

Deep Knowledge Group Longevity Blueprint *ILB2*

*A Comprehensive Approach to
Optimizing Health, Longevity, and
Resilience for Moderate-Intensity
Professionals*

DKG Longevity Blueprints Advanced Management System (LBam)

- Meta-System for Navigation, Management, and Optimization of various Longevity Blueprints

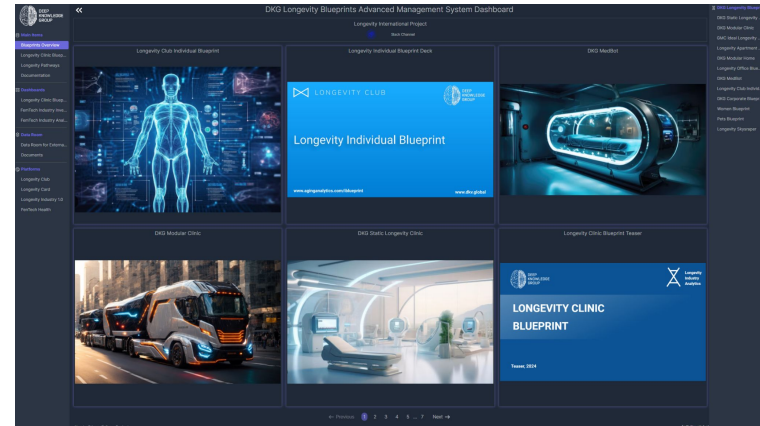
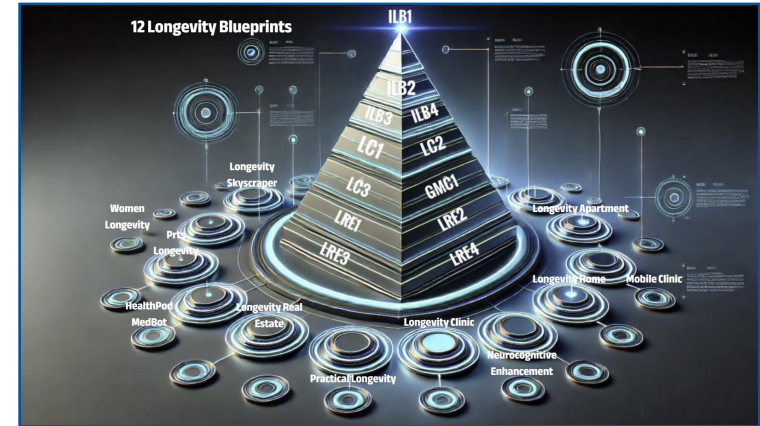
- Enables configuration of Longevity Blueprint variations, adjusted specific cases and White Labels

- On stage 2.0 to be integrated with dedicated AI Co-Pilots and AI Recommendation System

- Developed due to the high level of project complexity and high demand for blueprint reconfigurability in DKG

- Optimal Solution for Configuring and Utilizing Multiple Co-Integrated Longevity Blueprints in Synergy

- Dual Use as Internal DKG Resource Management System and Commercially Viable White Label Solution



Executive Summary

The **Individual Longevity Blueprint N2 (ILB2)** is a groundbreaking framework designed by the **Deep Knowledge Group (DKG)** to optimize health, longevity, and professional resilience for individuals in moderately high-stress, high-responsibility environments. Building on DKG's expertise in Longevity, DeepTech, and personalized healthcare, ILB2 offers a practical, scalable approach to health optimization, designed for accessibility without sacrificing scientific rigor or effectiveness.

Targeting professionals aged 25–60, such as middle managers, knowledge workers, and other high-performance individuals, ILB2 focuses on mitigating the unique challenges faced by this demographic. These include managing chronic stress, enhancing neurocognitive performance, and fostering resilience to maintain long-term health and productivity. The blueprint emphasizes proactive, data-driven strategies to help participants achieve measurable improvements in health biomarkers, cognitive metrics, and overall well-being.

Unlike its predecessor, **ILB1**, which was tailored for elite professionals with higher resource availability, ILB2 is designed to be accessible to a wider demographic. It incorporates components from DKG General Partner Dmitry Kaminskiy's personal protocols, optimized for individuals with average resources and moderate professional demands. By offering affordable diagnostic tools, simplified therapies, and scalable neurocognitive enhancements, ILB2 brings the benefits of precision longevity to a broader audience.

At its core, ILB2 integrates cutting-edge diagnostics, therapeutic interventions, neurocognitive training, and environmental optimizations into a seamless, personalized framework. Participants benefit from a modular and adaptable design that adjusts to their evolving needs through ongoing monitoring, AI-driven analytics, and real-time adjustments.

Executive Summary

Key Features of ILB2:

- **Baseline Assessments:** Affordable tools like genetic risk profiling, VO2 max estimates, and simplified biomarker panels provide participants with critical insights into their current health status.
- **Therapeutic Interventions:** Accessible and proven therapies, including NAD+ supplements, IV infusions, and stress-adapted nutraceuticals, address both immediate and long-term health challenges.
- **Neurocognitive Enhancement:** Scalable tools such as tDCS devices, virtual training apps, and mindfulness programs promote focus, resilience, and emotional balance.
- **Environmental Optimization:** Interventions like circadian lighting systems, air purifiers, and ergonomic furniture ensure participants can thrive in work and personal environments.
- **Continuous Monitoring and Adjustments:** Wearable integration, AI dashboards, and periodic check-ins enable real-time feedback, ensuring protocols are consistently optimized.

By democratizing access to Longevity as an asset class, ILB2 aligns with **DKG's vision for advancing the 5th Industrial Revolution**, emphasizing the fusion of DeepTech and precision health for societal benefit. It is a transformative tool for individuals and organizations seeking to enhance healthspan, productivity, and overall quality of life, marking a significant milestone in the evolution of practical longevity solutions.

ILB 2: Individual Longevity Blueprint N2

DKG Corporate Blueprint (Personal Blueprint for DKG Workers)

This blueprint constitutes the ideal Personal Longevity Blueprint for optimizing Health, Longevity and Performance of Deep Knowledge Group's own workforce.

Besides Health, Wellness and Longevity, it also incorporates elements meant to optimize high-intensity professional work (neurocognitive enhancement modalities), and methods for preserving health under high-intensity work conditions (burnout prevention, etc).

It will be constructed on the basis of the Longevity Club Individual Blueprint (Priority Blueprint #2 above), utilizing components from Deep Knowledge Group General Partner Dmitry Kaminskiy's own protocol, but with an overall lower degree of intensivity and comprehensiveness.

Whereas Longevity Blueprint ILB 1 is optimized for Level 4 intensive work, Priority Blueprint ILB 2 will be optimized for Level 2 work intensivity; additionally, whereas Priority Blueprint ILB 1 assumes a higher degree of available resources (monetary and otherwise) at the individual's disposal, Priority Blueprint ILB 2 will be optimized for average individuals, including middle and low-income, and will generally be more obtainable in practice by a wider demographic of people.



Pathways and Digital Avatar Integration

An Individual Blueprint is an engaging and interactive 3D visualization platform for customers, allowing them to explore and monitor their health, wellness, and longevity data through personalized 3D avatars and dynamic dashboards.

The Digital Avatar incorporates real-time data integration from wearable devices and health sensors, providing a comprehensive view of one's biomarkers and physiological parameters.

It offers personalized insights and recommendations based on the analysis of biomarker trends, empowering individuals to make informed decisions about their health and well-being.

With its interactive features, users can track progress, set goals, and engage in virtual health coaching, creating a dynamic and immersive experience that enhances their journey towards longevity.

By leveraging AI-driven insights and predictive analytics, it can suggest tailored lifestyle modifications, preventive measures, and treatment plans based on the individual's unique health profile.

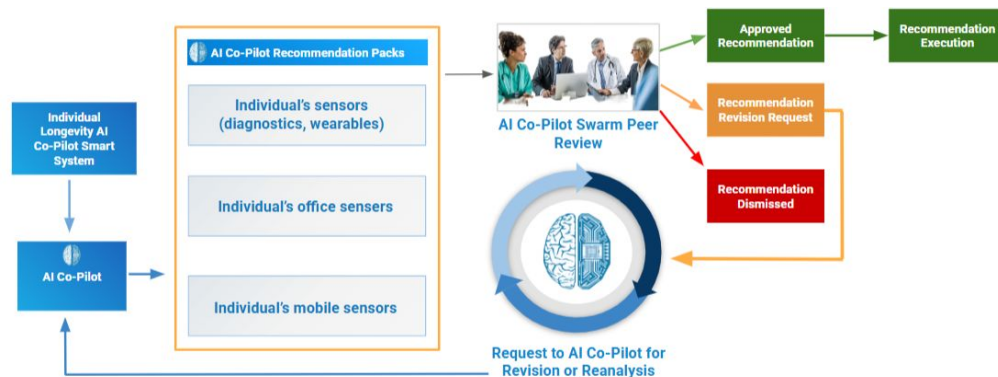


The central element of Individual Blueprint is a Digital Health Avatar, an AI-driven information analysis hub that collects and analyzes all data from Individual Blueprint components

Big Data Analytics Dashboard and Market Intelligence System

The [Individual Longevity Club Individual Blueprint \(ILB2\)](#) provides detailed insights into practical strategies for aging, burnout resilience, and performance enhancement, featuring a comprehensive suite of tools for analytics, comparative assessment, market intelligence, and operational environment monitoring. Designed for professionals aged 25–60 in moderately high-stress, high-responsibility roles such as middle managers, knowledge workers, and other high-performance individuals, ILB2 integrates advanced diagnostics, targeted therapies, personalized nutrition, neurocognitive stimulation, and lifestyle optimization. The dashboard includes benchmarking, competitive analyses, customizable reporting, and in-depth participant profiles for comprehensive health and business intelligence. Our product and service suite includes structured recommendations on how to optimize and modernize existing health optimization protocols and interventions based on data-driven ecosystem analysis and market intelligence. This enables participants to adopt best practices, monitor and integrate innovations, and adapt to evolving health standards. Developed by Deep Knowledge Group's Life Sciences division and health-focused analytics subsidiaries, a consortium of entities technically unprecedented in their capabilities for domain-specific analytics, market intelligence, monitoring, benchmarking, and forecasting,

ILB2 benefits from a deep understanding of complex health and workplace dynamics and access to best-in-class databases, technical and methodological intellectual property, and Big Data Analytics Dashboards and Market Intelligence Systems. The ILB2 Dashboard provides the most comprehensive and technologically sophisticated solution available for optimizing individual health, burnout resilience, and performance management, ensuring high-performing professionals receive effective and personalized wellness strategies.





DEEP
KNOWLEDGE
GROUP



Corporate Blueprint - ILB2



12 Individual Longevity Blueprint



4 Open Source Platform



1 B2C VR Recommendation System

Digital Avatar Integration



Compositional Blueprint



Compositional Blueprint Documentation



Benchmark



Other Individual Longevity Blueprints



Pathways Integration



Other Individual Long...

Longevity Blueprints Ad...

Ideal Individual Longeit...

Women Blueprint - ILB3

Pets Blueprint - ILB4

DKG MedBot - LC1

DKG Modular Clinic - LC2

DKG Static Longevity Cli...

Ideal Longevity Corpora...

Modular Home - LRE1

Longevity Apartment - L...

Blueprint Longevity Offi...

Longevity Skyscraper - L...

Data Room

[Pathways Integration](#)

[Compositional Blueprint](#)

[Blueprint Overview](#)

[Benchmark](#)

[Compositional Blueprint...](#)

Database

Blueprint Visualizations

[MindMap](#)

[Comparative Assessments](#)

[Advanced Frameworks](#)

[Digital Avatar Integration](#)

Open Source

[Longevity Club](#)

[Longevity Card](#)

[Longevity Industry 1.0](#)

[FemTech Health](#)

Longevity Club Individual Blueprint



Longevity Individual Blueprint Deck



DKG MedBot



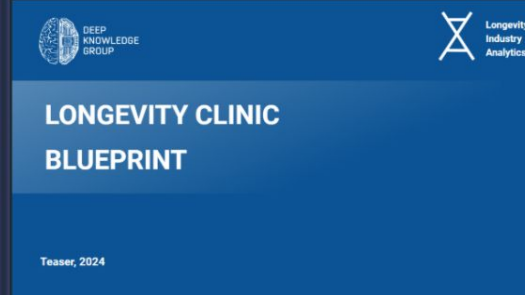
DKG Modular Clinic



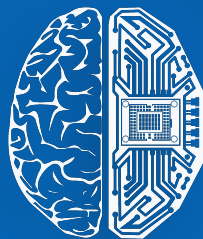
DKG Static Longevity Clinic



Longevity Clinic Blueprint Teaser



To make impact on the positive
trajectory of humankind development



Deep Knowledge Group

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