case study provides **a comprehensive overview of the Longevity Clinics and Additional Longevity Services in London.**

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 Q3 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.**

Approach of the Report



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.

Approach of the Report

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

General Characteristics

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

Science Activity

This parameter allows to analyse clinics' scientific achievements and intellectual property

Marketing

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

Team Composition

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

Services

This parameter allows to analyse and compare the versatility of longevity clinics

Prices

This parameter allows to compare prices for longevity clinics' services

Executive Summary

Longevity Clinics

London's leading integrative medicine clinic & testing facilities are mostly located in the heart of London with the majority of them concentrated on Harley Street. 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-aging & Longevity, Fertility clinic, Physiotherapy.**

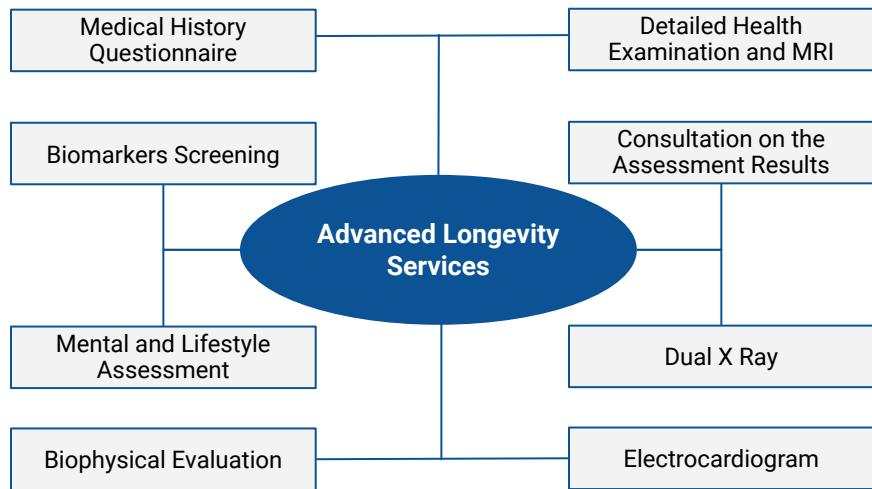
Programs are state of the art genetic and cellular level treatments designed to prolong life and maximize vitality. These include a range of testing and specific screening aimed at prolonging life, health and wellbeing, as well as anti-aging, aesthetic beauty and skin and organic health.

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 centers. 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.

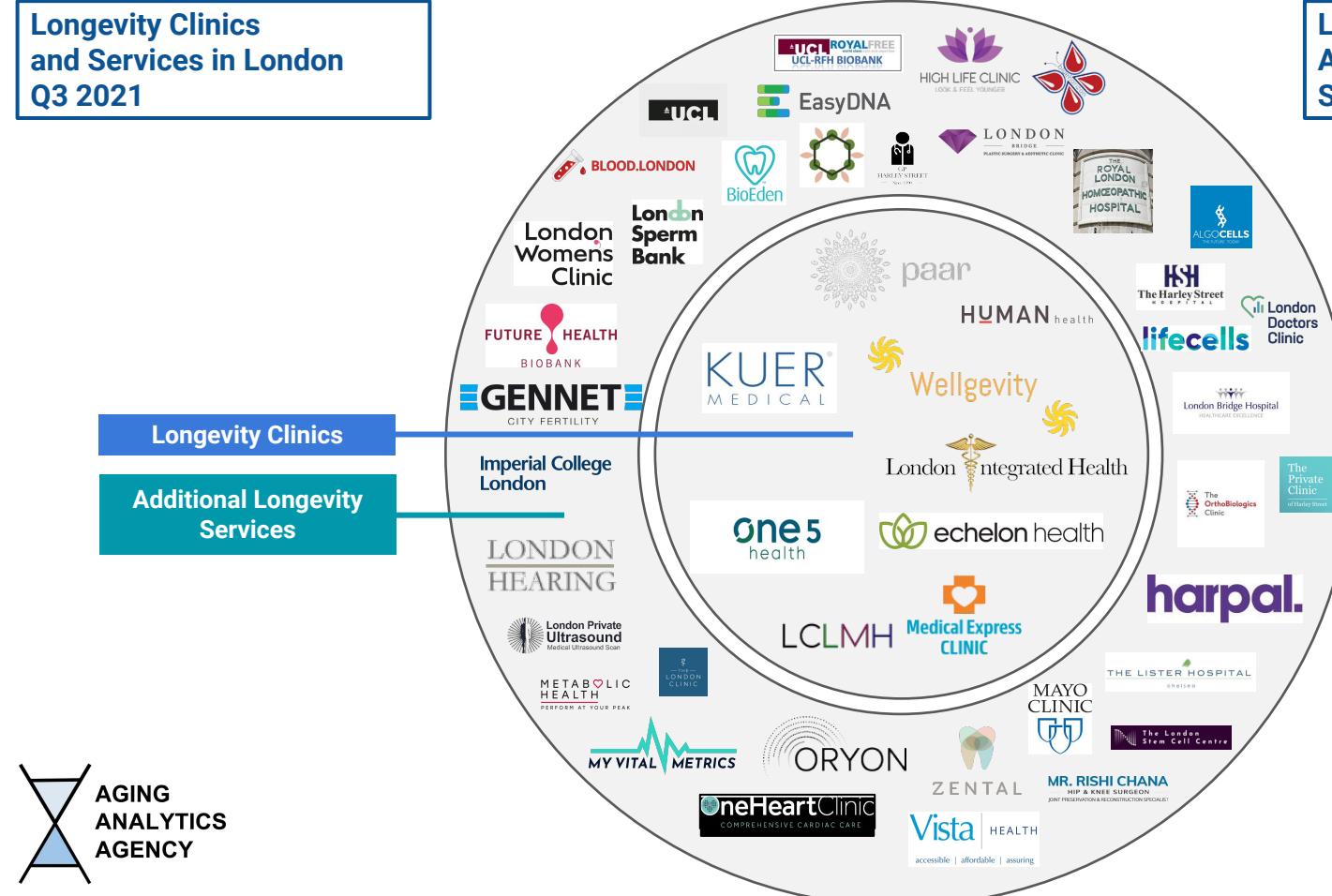
Advanced Longevity Services

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.



Longevity Clinics and Services in London Q3 2021

Longevity Clinics - 10 Additional Longevity Services - 45



List of Longevity Clinics*

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

*in alphabetical order as for Q3 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. Aging 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



The Hallmarks of Ageing

1. Genomic Instability

Aging 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.

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 aging.

5. Deregulated Nutrient Sensing

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

3. Epigenetic Alteration

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

6. Mitochondrial Dysfunction

There is a noticeable reduction in ATP generation and increased electron leakage in the respiratory chain caused by aging. 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 aging phenotype.

9. Altered Intercellular Communication

Neurohormonal signaling tends to be deregulated in aging 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 favorable 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, Personalized, 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

Biogerontology

Geroscience

Precision Medicine

Preventive Medicine

Predictive Medicine

Smart Medicine

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-aging 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.

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 aging 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 aging process of the human body).

2

Availability (prevalence, included in which panels, in which medical checks, diagnostic level: home diagnostics, laboratory level, medical center 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)

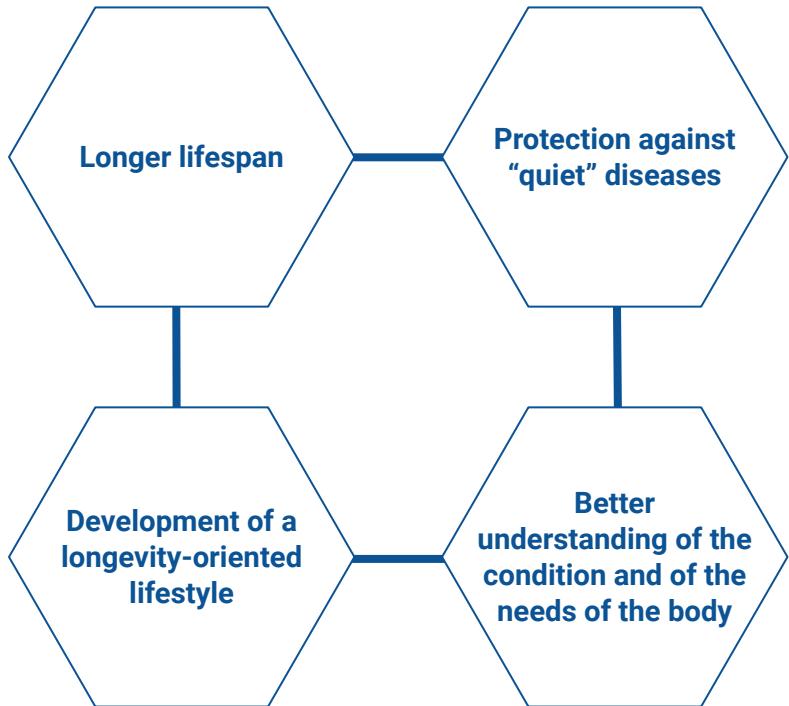
Folic acid in erythrocytes
Cholesterol
Cholesterol-HDL
LDL cholesterol
Triglycerides
Bilirubin (common)
ECG (with transcript)
Se (selenium (ISP-MS))
Glycated hemoglobin (HbAC1)
Lactate
General blood test (5-diff)
D-dimer
Calcium (Ca2 +), Potassium (K +), Sodium (Na +), Chlorine (Cl -)
Duplex scanning 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

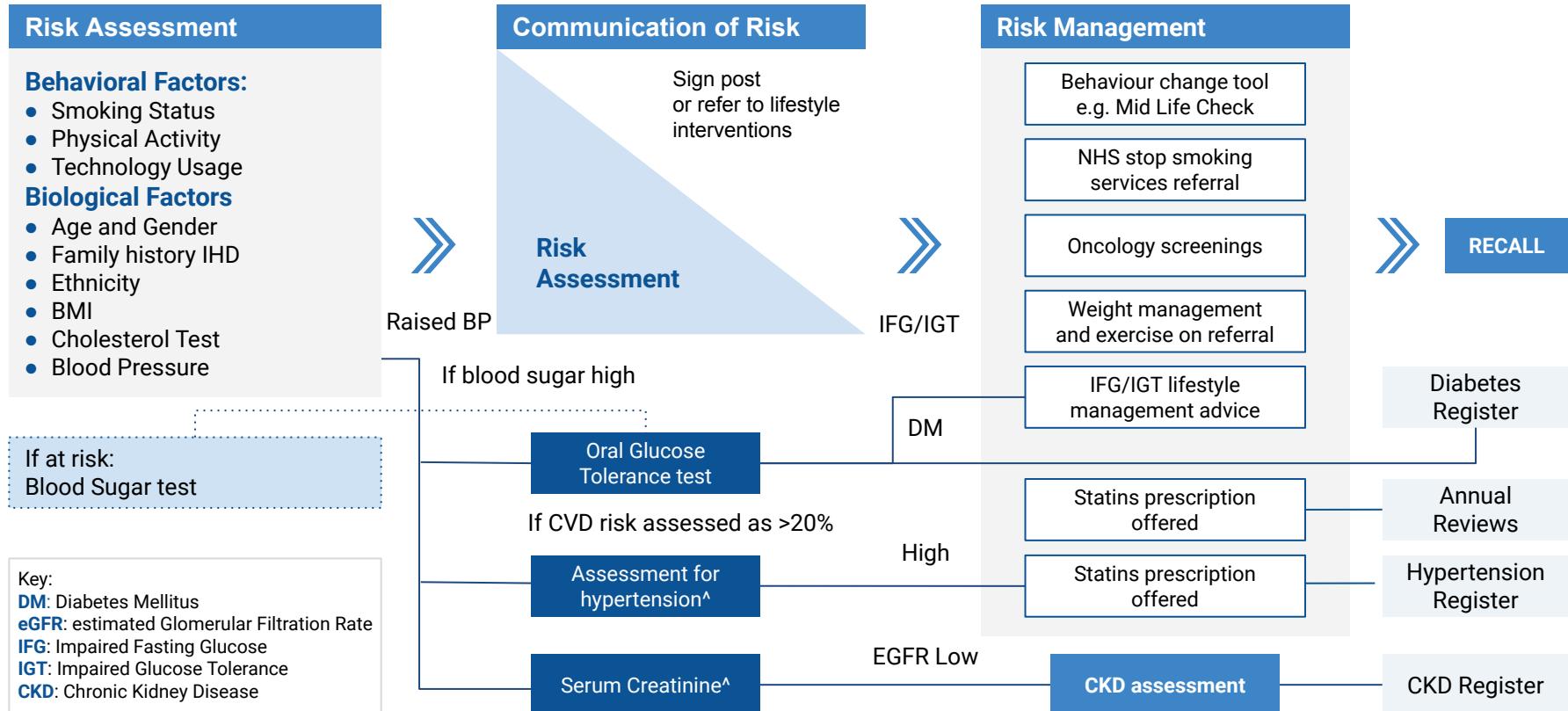


Longevity check-up is a type of **medical check-up** which collects in-depth data on the patient's health to assist in the prevention of disease and to **guide the patient towards** an increased lifespan. Longevity check-ups use precision medicine technologies to obtain data otherwise inaccessible to 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 **bloodwork, 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 regards 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.



10-19%

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

Blood Tests

Results



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

Above 20%

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

Blood Tests

Results



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



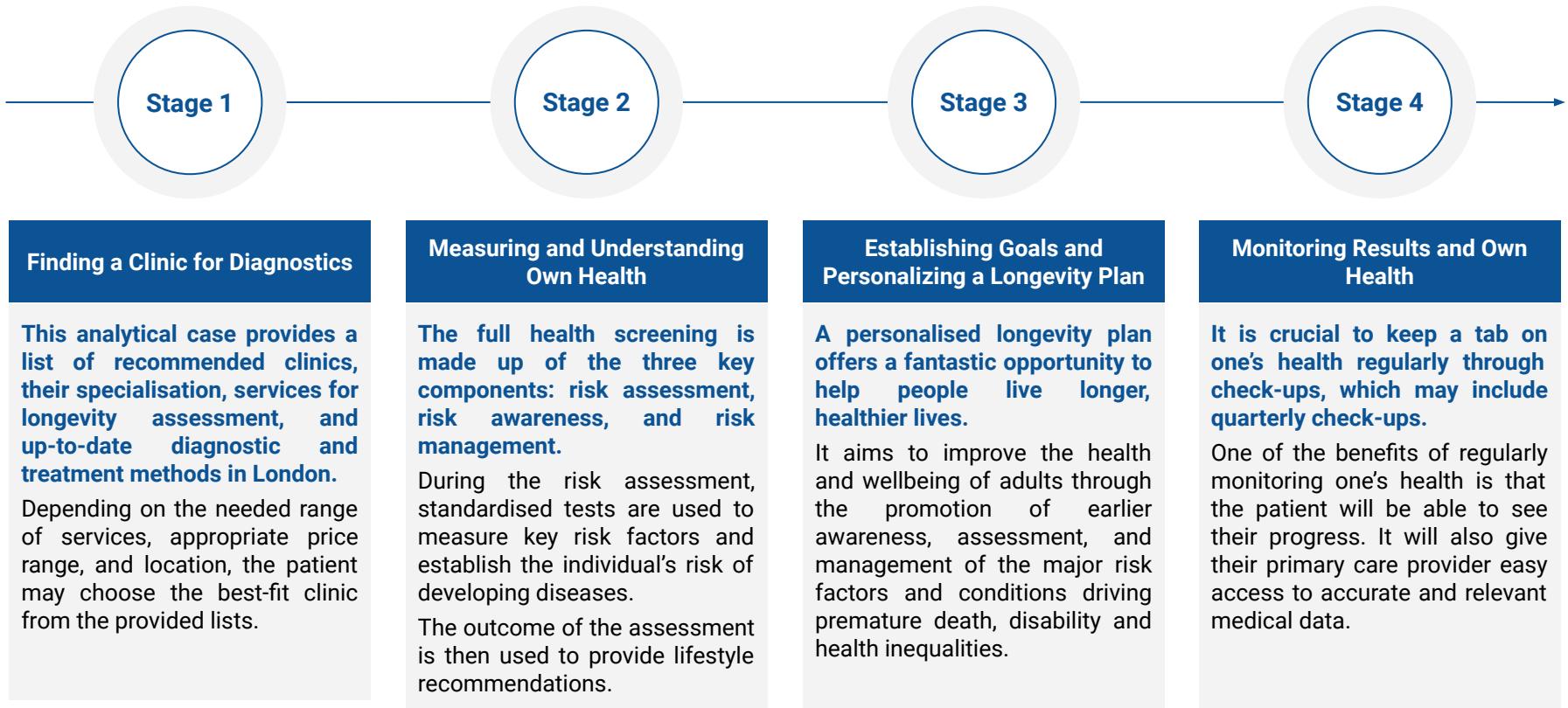
Blood test confirms CVD risk is $\geq 20\%$
Or abnormal BP/eGFR/HbA1c
Advice by GP/PN
On management options

To be seen again in 5 years

Annual Review

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).

3

Blood Testing

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

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.
- 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.

4

Adjusting Care Plan

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

2

Monitoring Own Skin for Early-Stage Cancers

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

5

Routinely Updating Lab Work and Biometric Scans

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

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.

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

Esthetic Medicine and Cosmetology

Regenerative Medicine

Reproductive Medicine

Functional 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 aging 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.

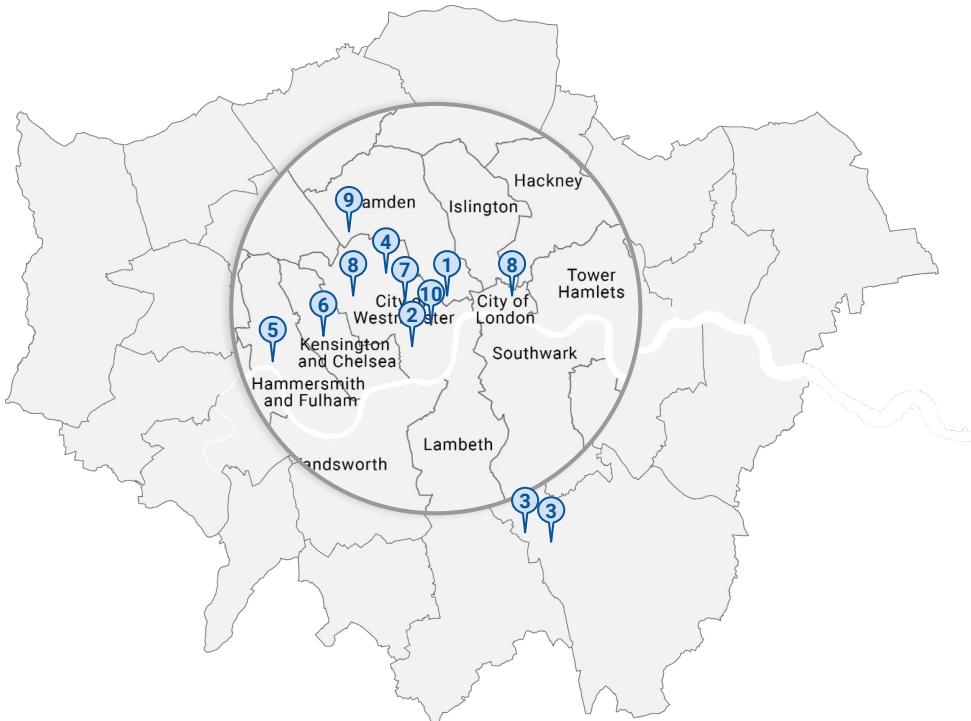
The aim of the analysis was to create a **golden standard** of longevity clinic. Comprehensive **investigation** of clinics allowed to reduce the level of subjectivity of the analysis significantly. The empirical approach to the **comparative analysis** of longevity clinics in London allowed to represent 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 Kuer Clinic (25 Wimpole Street)
- 5 London Center for Longevity and Metabolic Health (264 High Street)
- 6 London Integrated Health (150 Princes Ave)
- 7 Medical Express Clinic (117A Harley St)
- 8 One5 Health (One5 Health City: 30 Moorgate and One5 Health Marylebone: 83 Baker Street)
- 9 Paar London (S. Molton St)
- 10 Wellgevity (18 Dover St)

Locations of the Longevity Clinics



Comparative Analysis

Longevity Check-Up	echelon health	Health Optimising	HUMAN health	KUER MEDICAL	LCLMH London Center for Longevity and Metabolic Health
	Echelon Health	Health Optimising	Human Health	Kuer Clinic	
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	London Integrated Health	Medical Express CLINIC	One5 health	paar London	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	Kuer Clinic	Ultrasound guided injections are used when an injection needs to be delivered precisely into the injury site. All of Specialists Doctors at KUER Clinic 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	Kuer Clinic	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. 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.

KUER is London's leading integrative longevity medicine clinic & testing facility in the heart of London's Harley Street district. Services include Full blood test, Treatment of different condition, Pain management, Aesthetics, Vein Clinic, Weight loss Clinic, Private GP, Anti-aging & Longevity, Fertility clinic, Physiotherapy.

Address

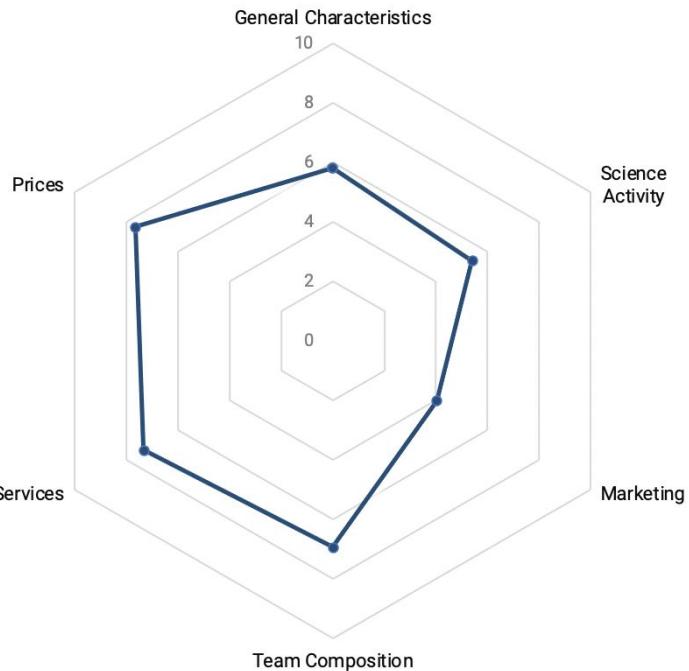
25 Wimpole Street, London

Pricing

Comprehensive Blood Test - £750

Advantages

- The medical model of care is aligned with the most progressive international integrative medical models
- Clinical Care standards are in line with the Care Quality Commission UK (CQC)
- London's #1 cortisone clinic
- Offer wide range of testing (blood testing, cancer screening, brain scans)



Procedures at KUER

Diagnostics	Price	Description
Blood Testing	£750+	Standard blood screen includes the 6 tests: Full blood count, Diabetes screen, Cholesterol levels Thyroid function test Liver function test Kidney function test, Cancer blood tests. Enhanced Blood Profiles include: Vitamin D, Vitamin B12, Folate (folic acid) serum, Ferritin HbA1cPSA (prostate specific antigen), CA-125 (cancer marker), CA15-3 (tumor marker), Hep B Immunity, Beta HCG, INR, Blood group/type, Female hormone profile (FSH, LH, Oestradiol, Prolactin, Testosterone) Male hormone profile (FSH, LH, Testosterone, Free Androgen Index, Prolactin, SHBG).
Private GP Appointments	£375+	The private GP and medical services include: Same Day GP Appointments, Prescriptions + Medications, Medical Testing – WellMan, WellWoman + Cardiac Testing, Blood Testing, Minor procedures + Minor Injury Care, Health Screening, Sexual Health Clinic, Executive Medical Testing + Employment Medicals, Referral for X-Rays, CT Scans + MRIs, Specialist Referrals, Physiotherapy & Osteopathy Referrals.
Thread Vein Removal Procedures	£250 - £560	Micro-sclerotherapy from, Micro-sclerotherapy with laser and thermocoagulation foam sclerotherapy from, Endoluminal laser varicose veins from.
Facial Vitamin Injections + Mesotherapy	£175	Mesotherapy is a natural, minimally invasive treatment, used to nourish, hydrate and rejuvenate the skin, stimulating collagen and elastin production.

Health Assessment Plan

Anti-Ageing + Longevity Treatments

KUER 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-aging, aesthetic beauty and skin and organic health.

Patient Can Expect:

- Receive a full Blood Screen results the same day
- Treatment on the same day of appointment time
- There is no need to have a GP or specialist referral to have a steroid or cortisone injection at KUER Pain Clinic
- Receive access to the world's leading private healthcare facilities and services as Kuer Clinic works closely with London's leading private hospitals, clinics and surgeons including London Clinic, CHHP/76 Harley Street and London Orthopedic Clinic
- Receive alternative diagnoses and second opinions on a range of hard-to-treat illnesses

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

Human Health

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

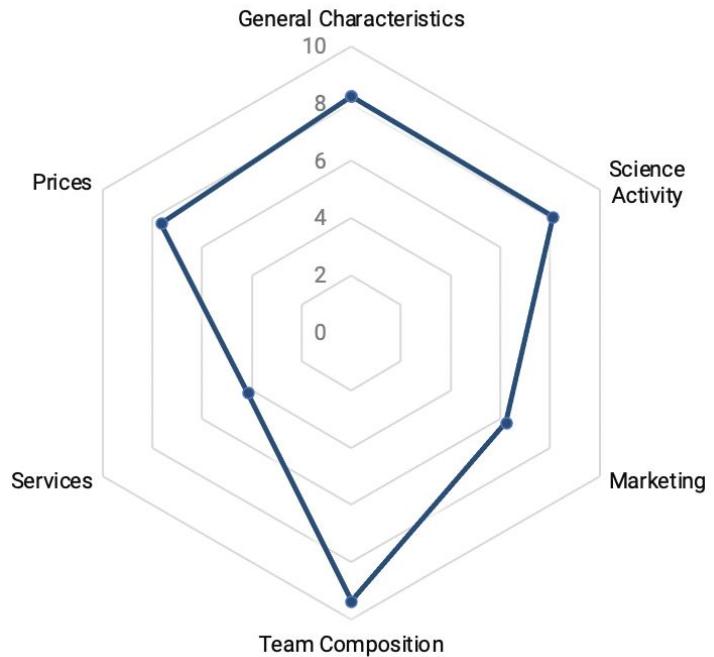
43 Honor Oak Park, London

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 own 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		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](#)



At **Echelon Health** the health Assessment will be carried out using world class scanning technologies operated by some of the 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 patient at the end of the process will be carried out by one of the finest physicians consulting in Harley Street today.

Address

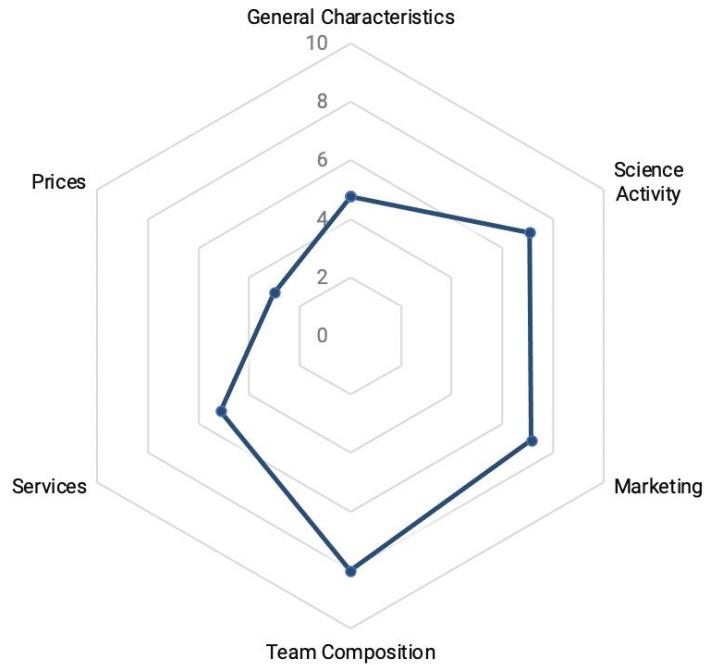
68 Harley Street, London

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 1-2mm 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](#)

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

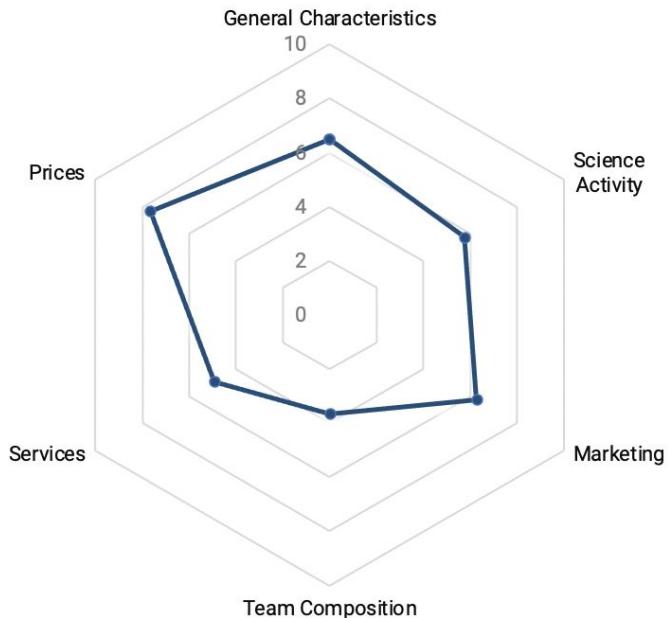
83 Baker Street, London

Pricing

Comprehensive Health Assessment - £910

Advantages

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



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, 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](#)

Medical Express

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

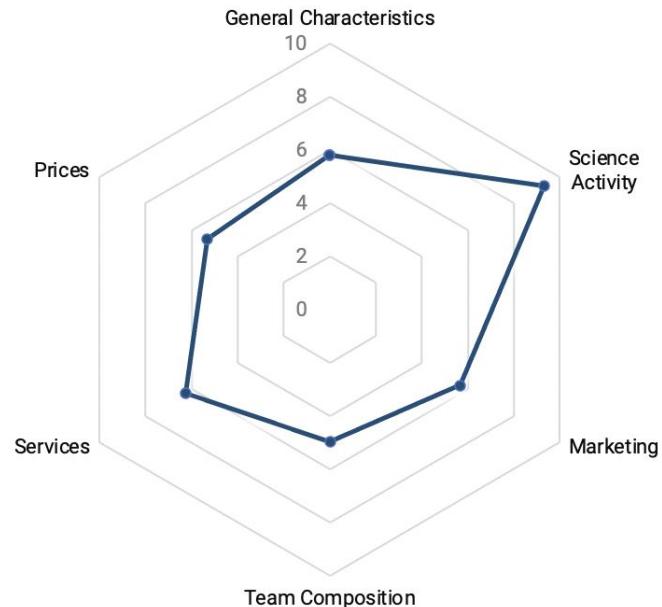
117A Harley St, London

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 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
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](#)

London Center for Longevity and Metabolic Health

LCLMH

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

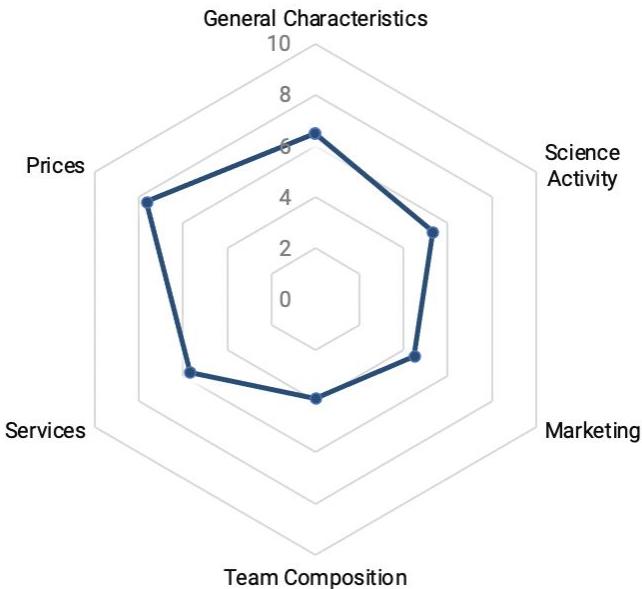
264 High Street, London

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 Aging• Genomics• Microbiota• Cell• Gadgets

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 if within London and the Home Counties

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



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

Address

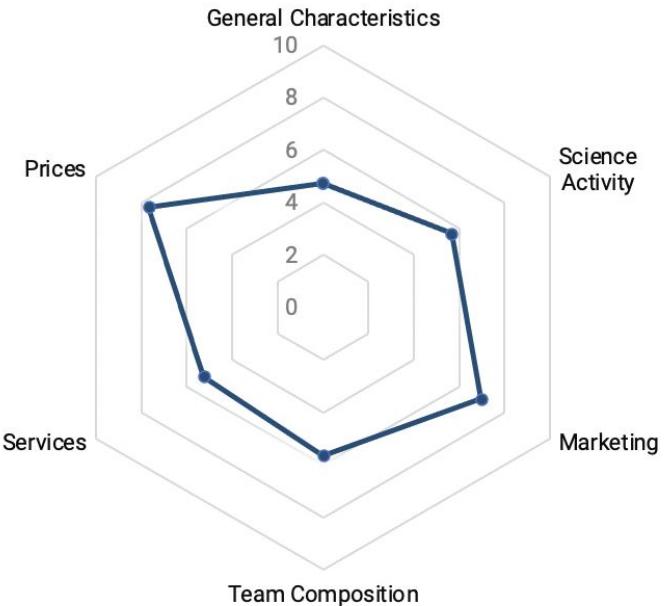
4 Wood Crescent, London

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](#)

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

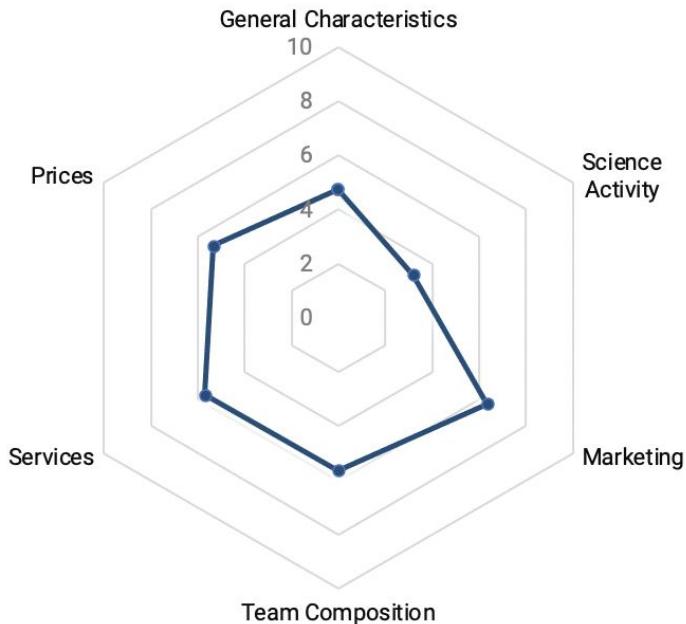
18 Dover Street, London

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, Cholestorol 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](#)

London Integrated Health

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

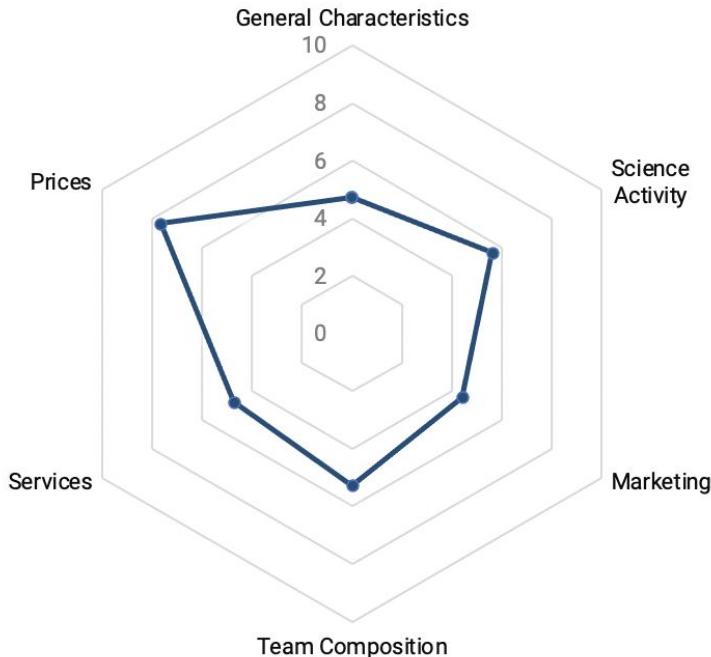
10 Harley Street, London

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 to prevent, 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](#)

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

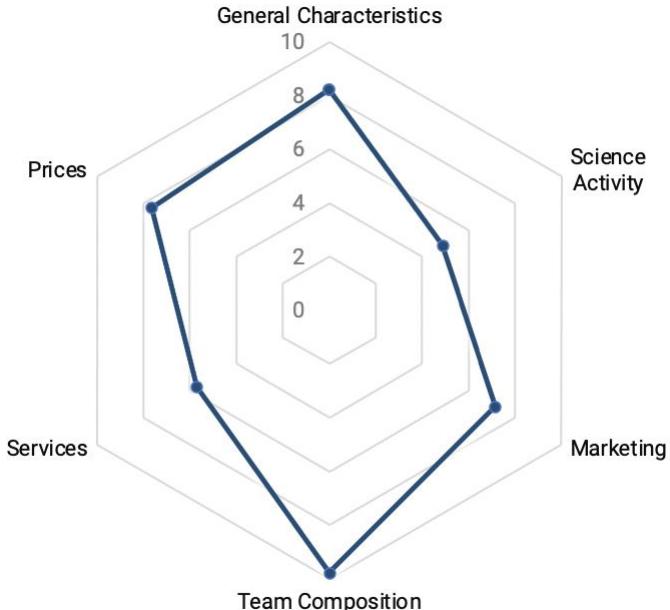
56 Maida Vale London

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 stuff



Health Optimising

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 thermographers 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 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 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](#)

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 or PRP

Cervical Cancer Screening (Gynecologist)

Comprehensive Geriatric Treatment

Hair Transplants/Consultation

List of Additional Longevity Services: Advanced Procedures

Recommended Advanced Procedures are primary services, tests, and screenings that are essential for comprehensive Longevity Check-Up and health evaluations.

Longevity Check-Up	Blood Tests London	BLOOD.LONDON	EasyDNA	GP HARLEY STREET	HIGH LIFE CLINIC	LONDON BRIDGE	London Doctors Clinic
Initial health and medical history questionnaire					£285		
Biomarkers screening (blood analysis)	£150 Blood pressure and basic blood analysis	£420 Analysis of blood biomarkers		£285		£33.6 Basic blood analysis, £90 Blood Biomarkers	
Stress,mental, and lifestyle assessment				£285			
Biophysical evaluation		£85 Testing for Insulin Sensitivity Testing		£690 Chest CT Scan + Respiratory Function Test		£125 BMR/BMI/Distribution of fat/muscle mass	
Detailed health examination and MRI scan							
Consultation on the assessment results							
Dexa (Dual X ray absorptiometry)						£125	£90
Electrocardiogram (ECG)				£285			

List of Additional Longevity Services: Advanced Procedures

Longevity Check-Up	LONDON HEARING London Hearing	London Private Ultrasound Medical Ultrasound Scan	METABOLIC HEALTH PERFORM AT YOUR PEAK	MY VITAL METRICS	One Heart Clinic COMPREHENSIVE CARDIAC CARE	ORYON Oryon	Vista <small>accessible affordable assuring</small> Vista Health	ZENTAL Zental
Initial health and medical history questionnaire								
Biomarkers screening (blood analysis)					£1975 Consultation, ECG, Blood Tests, ECHO, CT, Follow Up.		£99 Blood Sensors	
Stress, mental, and lifestyle assessment								
Biophysical evaluation	£100 Hearing System: Complete Hearing Evaluation	£150 Carotid/Thyroid/Abdominal/Pelvic Ultrasound		£120 BMR/BMI/Distribution of fat/muscle mass		£495 Chest CT Scan + Respiratory Function Test	£40 Dental: Dental Examination	
Detailed health examination and MRI scan								
Consultation on the assessment results					£1975 Consultation, ECG, Blood Tests, ECHO, CT, Follow Up.			
Dexa (Dual X ray absorptiometry)				£120		£125		
Electrocardiogram (ECG)					£1975 Consultation, ECG, Blood Tests, ECHO, CT, Follow Up.		£75	

List of Additional Longevity Services: Advanced Procedures

Longevity Check-Up	Mayo Clinic in London	The Lister Hospital part of HCA Healthcare UK	harpal.	HARLEY STREET CLINIC* part of HCA Healthcare UK	The OrthoBiologics Clinic	The Private Clinics	London Bridge Hospital part of HCA Healthcare UK	MEDICA STEM CELLS	ALGOCELLS	NHS University College London Hospitals NHS Foundation Trust
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	✓	✓	✓	✓	✓		✓			✓
Dexa (Dual X ray absorptiometry)	✓	✓		✓			✓	✓	✓	✓
Electrocardiogram (ECG)	✓	✓		✓			✓			
Executive Health Program	✓		✓							
Concierge Services	✓	✓	✓	✓	✓		✓		✓	

List of Additional Longevity Services: Other Procedures

Longevity Check-Up	MAYO CLINIC Healthcare Mayo Clinic in London	THE LISTER HOSPITAL CHELSEA part of HCA Healthcare UK	harpal.	HARLEY STREET CLINIC [®] part of HCA Healthcare UK	The OrthoBiologics Clinic	The Private Clinics	London Bridge Hospital part of HCA Healthcare UK	London Bridge Hospital	MEDICA STEM CELLS Medical Stem Cells	ALGOCELLS	NHS University College London Hospitals NHS Foundation Trust	Royal London Hospital for Integrated Medicine
Breast Ultrasound+ Mammography	✓	✓	✓	✓				✓				
Kidney Function Test	✓	✓	✓	✓				✓				
Liver Function Test	✓	✓	✓	✓				✓				
Tumors Marker (PSA, CEA, AFP)	✓	✓		✓			✓	✓				✓
Mesotherapy or PRP	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Cervical Cancer Screening (Gynecologist)	✓	✓		✓			✓					
Comprehensive Geriatric Treatment	✓		✓				✓					
Hair Transplants/Consultation	✓	✓	✓				✓	✓	✓			
Cell and bio materials storage	Biopsy for fibroblasts and their storage, Baby teeth, Umbilical cord blood, Sperm and eggs, Mesenchymal cells, Embryos, Cryobanks	Biopsy for fibroblasts and their storage, Umbilical cord blood, Sperm and eggs, Mesenchymal cells, Embryos	Biopsy for fibroblasts and their storage	Biopsy for fibroblasts and their storage						Biopsy for fibroblasts and their storage Mesenchymal cells		

List of Additional Services: Biobanks

Cell and bio materials storage	 Gennet City Fertility	 Future Health Biobank	 London Sperm Bank	 London Women's Clinic	 Human Post-Mortem Fetal and Neonatal Brain Tissue Resource	 Imperial College London	 UCL Eastman Biobank	 UCL Royal Free Hospital Biobank	 Bio Vault Family	 BioEden
Biopsy for fibroblasts and their storage		✓					✓	✓		
Baby teeth		✓					✓			✓
Umbilical cord blood		✓					✓	✓	✓	
Sperm and eggs	✓		✓	✓						
Mesenchymal cells							✓	✓	✓	
Embryos	✓			✓	✓	✓	✓			
Cryobanks	✓	✓	✓	✓	✓	✓	✓	✓	✓	

List of Additional Services: Specialised Clinics

Breast Ultrasound	Stem Cells	Physiotherapy	Cervex
 <p>The London Breast Clinic The Harley Street Breast Clinic</p>  <p>Private Ultrasound Scans-Sonoworld</p>  <p>Private Breast Clinic Private Ultrasound Ltd</p>  <p>The Wellington Hospital part of HCA Healthcare UK</p>  <p>Outstanding care every time South West London Breast Screening Service</p>	 <p>The Harley Street Hospital</p>  <p>The London Clinic</p>  <p>Lifecells</p>  <p>The London Stem Cell Centre</p>  <p>MR. RISHI CHANA HIP & KNEE SURGEON JOINT PRESERVATION & RECONSTRUCTION SPECIALIST</p>	 <p>Spire Healthcare</p>  <p>London City Healthcare</p>  <p>London City Physiotherapy</p>  <p>GPDQ</p>  <p>Medelit</p>  <p>Lloyd's Wellbeing Centre</p>	 <p>London Wellwoman Clinic</p>  <p>London Colposcopy</p>
Liver function tests	Kidney function tests	Mammography	Blood Tests
 <p>London Bridge Hospital part of HCA Healthcare UK</p>  <p>Walk In Clinic</p>  <p>Health Screening Clinic</p>	 <p>The London Kidney Centre</p>  <p>London Urology</p>  <p>Borough NHS kidney treatment centre</p>	 <p>London Breast Centre</p>  <p>The Breast Unit</p>  <p>The Wellington Hospital part of HCA Healthcare UK</p>	 <p>Thriva</p>  <p>Entia</p>  <p>DocTap</p>  <p>Medical Express Clinic</p>

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



Key Takeaways

- **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 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.
- **Kuer Clinic** is London's leading integrative medicine clinic & testing facility. The clinic provides patients with wide variety of services. Kuer Clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.
- **Human Health** clinic delivers excellent health-focussed solutions to patients. The clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.
- **Echelon Health** proposes the world class scanning technologies operated by some of the leading radiographers in the world. The clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.

Key Takeaways

- **One5 Health** clinic proposes virtual and in clinic doctor appointments. The clinic cares for everything from urgent care and common illnesses to chronic conditions and preventive medicine. Health assessment and creation of longevity plan are available.
- **Medical Express Clinic** provides first-class, private healthcare in a way that effortlessly fits in patient's lifestyle. The clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.
- **London Centre For Longevity And Metabolic Health** is the UK's Premier Centre For the optimisation of metabolic and physical health and the prevention of chronic diseases. The comprehensive assessment and creation of personalised longevity plan are available.
- **Paar London** is a holistic vitality and longevity clinic providing personalised Anti-Aging and Rejuvenation lifestyle plans that aim to slow down, stop and reverse aging of the individual. The longevity check-up and creation of personalised longevity plan are available.
- **Wellgevity** clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.
- **London Integrated Health** uses an integrated approach to provide patients with high-quality health and wellbeing support that is tailored to their specific needs. The longevity check-up and creation of personalised longevity plan are available.
- **Health Optimising** is Natural Health & Wellbeing Clinics which provides patients with revolutionary new health concept. The clinic allows patients to obtain comprehensive health assessment. Experts of the clinic create personalised longevity plan for patients.
- 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.

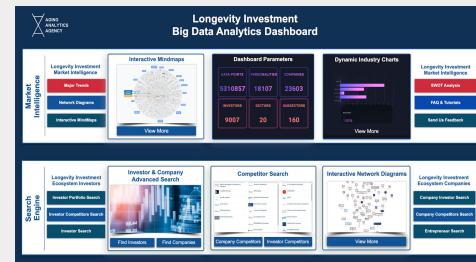
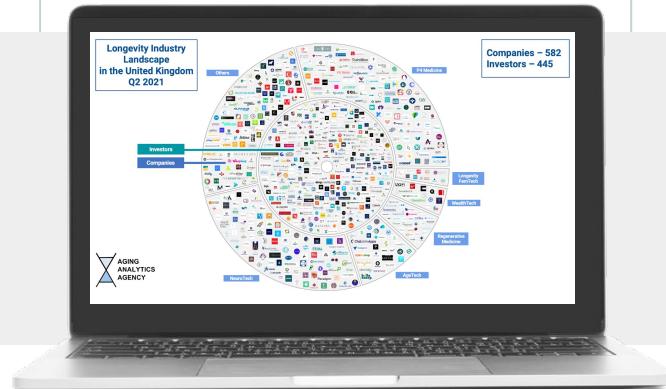
Aging Analytics Agency: Value Proposition

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Aging Analytics Agency is the only specialised analytics agency in the world that focuses exclusively on the emerging Longevity Industry. They are recognised internationally as the premier analytics agency for advanced data analysis, industry reports and next-generation infographics on the topics of Aging and Longevity.

Aging Analytics Agency is focusing on three key activities:

Providing Commercial Services	Preparing Open Access Reports	Building Big Data Analytics Platforms
Conducting customised case studies, research and analytics for internal (organizational) use, tailored to the precise needs of specific clients.	Producing regular open access and proprietary analytical case studies on the emerging topics and trends in the Longevity Industry.	Offering customised analysis using specialised interactive industry and technology databases, IT-platforms and Big Data Analytics Dashboards.





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