



Longevity Health Packages

Unlock your Healthspan: Our longevity health package is a comprehensive, evidence-based programme designed to optimise your health, detect early signs of disease, and support healthy ageing. Combining in depth clinical assessment, advanced laboratory and radiology testing, and precision medicine tools, we go beyond conventional checkups to uncover your unique biological profile.

In clinic assessment

- Consultation and examination
- Vision test
- Hearing test
- ECG
- Blood pressure and vitals
- ABPI Ankle Brachial Pressure Index
- BMI and body fat analysis
- Spirometry – Lung function
- Cardiovascular risk score QRISK3

- Cardiovascular Apolipoprotein specialised risk ratios
- Metabolic syndrome screening assessment
- Liver fibrosis risk assessment FIB 4 score
- Mental wellbeing assessment PHQ9 GAD7
- Perimenopause screening assessment (Women)
- Breast cancer risk assessment (Women)
- Sleep assessment
- Skin cancer risk assessment
- Health screening assessment (Men)

Laboratory

• Anaemia and Vitamin/Mineral screening - CBC Ferritin Iron Folate Homocysteine Vit D Vit B12 Calcium Magnesium Zinc Copper • Chronic Disease Screening - Lipid panel Liver panel Renal panel +EGFR BUN Thyroid panel TSH T4 T3 Thyroid antibodies anti-TPO anti-TG Diabetes panel HBA1c FS Fasting insulin + insulin resistance HOMA index AM Cortisol • Uric acid • Calprotectin • Specialised Cardiac Markers – Apolipoprotein A1 Apolipoprotein B HS-CRP Homocysteine Lipoprotein A • Inflammatory Markers – CRP (Acute) ESR (Chronic) HS-CRP (Linked to CVD) IL-6 TNF- Alpha • Urine Analysis

Men's

- Cancer screening – Liver AFP Bowel CEA & Fit Test Pancreas CA19.9 Germ cell Tumors BHCG Prostate PSA Total and Free
- Hormone profile – Total and Free Testosterone Oestradiol LHFSH SHBG Prolactin DHEAS

Women's

- Cancer screening – Liver AFP Bowel CEA & Fit Test Pancreas CA19.9 Breast CA15.3 Ovarian CA125 Germ cell Tumors including BHCG Cervical Pap smear HPV high and low risk genotyping
- Hormone profile – Total and Free Testosterone Oestradiol Progesterone LH FSH SHBG Prolactin DHEA

Radiology Option A: MRI Brain • CT Calcium Score • Chest- Xray • DEXA Bone Density Scan • US Thyroid • US Abdomen • US Abdominal Aortic Aneurysm • US Pelvis (Including Prostate in Men) • US Breast or Mammogram (Women)

Radiology Option B: MRI Full body Head Chest Spine Abdomen Pelvis • CT Calcium Score • DEXA Bone Density Scan • US Thyroid • US Breast or Mammogram (Women)

Final report, follow up appointment, and aftercare

Men's Package Price AED 16,000

Women's Package Price AED 17,000

Additional Optional Add-on's:

Biological Age TruAge AED 3000
Gut Microbiome GI Map + Zonulin AED 3000
Methylation Panel AED 2500
Heavy Metals & Toxicology AED 1600

TruCheck Circulating Tumour Markers AED 8250
Genetic Cancer Screening AED 3000
Genetic Disease Profile AED 4000
Genetic Disease and Trait Risk AED 2500

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