



CHI LONGEVITY



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Chi Longevity is a Global Centre
of Excellence for Longevity, Designed
to Help you Live a Longer and Richer Life.



Breaking New Frontiers

**Bespoke Solutions that are Expert-Led,
Innovative and Integrated**

Pioneered by world-renowned geroscientist Professor Andrea B. Maier, Chi Longevity provides a scientific-based proactive approach to health and well-being to guide you towards a younger, healthier self.



At Chi Longevity, we offer a
comprehensive 360° degree view
of your health, with long-term
solutions and strategies to
reverse age from the inside.



Our Age-Defying Offering

Cutting-Edge Diagnostics

Using the most advanced testing methodology, we measure your biological age by determining your body's biological clocks through science-led biological, clinical and digital diagnostics.

Multi-Disciplinary Interventions

We devise a personalised intervention plan to reverse your biological age based on a multi-disciplinary approach. This includes specialised therapeutics, prescribing supplements, lifestyle and social adaptations.

About Us

A Pioneer in the Reversal of Biological Ageing

Chi Longevity is the first private longevity clinic in Singapore to pioneer the reversal of biological ageing. We apply the latest research and breakthrough interventions that are proven to have an impact on ageing.

The Clinic

Step into our World-Class Medical Suite in Singapore

Our modern medical suite at Camden Medical Centre is fully equipped with the latest evidence based diagnostic technology, interventions and age-defying solutions. Our highly accomplished team of health experts and coaches provides you with world-class comprehensive care and service.



Our Medical Suite is designed for a discrete and exclusive experience. Clients are more than welcome to bring their family along. Walk-ins are not recommended.



Uncompromising Service

Discreet and Exceptional Care

Our medical suite is designed to offer a one-on-one discreet health journey, in a comfortable and elegant setting. Our programmes are designed with the utmost care and we ensure there's enough flexibility to accommodate your schedule and lifestyle. If you prefer, home or hotel visits can be arranged, as well as teleconsult for those who cannot travel to Singapore. Whether you are based locally or internationally, a thorough pre-arrival assessment takes place before you step into our clinic.

Defy Ageing with Cutting-Edge Science

Our in-house expert, Prof. Andrea B. Maier, sets, directs and refines all our diagnostics and interventions. We use the latest diagnostics including genetic, epigenetic, metabolic, inflammation and microbiome measures — to identify your biological age before formulating a bespoke treatment plan. These interventions include geroprotectors (protection from ageing), supplements, medicine and personalised lifestyle modifications based on your unique clinical, molecular, and epigenetic fingerprint. To maximise results, we regularly remeasure your biological age and adapt the interventions accordingly.



Your Journey at

CHI LONGEVITY



(non-exhaustive)

Biomarkers and biomarker interaction related to:

- Cardiac functionRenal function
- Liver function
- Haematology
- Endocrinology
- Lipids
- Hormones
- Musculoskeletal
- Iron studies
- Vitamin levels
- Minerals
- Infectious disease panel
- Tumour markers
- Inflammation

Biological clocks
Glycans
Genome
Epigenome
Telomeres
Microbiome

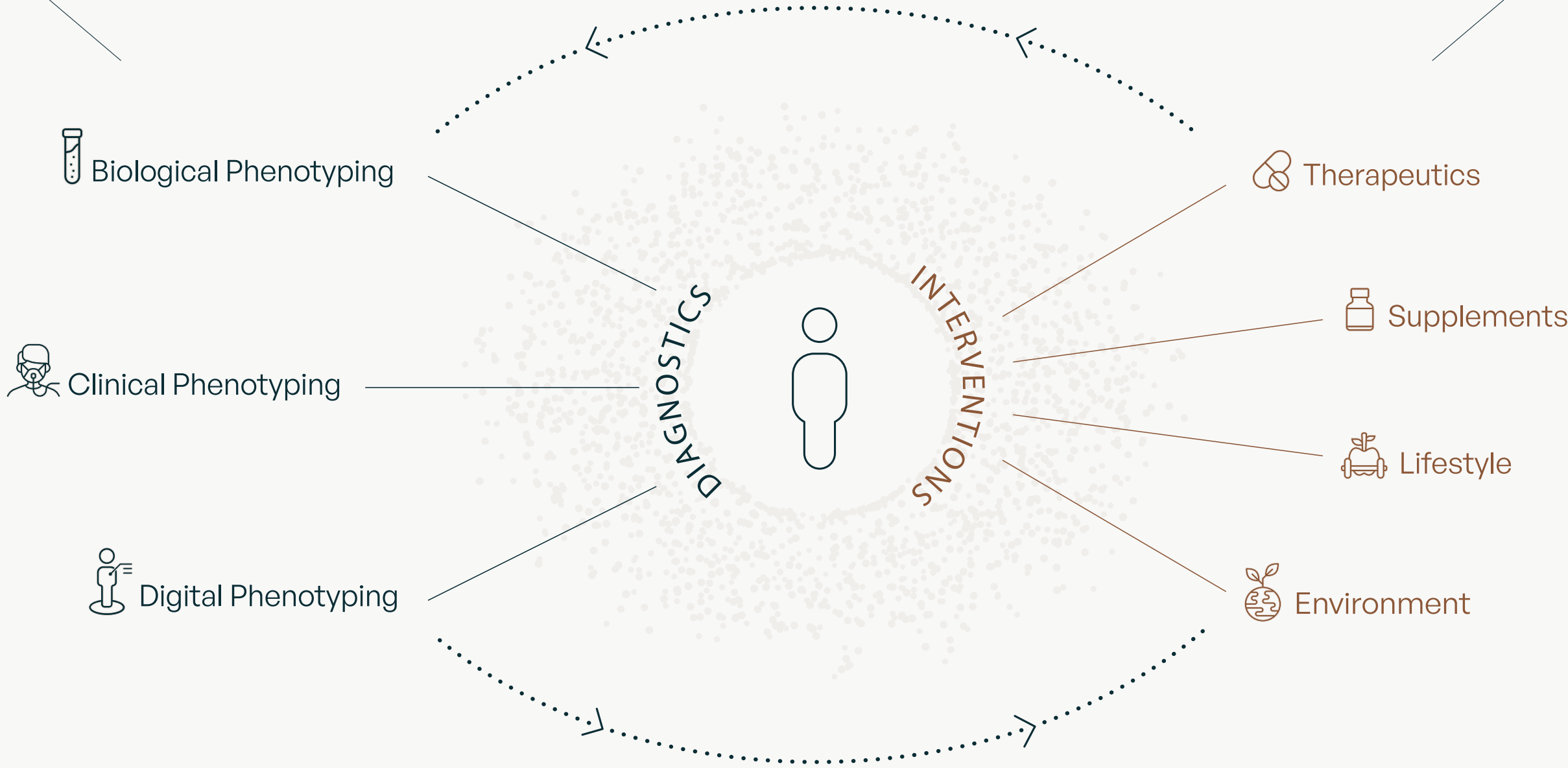
(non-exhaustive)

Body composition analysis
Muscle strength
Physical coordination and balance
Cognitive capacity
Oxy-hemoglobin (oxy-HB) and
deoxy-hemoglobin (deoxy-HB)
Tissue oxygenation

Advanced glycation end products
Central arterial pressure wave velocity
Resting metabolic rate
Exercise ECG stress test
Respiratory function
Maximal aerobic capacity

(non-exhaustive)

Sleep
Body temperature
Heart rate
Respiratory rate
Physical activity
Glucose
monitoring



Our Multi-Disciplinary Medical Team



Prof Andrea Meier

Co-Founder

A global leader in researching gerontology and internal medicine, Prof Andrea Maier's ageing research focuses on age-related diseases, cellular senescence (ageing cells) and the translation of her findings into clinical practice by leading randomized controlled trials in humans to proof the effectiveness of geroscience interventions. She sits on numerous prestigious international academic and health policy committees and organisations, including the World Health Organisation to shape Longevity Medicine. She is the founding president of the Healthy Longevity Medicine Society, the peak organization for healthcare professionals to accelerate longevity research and implementation into clinical practice.



Arjan De Boer

Co-Founder



Lindsay Copper

Co-Founder



Craig McGee

Co-Founder



Denise Teo

Dietician

As a trained Medical Nutrition Therapist, Denise applies her nutritional knowledge to help clients achieve their health goals and support the anti-ageing process. She has helped clients address various range of illnesses and conditions through the power of food and nutrition and previously worked at NUHS.



Ella Hutton

Psychologist

As an experienced interdisciplinary psychologist, Ella is passionate about the role of psychological functioning in an individual's overall health, quality of life and longevity. A healthy mind is an essential element of defying age.



Lisa Sofiar

Certified Health & Well Being Coach

Lisa Sofiar supports you in your journey to optimal health and well-being. She encourages her clients to take ownership of their life to achieve improved and sustained healthy lifestyle.



Amirah Rahmat

Certified Health & Well Being Coach

Amirah Rahmat has extensive experience helping individuals achieve their health and wellness goals using behaviour change tools and strategies. For changes to truly take place, they must happen in mind first.



Dianny

Senior Nurse

Dianny has over 15 years of experience in the direct management of patients and clinic operations in both public and private healthcare. A proven leader in nursing, she balances her clinical abilities and technical expertise with an emphasis on personalised care and communication with clients and patients.



Stephanie Ho

Medical Suite Manager

Our Medical Suite Manager, Stephanie hails from the health and wellness industry, and previously launched and oversaw a fitness studio for over 5 years. Prior to that, she managed the operations for a chain of medical clinics in Singapore.



Workflow & Test Assessments

Workflow





For Foreign Patients:

In order to complete comprehensive testing, you will need to be physically present in Singapore at least twice in 10 months. Each visit will take approximately 4 hours to complete, some of our testing can be conducted in the comfort of your home or hotel room in Singapore. Teleconsult services are available, however we do encourage physical consultations and follow ups as much as possible to maximise your results.

Test Assessments

- Blood Glucometer
- Vision
- Audio
- Test and Smell
- Intima MediaThickness
- Neuro and Cognition - 2 point Discrimination
- Oral
- Hair, Skin
- Bone
- Physical Examination (e.g., neuro and musculoskeletal)
- FeO₂ Test
- Pulse Wave Velocity Test
- Finapres
- NIRS
- Height and Weight
- BP and SpO₂
- BIA
- Cognition Timing
- Reaction and Cognition Timings (3D)
- Stress Tests
- Bicycle (KIV Treadmill)
- Spirometer
- Muscle Tests
- Balance



Address:

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Live More. Do More. Be More.

