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

Welcome to 100+ Membership Individual or Family
As a member you will receive:

100+ Annual Health Assessment
The most comprehensive data-driven annual health exam that includes whole genome sequencing and update, whole body and brain imaging, coronary calcium scoring, body composition, and advanced blood biomarker analysis, all of which can lead to pre-symptomatic diagnosis of cancer, cardiac disease, and neurodegenerative and metabolic risks.

100+ Concierge Care
Your designated 24/7 concierge physician works with you to design and refine a lifestyle plan of nutrition, movement and routine health management (i.e. prescriptions, vaccines, and specialty labs). In addition, our concierge physicians manage and coordinate your acute care needs via telehealth anywhere in the world or onsite in our same day and urgent care clinic.

100+ Access to World Class Experts
Our longevity physicians collaborate with a world class network of expert clinicians and researchers at Harvard Medical School, Massachusetts General Hospital, and other top U.S. academic and clinical programs available for timely consultations for all routine and complex conditions.
A leap in healthcare. A leap toward longevity.

At Health Nucleus, we have created an exclusive program that combines the power of cutting-edge diagnostics and world-class physicians for you. It starts with a comprehensive array of advanced testing to create your unique baseline. We then apply state-of-the-art diagnostics and concierge care to help you attain your best health both for the present but for the future.
100+ Annual Health Assessment:

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. 100+ imaging protocols employ unique software to interpret and quantify images that can be integrated with both genetics and biomarkers to aid in the early detection of disease.

Body
Detects solid organ tumors of the neck, chest, abdomen and pelvis, and assess for many cardiovascular, cancer and metabolic diseases.

Brain
Generates detailed visualization of soft tissues and vessels of the brain to establish an assessment that looks for tumors, aneurysms, masses, and evidence of neurodegeneration.

Heart
Non-contrast MRI heart function and structure assessment that examines size of chambers and the pumping function of the heart. Local wall motion abnormalities can be detected which may reflect underlying heart disease.
Heart Function Assessment

**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, as well as the structure and function of your heart muscle by measuring myocardial mass and quantifying ejection fraction.

**Cardiac MRI**
Non-contrast MRI heart function and structure assessment that examines size of chambers and the pumping function of the heart. Local wall motion abnormalities can be detected which may reflect underlying heart disease.

**Electrocardiogram (ECG)**
Measures the current electrical activities of your heart by recording the heart rate and rhythm within each heartbeat over a short period of time.

**Wireless Heart Rhythm**
A mobile wireless sensor that records up to two weeks of continuous heart rhythm activity to aid in detection of abnormal cardiac rhythm.

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**Whole Genome Sequencing and Annual Re-Annotation:**
- Hereditary illness contributed by multiple gene mutations
- Carrier status for conditions you may pass on to future generations
- Pharmacogenomic profile that explains reactions to medications
- Physical traits and attributes that can guide lifestyle decisions
- Annual genomic report updates based on new research
Lab and Other Tests

**Insulin Sensitivity**
Insulin helps control the amounts of sugar (glucose) in the blood, evaluates evidence of insulin resistance a key risk factor for type two diabetes.

**Bone Density (DEXA)**
Evaluate bone mineral density to understand osteopenia and osteoporosis risks.

**Metabolomics**
Blood-based laboratory assessment using mass spectrometry to evaluate metabolites that help to evaluate risks for diabetes and metabolic disease.

**Stool DNA Test**
A self-administered, FDA-approved home kit for colorectal cancer.

**Body Composition**
MRI-derived composition to evaluate muscle and visceral fat in order to optimize performance and better evaluate risks for diabetes and cardiovascular disease.

**Sensor and Wearables**
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.

*Tests are performed at your initial assessment for baseline and then performed annually as needed.*

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.*
Uniquely skilled.
Relentlessly dedicated.
Your concierge physician.

No matter how advanced the science and technology, maximizing your health requires expert interpretation and close cooperation with your healthcare team. As a member of 100+, our longevity physicians combine a passion for the science of medicine with the desire to treat the whole person and family. Our team are bleeding-edge specialists in analyzing and interpreting large data sets, extracting critical health information, and anticipating and preempting disease using allopathic, integrative, systems biology and functional medicine principles.

Your 100+ concierge physician will:
- Summarize your results in an easy-to-read presentation and create and supervise your personalized care plan
- Guide medication use with our customized pharmacogenomic profile
- Analyze, interpret and translate your unique data and optimize your longevity and performance over the course of your membership
- Provide concierge urgent and same day onsite or telemedicine anywhere in the world and coordinate emergency, hospital and surgical care

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

Learn more about your 100+ concierge physicians and exclusive benefits at healthnucleus.com.
100+ Concierge Physicians:

As a 100+ member, you will be matched to one of our world-class physicians. Trained in precision medicine, your personal physician will take care of your medical needs and optimize your health and longevity.

Dr. David Karow MD, PhD
An internationally recognized innovative leader in MR imaging and genomic analytics, Dr. Karow is a proponent of using data-driven precision medicine testing and AI to achieve extensions in the healthy human lifespan. He is the senior author and co-author of numerous publications focused on early detection of chronic age-related disease using imaging and genomic biomarkers. Dr. Karow graduated from medical school at the University of Michigan, Ann Arbor in 2005 in a combined MD/PhD program with a distinction in research and completed residency and fellowship at UC San Diego and UC Los Angeles, respectively. David currently serves as President and Chief of Radiology.

Dr. Eric Dinenberg MD, MPH
Fellowship trained in integrative medicine, Dr. Dinenberg authored a book on mindfulness, produced an album of meditations, and has over eighteen years of experience bringing mindfulness for well-being and elite performance to healthcare providers and patients.

Dr. Keegan Duchicela MD
Passionate about using technology to inform, empower, and guide patients, Dr. Duchicela believes in longitudinal care and strong patient-physician relationships. His clinical interests include obesity medicine, metabolic disease, and implementation of digital and mobile health technologies.
Dr. Keith Vaux MD
Nationally and internationally recognized for his clinical care and research in medical genetics, neurosciences, environmentally induced birth defects, and pediatrics, Dr. Vaux leads the medical team. He is devoted to integrating genomics, biomarkers and medical technology into personalized, family focused health and longevity care. His passion is assisting patients with complex, seemingly unsolvable medical mysteries and using bleeding edge technologies to design, novel, personalized therapies. He is devoted to integrating data with a focus on care to drive a revolution to “High Tech High Touch” personalized care model.

Dr. Mona E. Velinov MD, AFMCP, ABIHM, IFMCP
With over 20 years practice, Mona has a passion for functional medicine and helping patients find answers to chronic disease. Dr. Ezzat-Velinov specializes in gut and the microbiome, hormones, immune and brain health all leading to overall optimization.

Dr. Pamila Brar MD
Having served as the past president of the American Academy of Private Physicians, Dr. Brar is a precision medicine physician with a deep love for science and translating complex ideas into accessible information.

Dr. Robyn Heister MD
Integrating over twenty years of clinical experience with a passion for translational research, Dr. Heister’s career now focuses on precision medicine. She integrates as much data and seeks the most effective technology and therapies to catalyze, support and optimize her clients’ journey.
Your health is of utmost importance to us.

What to expect and how to prepare for your 100+ assessment day.
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 are claustrophobic, we have oral sedation onsite.

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 to learn more at 844.838.3322 or clientservices@healthnucleus.com
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. 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:

- 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
- Brain, body and cardiac MRI (60-90 minutes)
- Cardiac ultrasound and EKG with cardiac sonographer
- CT calcium score (if clinically indicated)
- DEXA bone mineral density testing
- Healthy lunch served in your suite
- Imaging review with physician

After Your Visit:

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

Comprehensive follow-up
with your 100+ concierge physician in six to seven weeks to discuss integration of all of your data including genetic, blood and imaging biomarkers in order to create a comprehensive action plan for your longevity and performance goals.

Throughout the year
you will check-in regularly with your physician to address all of your healthcare needs, including short and long term health and wellness goals, as well as acute care issues.
Vacation 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 excited to welcome you to San Diego for your 100+ assessment.

When scheduling your visit, our client experience team is happy to assist you and your family plan your annual San Diego visits from a round of golf to a VIP experience at the San Diego Zoo Safari Park.

Lodging

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

Fairmont Grand Del Mar

400 acres of coastal canyon, Fairmont Grand Del Mar is an oasis of calm and beauty, leave everything behind to play, dine, celebrate, and be together.

-AAA Four-Diamond Hotel in Del Mar
-FairmontVIP@HumanLongevity.com

5300 Grand Del Mar Court
San Diego, CA 92130
858.314.2000

fairmont.com/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
We are always here to answer questions or help you schedule an appointment. Please reach out to our membership advisors at any time.

844.838.3322
clientservices@healthnucleus.com

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Suite 100
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