

Index

Introduction	3
Breaking New Frontiers	4
Our Age-Defying Offering	6
About Us & The Clinic	7
Uncompromising Service	8
Defy Ageing with Cutting-Edge Science	9
Your Journey at Chi Longevity	10 - 1
Our Multi-Disciplinary Medical Team	13 - 1
Worflow & Test Assessments	17 – 19
Contact	20

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

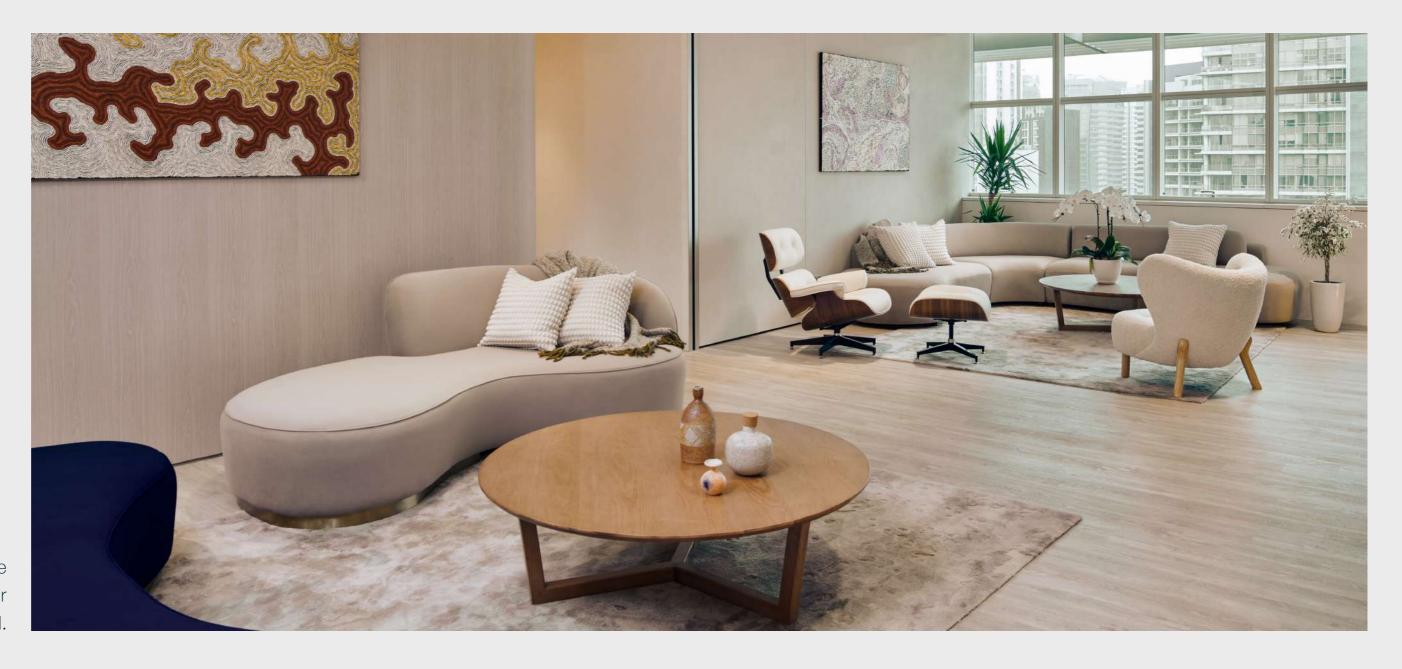
A Pioneer in the Reversal of Biological Ageing

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.

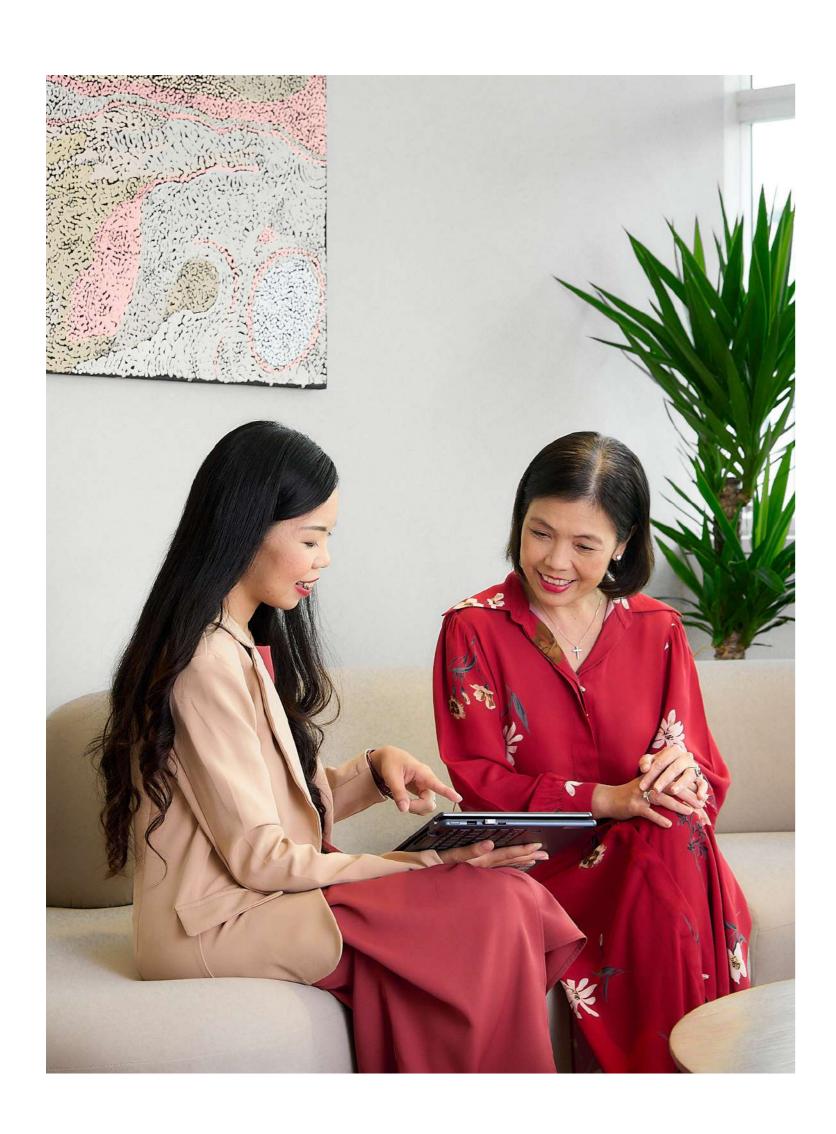
The Clinic

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

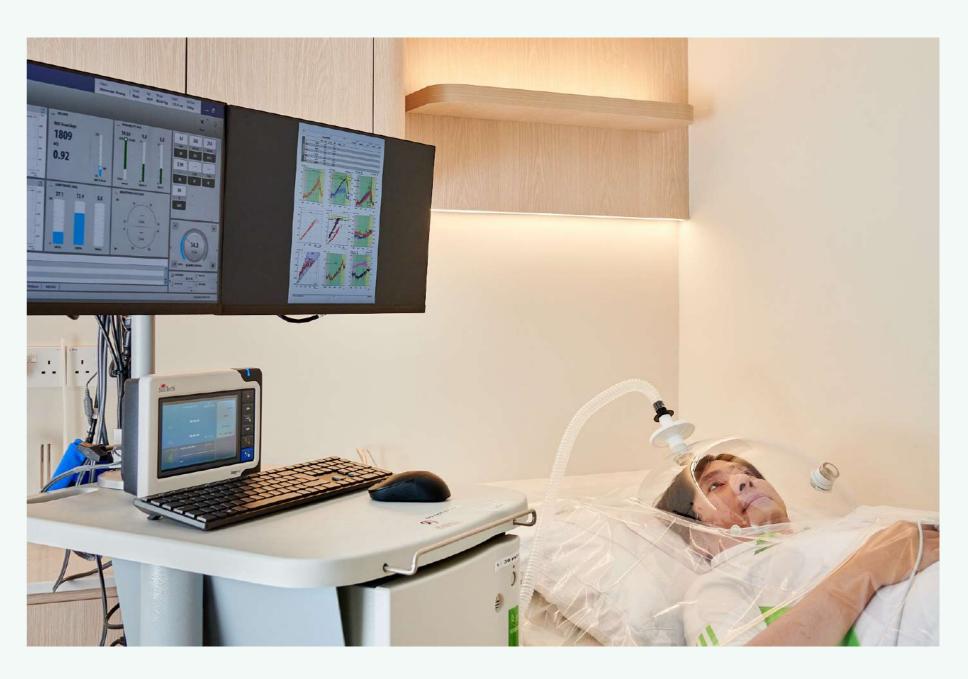
Discreet and Exceptional Care

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

1	Detailed Assessment	6 to 8 Weeks — First Clinic Visit —	— Evaluation of Epigenetic Factors ————————————————————————————————————	Detailed diagnosis of your biological age and
			SleepDiet	functioning of your organs.
			Stress levels	
			Exercise regimen	
2	Comprehensive Interven	itions —	Personalised Treatment Protocol	
	•		Therapeutic	
			Supplements	
			Lifestyle changes	
3	Regular Monitoring & Sup	oport	 Regular Check-Ins and Monitoring your Progress 	
		•	 Motivation and support 	
			Review of your data digitally	
			Track your progress through hi-tech wearables	
4	Re-Assessment		— Results and Follow-Up	An enhanced follow-up plan is
	10700001110110			then formulated to achieve your
			 Measure your progress again observe changes in your biomarkers, clocks and aging process 	health goals and sustain youth
			observe changes in your biomarkers, clocks and aging process Track your progress through his teach wearships.	and health.

• Track your progress through hi-tech wearables



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

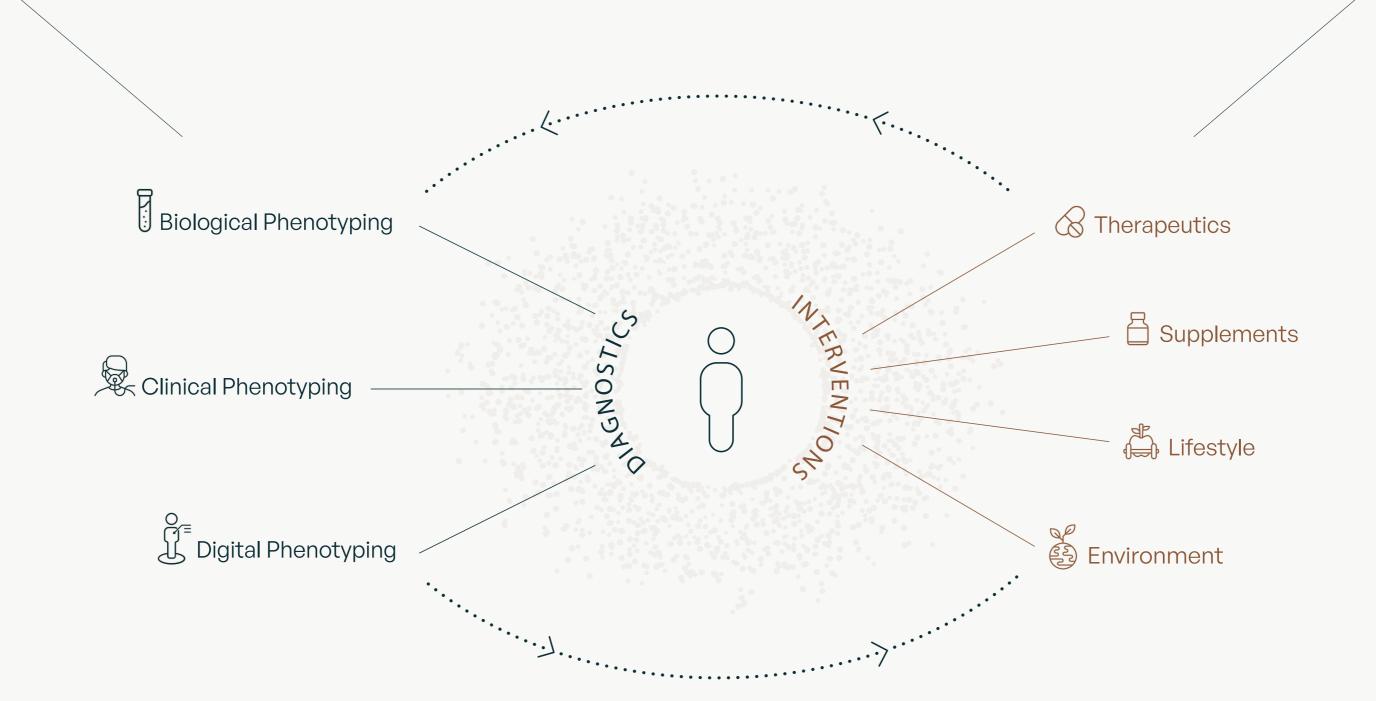
Glycans

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

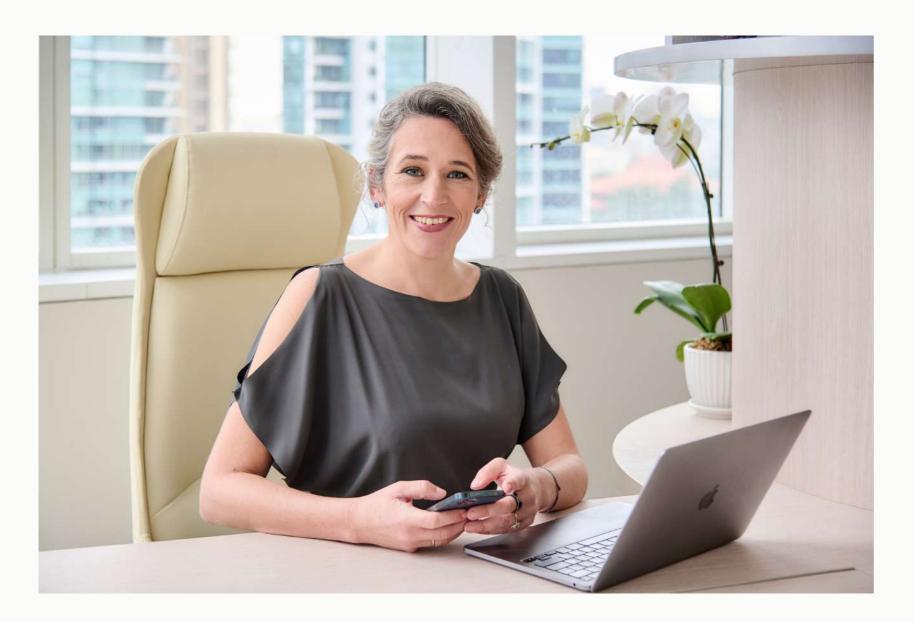
Respiratory rate

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

in

Lindsay Copper

Co-Founder

in

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

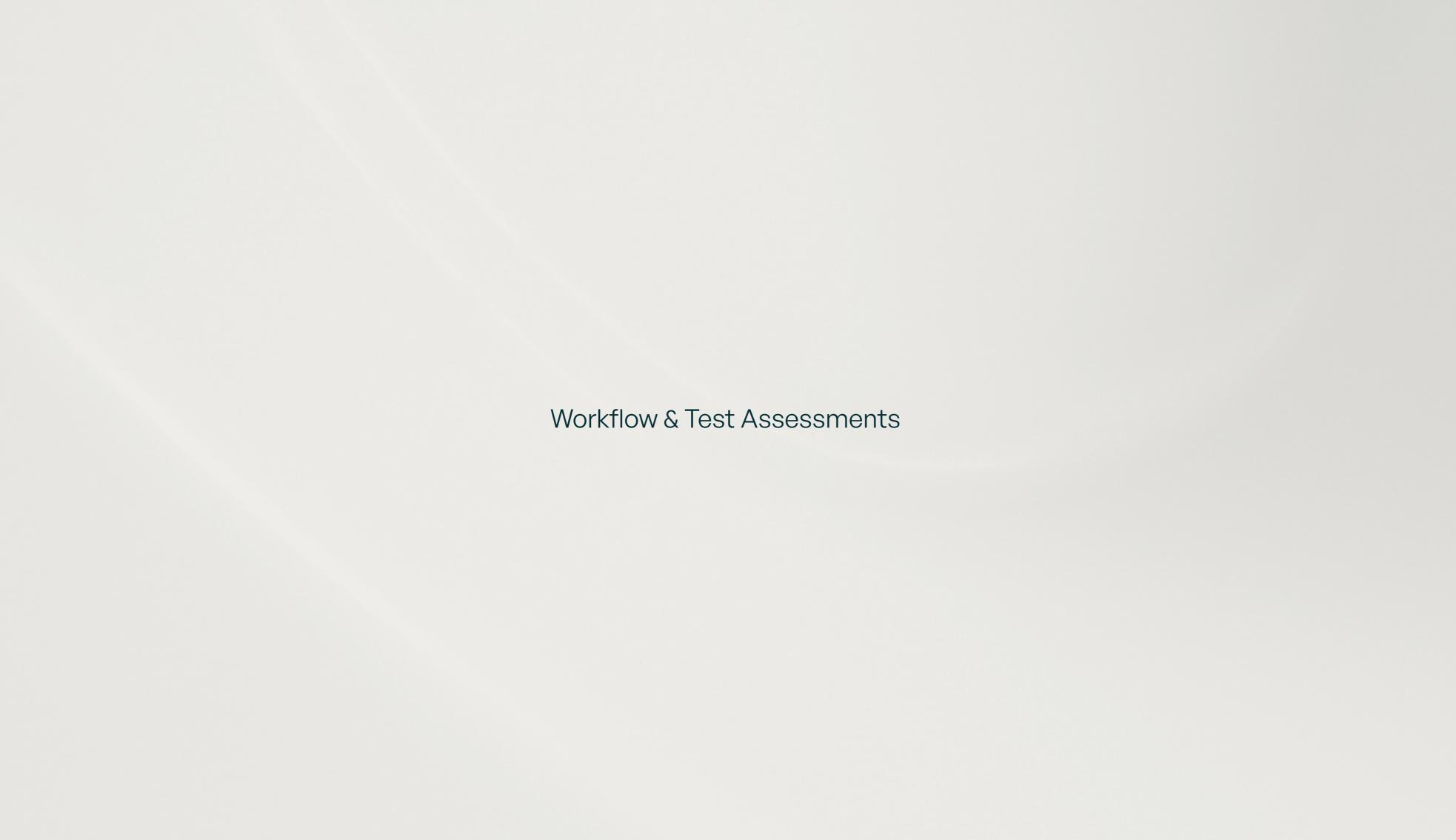
Medical Suite Manager

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

Initial Consultation

4 To 6 Weeks Before In-Person Appointment

1 To 2 Weeks Before Appointment

Day Of The Appointment

Follow Up In-Depth Reveal

An introductory consultation where you'll become familiarised with the process and plan logistics, and set a date for the first appointment. This can be done in person or online.

A nursing assistant will send an array of necessary pre-appointment documents (questionnaire, registration form, consent forms for medical history) to the patient, as well as arrange pre-appointment testing.

The in-house team collates your results and discusses them. You will receive an appointment reminder and a list of items to bring to the appointment.

1/Assessments

You will participate in a broad rage of cutting-edge tests, conducted by an extensive expert team. In addition, there will also be an in-depth dietary and health coach interview, as well as a psychological trait assessment.

2 / Results Reveal and Discussion

The team analyse testing results and overall assessments, and puts together a bespoke plan of action.

The team has an in-depth follow up discussion with you regarding the results.

This can be done in person or online.



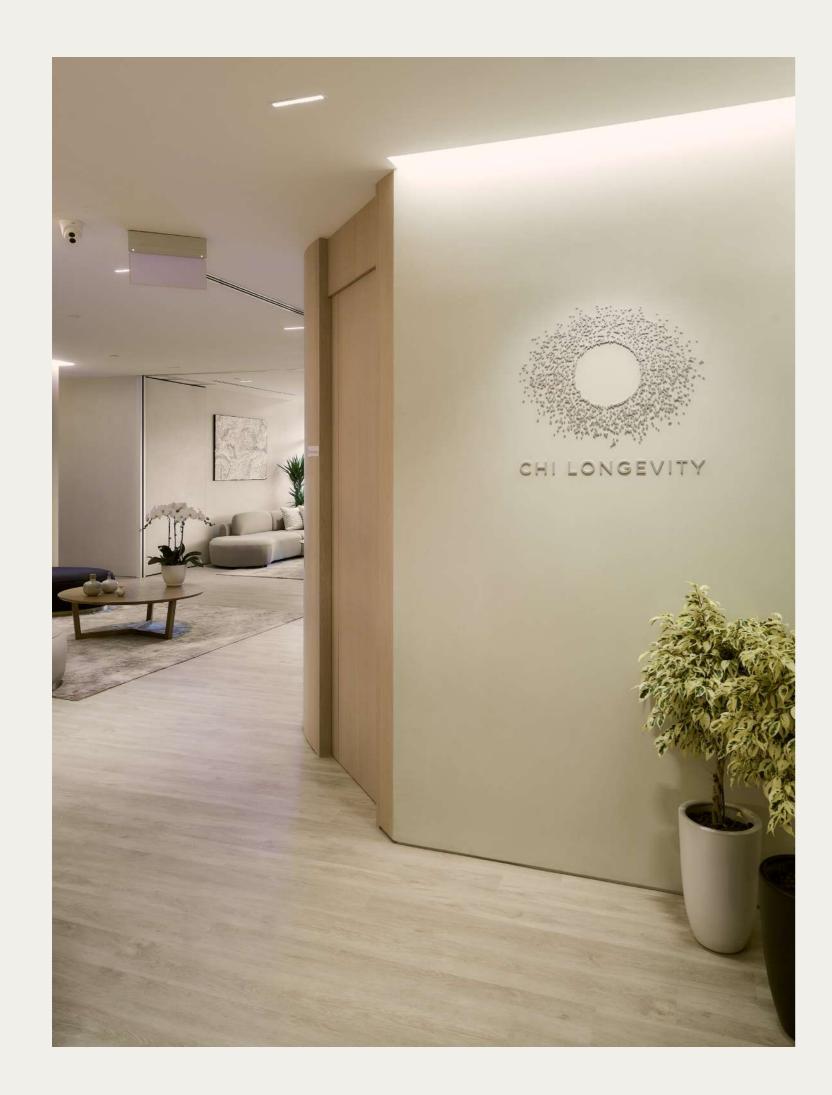
For Foreign Patients:

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:
Camden Medical Centre #10-04
1 Orchard Blvd - Singapore 248649

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chilongevity.com

Live More. Do More. Be More.

