The power of data.
The wisdom of expertise.
All focused on your personal health journey.

Welcome to 100+

As a member you will receive:

100+ Annual Assessment
A comprehensive data-driven exam that includes whole genome sequencing, whole body and brain MRI, coronary calcium scoring, body composition, and advanced blood biomarker analysis, all of which can lead to pre-symptomatic diagnosis of health risks.

100+ Ongoing Care with Your Health Nucleus Physician
A Health Nucleus physician who interprets your unique datasets and works with you to design and refine a lifestyle plan of nutrition, movement, stress management and provides other tools that can help drive your absolute best vitality and longevity.

100+ Access to World Class Specialists
A network of over 2,500 expert clinicians at Massachusetts General Hospital and other top U.S. hospitals available for referral and consultation for complex medical problems and conditions.
A leap in science.
A leap toward longevity.

At Health Nucleus, we’ve created a proprietary program that combines the power of data integration and diagnostic insight. It starts with a comprehensive array of advanced testing to collect your unique health data. We then apply state-of-the-art diagnostics to reveal your current health picture that we act upon to help you attain your best health.

100+ Annual Assessment Includes:

**Magnetic Resonance Imaging (MRI)**
MRI uses powerful magnets, radio waves, and computer technology to generate detailed images of your organs without the use of radiation. Health Nucleus MRI protocols are uniquely beneficial because they employ proprietary software that produces contrast quality imaging without the injection of contrast media. This software aids in the early detection of cancer, cardiac disease, metabolic and neurodegenerative disease.

**Body**
Detects many solid organ tumors of the neck, chest, abdomen and pelvis. Increases the chances of early detection to optimize treatment and with certain cancers, may lead to life-long cures.

**Brain**
Generates detailed visualization of the soft tissues and vessels of the brain enabling early intervention for structural, volumetric and vascular abnormalities including tumors, neurodegeneration (Alzheimer’s or Parkinson’s disease) brain vessel narrowing or aneurysms.

**Heart**
Provides 3D structural and functional information about the heart, including left ventricle ejection fraction, heart wall motion and valvular evaluation for prevention and treatment of disease. (Cardiac MRI is not designed to evaluate the coronary arteries.)

**Whole Genome Sequencing with Annual Re-Annotation**
Deoxyribonucleic acid (DNA) is the chemical compound that contains much of the “instruction manual” for the 37.3 trillion cells that make up your body. Whole Genome Sequencing (WGS) is the process that defines the order of the four chemical building blocks that make up DNA—adenine, cytosine, thymine, and guanine—and whether this order represents a benign or potentially disease-causing mutation. Sequencing provides enormous amounts of information about the role of inheritance in your susceptibility to disease including single gene mutations that cause cystic fibrosis, hypercholesterolemia and sickle cell anemia or polygenic mutations that are associated with the development of breast, colon, esophageal, and pancreatic cancer, Alzheimer’s and Parkinson’s disease, atrial fibrillation, and more.
Whole Genome Sequencing Evaluates:
- Current risk for disease
- Carrier status for conditions you may pass on to future generations
- Pharmacogenomic profile (your response/non-response to certain medications)
- Physical traits and attributes that can guide lifestyle decisions
- Future risk for disease based upon annual comparison of your genome with the Health Nucleus growing genomic database and the rapidly evolving body of research associated with on-going global discovery

Coronary Calcium Score* (CT)
Non-Contrast Cardiac CT assesses coronary artery health by detecting the location and extent of calcified plaque in the walls of your coronary arteries. It is a key factor used in the calculation of current and future cardiovascular risk.

Echocardiogram* (ECHO)
Uses ultrasound to visualize and measure the size and shape of your heart, the pumping strength of the left ventricle (ejection fraction) and the real time opening and closing of heart valves. Can indicate the emergence of heart valve disease, left ventricular failure and thickening (hypertrophy) of heart muscle for treatment purposes.

Electrocardiogram* (ECG)
Measures the pattern and wave of electrical energy that travels through the conduction system of the heart indicating whether the heartbeat is normal, slow, fast or irregular. Can also indicate heart muscle thickening or fatigue for clinical management.

Wireless Heart Rhythm
Cardiac monitor placement on the upper left chest records up to two weeks of continuous heart rhythm activity. Information can aid in the detection and treatment of arrhythmias known to be a major cause of stroke.

Balance Tracker
Computes upper body movements (postural sway) that occur when trying to maintain balance during walking. Assesses balance and performance activities to prevent falls and improve physical activity and vitality.

Comprehensive Labs* and Metabolic Analysis
Analysis and reporting of over 40 blood biomarkers testing for anemia and iron status, liver and kidney function, insulin and glucose markers, cholesterol panel with particle size, inflammatory markers, hormones, heavy metals, and certain vitamin nutrient levels.

Insulin Sensitivity Testing
Insulin helps control the amounts of sugar (glucose) in the blood. With insulin resistance, cellular absorption of glucose is impaired and blood sugar levels rise. Treatment is then targeted to avoid progression to Type 2 diabetes.

Dexa* (Dual X-ray absorptiometry)
Measures bone mineral density and bone strength. Assessment enables the treatment of osteoporosis to prevent fractures.

Metabolomics
Lab measurement of over 900 metabolites — the by-products or residue of bio-chemical reactions that remain in the blood after the metabolism of food and drugs. When balance is disturbed by disease, genetic mutations or environmental factors, one’s metabolic profile changes making metabolites informative biomarkers for understanding disease, toxicity, drug interactions and other factors that impact health.

Multi Targeted Stool DNA Test*
A self-administered, FDA-approved colorectal screening kit for home use, designed to provide an indication of the presence of cancer.

Body Composition
Assessment precisely quantifies visceral fat (fat stored within the abdominal cavity) and thigh muscle composition. The ratio of fat to muscle may indicate a risk for metabolic syndrome which can lead to heart disease, stroke, Type 2 diabetes, breast and colon cancer as well as Alzheimer’s disease.

Sensors
Monitors for day to day health metrics. These could include glucose sensors, sleep trackers, blood pressure monitors or others. With this data, we can optimize areas of nutrition, sleep, diet, and exercise.

*Only annual if necessary

Read our study published in the Proceedings of the National Academy of Sciences (PNAS): Precision medicine integrating whole-genome sequencing, comprehensive metabolomics, and advanced imaging.
No matter how advanced the science and technology, it’s the people applying it that have the power to make the biggest impact. Our physicians combine their passion for medicine with a sincere desire to treat the whole person and not just their symptoms. They are particularly skilled in interpreting large data sets to glean critical health information that can be acted upon to preempt disease and drive optimal health through a unique combination of traditional, integrative and functional medicine.

Your Health Nucleus physician will:
- Develop a summary presentation of your findings and your personalized care plan
- Review your pharmacogenomics and recommend the most effective medications
- Use your unique data to optimize your longevity and performance over the course of your membership
- Coordinate with your primary care doctor for your highest benefit

When required, we access experts for second opinions or added expertise via our relationship with the renowned Massachusetts General Hospital as well as DoctorsForMe.ai, a searchable database of over 50,000 physicians from the top 40 U.S. hospitals.

Learn more about your Health Nucleus physicians and exclusive benefits at healthnucleus.com.
Your comfort is of utmost importance to us.

What to expect and how to prepare for your 100+ testing.

Prior to your visit:

- Fast for 10 hours before your appointment time
- Avoid drinking caffeinated beverages on the morning of your testing. We recommend staying hydrated during your fast with plain water without added vitamins, flavoring, or carbonation
- Stop non-prescribed supplements 72 hours prior to visit
- Take all medications regularly as prescribed
- Compile a list of all your prescriptions and supplements to bring to your visit
- Avoid strenuous exercise the morning of your appointment
- Let us know if you have any allergies or dietary restrictions
- Remove all metal jewelry and do not wear clothing with metal as it can interfere with testing
- If you would like to use a sedative* for the MRI, please bring the medication with you to your appointment

*If you are claustrophobic, we recommend bringing oral sedation.*

The MRI is a multisensory experience and takes approximately 60–90 minutes. You will experience noises of varying pitch and duration during the course of the exam, along with normal movement of the table. Earbuds will be provided along with your choice of music, as well as a series of soothing visuals from which to choose. You may also experience a mild warming sensation and peripheral nerve stimulation, both of which are normal biological responses to MRI. You will be in constant contact with a technologist throughout the entire exam.

*We do not advise driving after taking a sedative for at least six hours. Depending on your needs, we can assist in arranging transportation for you.

Contact us at 844.838.3322 or clientservices@healthnucleus.com with questions or concerns.
When you arrive:

You’ll be greeted by your concierge who will escort you to your private suite where you can “settle-in” for the day. We are dedicated to making your experience as pleasant, informative and comfortable as possible. So if there is anything you need, please do not hesitate to ask us.

Attire
We will provide you with loungewear designed to be compatible for the various tests you will experience. A robe will also be provided for additional comfort or warmth. Note: We ask that you refrain from wearing anything containing metal as it will interfere with testing.

Refreshments
Breakfast will be served to you in your suite after your blood samples are collected, and lunch later in the day. Please advise us in advance if you have any allergies or dietary restrictions.

General schedule on test day:

-Covid assessment (temperature check)
-Orientation
-Vital signs and blood collection with the phlebotomy team
-Healthy breakfast served in your suite
-Past medical history review and discussion of your 100+ goals with your Health Nucleus Physician
-MRI with imaging technicians (60-90 minutes)
-Cardiac assessment with cardiac sonographer
-DEXA body composition testing
-Healthy lunch served in your suite
-Imaging review with physician

After your visit:

Initial follow-up
with your Health Nucleus physician one week after testing to review imaging, initial blood test results and to discuss the first phase of care plan.

Comprehensive follow-up
with your Health Nucleus physician.

Throughout the year
you are encouraged to schedule check-ins with your Health Nucleus physician to assess your health and fine tune your plan as needed.
PlACES TO STAY, DINE AND PLAY DURING YOUR SAN DIEGO VISIT

We look forward to your visit to Health Nucleus in San Diego. With near perfect weather year-round, miles of beautiful coastline, and world-class attractions including a vibrant art, dining and music scene, we are lucky to call San Diego home and hope you and your family take the opportunity to enjoy all it has to offer.

LODGING

With your utmost comfort in mind, we’ve selected two exceptional resorts for your consideration, both world-renowned for their elegance, generous amenities and architecture that reflects the natural beauty of San Diego.

THE Lodge AT TOrREy pinES

Overlooking the world-renowned Torrey Pines Golf Course with distant views of the Pacific Ocean
-AAA Five-Diamond Hotel in La Jolla
-15 miles north of downtown San Diego

11480 N. Torrey Pines Road
La Jolla, CA 92037
858.453.4420
lodgetorreypines.com

EStANCIA La JOLLA

Situated on nearly 10 acres Estancia La Jolla Hotel and Spa is a serene retreat nestled among lushly landscaped gardens dotted by walkways, water features and graceful courtyards.
-AAA Four-Diamond Hotel in La Jolla

9700 N. Torrey Pines Road
La Jolla, CA 92037
855.318.7602
estancialajolla.com
Dining and Activities

Here are a few of our favorite San Diego restaurants and activities. If you would like a more comprehensive list, simply ask. Please reach out if you have any questions or would like help making reservations.

Dining:

GEORGE’S AT THE COVE
Location: La Jolla
Style: Seafood
858.454.4244
georgesatthecove.com
Award-winning California cuisine by Trey Foshee.

A.R. VALENTIEN
Location: The Lodge at Torrey Pines
Style: Fine Dining
858.777.6635
lodgetorreypines.com
Regional cuisine served in an elegant, timbered room overlooking the 18th hole at Torrey Pines Golf Course.

HERB & WOOD
Location: Little Italy
Style: Modern
619.955.8495
herbandwood.com
Rustic, wood-fired dishes incorporating Mediterranean flavors and a California ethos.

CATANIA
Location: La Jolla
Style: Casual
858.551.5105
cataniasd.com
Elevated coastal Italian comfort food.

IRONSIDE FISH & OYSTER
Location: Little Italy
Style: Seafood
619.269.3033
ironsidefishandoyster.com
Seafood-centric dishes and cocktails make this one of the hottest restaurants in San Diego.

Golf:

TORREY PINES GOLF COURSE
Location: La Jolla
858.581.7171
Beginning 90 days prior to play. A small percentage of tee times are available by reservation within 90 days of play. Booking fees apply. Within eight days of play, reservations may only be made by city residents. Within three days of play, if openings remain, the city generally allows additional reservations. Walk-ins available on day of play based on room.

Spa:

THE SPA AT ESTANCIA LA JOLLA
Location: La Jolla
858.964.6590
A full-service sanctuary offering unparalleled relaxation in a revitalizing spa environment. This award-winning spa features two private Bungalows. The Couples Bungalow includes a luxurious private deck, complete with fireplace and soaking tub for two, setting the scene for the ultimate couples’ retreat.

SPA AT TORREY PINES
Location: La Jolla
858.777.6690
Inspired by elements from the adjacent Torrey Pines State Reserve and Pacific Ocean, the Spa offers signature treatments themed around the natural timelessness and purity of the La Jolla coastline.

Shopping:

LA JOLLA VILLAGE
Location: Downtown District
lajollabythesea.com
Neighborhood featuring upscale boutiques, galleries, bistros and restaurants with beautiful views of the Pacific Ocean.

UNIVERSITY TOWNE CENTER MALL
Location: 4545 La Jolla Village Drive
San Diego
858.546.8858
westfield.com/utc
The ultimate resort shopping experience.

Theater and music:

SAN DIEGO SYMPHONY
Location: Downtown San Diego
619.235.0804
sandiegosymphony.org

LA JOLLA PLAYHOUSE
Location: La Jolla
858.550.1010
lajollaplayhouse.org

Activities:

TORREY PINES STATE RESERVE
torreypine.org
2,000 acres of untamed land—including the maritime chaparral, the rare Torrey pine, miles of unspoiled beaches, and a lagoon vital to migrating seabirds. Over 10 miles of hiking trails with private hiking and botanical tours available with 7-days advanced notice.

SAN DIEGO BIKE AND KAYAK
858.454.1010
bikeandkayaktours.com
Biking and kayak tours and rentals.

TORREY PINES GLIDER PORT
858.452.9858
flytorrey.com
Tandem paragliding and hang-gliding over the bluffs of Torrey Pines.

BIRCH AQUARIUM
858.534.3474
aquarium.ucsd.edu
Small scientific aquarium at Scripps Institute of Oceanography. Tours available.

SAN DIEGO ZOO
619.231.1515
sandiegozoo.org
Semi-private tours and animal interactions available daily. Private tours require 7-days advance notice.

SAN DIEGO ZOO’S SAFARI PARK
760.747.8702
sdzsafaripark.org
Semi-private caravans or animal interactions available daily.

SEA WORLD
619.226.3901
We are always here to answer questions or help you schedule an appointment. Please reach out to our membership advisors at any time.

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