YEARS

A high-performance preventive health program

YEARS Evolve®

Combining advanced diagnostics with targeted insights to strengthen your foundation for long-term health.

Join YEARS Evolve® →

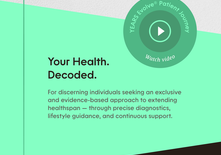
€ 7.100

(Pay-you-based on income, 2 years)

For extended diagnostics and expert guidance, including:

- Core® Diagnostics + Whole Body MRI + Multi Cancer Detection Screening
- Extended lab panel
- 60-page personalized health report
- Initial Consultation for optional private coaching in fitness, nutrition, and lifestyle
- Cryopreservation of 70+ biological samples for future use
- Biannual physician-led check-in, tailored monitoring and much more

There's no greater return than the one you make in your own health.



YEARS Evolve® Patient Journey

Watch video

Your Health. Decoded.

For discerning individuals seeking an exclusive and evidence-based approach to extending healthspan – through precise diagnostics, lifestyle guidance, and continuous support.

Decode Aging
Your Evolve® Journey

1. **Pre-Visit Call**
   30 minutes Personal Consultation

   Personal intake with our physician team – to understand your goals, history, and tailor your diagnostics.

2. **Evolve® Clinic Visit**
   6 hours Baseline Diagnostics

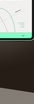
   Spend up to six hours at our state-of-the-art clinic, undergoing over 25 advanced assessments across metabolic, cardiovascular, cognitive, and musculoskeletal domains.

3. **Personal Risk Assessment**
   2 weeks Data Mapping and Interpretation

   Our physicians transform your diagnostic data into a detailed risk profile, delivering a detailed evaluation of your healthspan risks and insights.

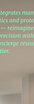
4. **Tailored Guidance**
   1 hour/month optional

   Engage in in-depth discussions with our expert team, with ongoing support and adjustments to enhance your lifestyle, diet, and fitness regimens.



5. **Continuous Health Monitoring**
   Biannual On Demand Healthtrajan Service

   Receive ongoing health insights through tailored, continuous monitoring – enabling therapy that stays aligned with your goals.

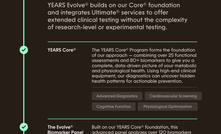


6. **Annual Reassessment** Continuous

Guided by the insights from your first year, our clinical team will conduct comprehensive assessments to track your progress, reveal emerging trends, and refine your long-term personal health trajectory.

What to expect from the Evolve® Program?

YEARS Evolve® integrates many of the most powerful diagnostics and protocols from our flagship program – reimagined for those who seek exceptional precision without the extended stays, layers or concierge research access of the Ultimate® tier.



YEARS

Diagnostics

Experience the latest advancements in preventive medicine with a curated diagnostic experience that reveals key health risks and delivers personalized, data-driven insights.

YEARS Evolve® builds on our Core® foundation and integrates Ultimate® services to offer extended clinical testing without the complexity of research-level or experimental testing.

YEARS Core®
The YEARS Core® Program forms the foundation of our approach – combining over 25 functional assessments across key domains to deliver a comprehensive, data-driven picture of your metabolic and physiological health. Using high-end clinical equipment, our diagnostics can uncover hidden health patterns for actionable prevention.

- Advanced Diagnostics
- Cardiovascular Screening
- Cognitive Function
- Physiological Optimization

The Evolve® Biomarker Panel
Built on our YEARS Core® foundation, this advanced panel analyzes over 120 biomarkers across key physiological systems: cardiovascular, metabolic, immune, hormonal, inflammation, gut, and more. Each result is interpreted within a systems medicine framework – helping you understand your current status and future risks.

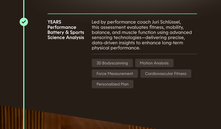
- Blood Health
- Metabolic Balance
- Hormonal Regulation
- Immune Response
- Gut Health
- Inflammation Markers
- Nutrient & Vitamin Levels

Liquid Biopsy for Multi-Cancer Detection
TruCheck is an advanced, non-invasive liquid biopsy for early detection of over 70 solid tumors. It delivers high specificity (96%-99%) and sensitivity (75%-90%), including for early stage, ideal for asymptomatic individuals. TruCheck provides a rapid, accurate cancer screening.

- iWell TruCheck
- iWell TruBlood

Proprietary Whole Body MRI
The YEARS Evolve® MRI Sequence provides detailed images of organs and tissues without radiation. It can uncover hidden health issues like tumors, vascular problems, metabolic liver issues, and early signs of disease. It offers early signs of chronic diseases, enabling proactive treatment before symptoms appear.

- Multi-Organ Screen
- Cardiovascular Conditions
- Neurological Disorders
- Oncological Screening



Integrating multiple Organ-specific Protocols

YEARS Performance Battery & Sports Science Analysis
Led by performance coach Juri Schlüssel, this assessment evaluates fitness, mobility, balance, and muscle function using advanced diagnostics. The goal is to identify risks and deliver actionable insights to enhance long-term physical performance.

- 3D Bodyscanning
- Motion Analysis
- Force Measurement
- Cardiovascular Fitness
- Personalized Plan

Our research partners

LMU LUDWIG-MAXIMILIANS-UNIVERSITÄT MÜNCHEN

UKE UNIVERSITÄTSKLINIKUM HAMBURG-EPPENDORF

MAX PLANCK INSTITUTE FOR BIOLOGY OF AGEING

CHARITÉ UNIVERSITÄTSMEDIZIN BERLIN

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Ongoing Guidance

Concierge Services

Stay connected to your health — with ongoing support that adapts to you.

Our concierge team coordinates every part of your care, from expert-led reviews to continuous diagnostics and dynamic adjustments to your plan. You'll receive:

- Biannual physician check-ins to track progress and realign goals
- Initial Consultation for optional coaching in fitness, nutrition, and sleep
- On-demand guidance from specialists in preventive medicine and performance

Continuous Monitoring

Dr. Alex Aydosian Internist & Preventive Medicine
Dr. Ani Nerlan Internist & Nutritional Medicine
Dr. Christian T. Braun Internist & Emergency Medicine

Evolve² includes biannual physician check-ins to interpret your health trajectory—to reflect on your progress, realign goals, and refine your strategy. This continuous monitoring tracks the long-term impact and ensures your care plan evolves in real time.

Physician Checkins | CGM | Blood Work

YEARS Biological Safe

John Caradoth Lab Manager

As part of the Evolve² Program, 70 samples of blood, stool, and urine—along with preserved living cells—are stored in biobank for potential future use. These cryopreserved biomaterials enable access to future diagnostics, regenerative cell therapies, immunotherapies, and tissue engineering, depending on future scientific advancements.

Immune Cells Banking (TBPC-G) | Microbiome

Liquid Biopsy (cfDNA) | Plasma | Serum

Coaching Programs Optional

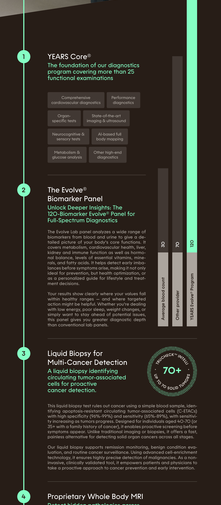
Juri Schlosser Fitness Coach
Tatjana Zeller Nutrition Coach

Our coaching begins with an expert-led consultation to help you interpret your diagnostic results and define a personalized action plan.

This initial session provides clarity on your data and outlines the most effective next steps based on your goals.

For those seeking ongoing support, our optional private coaching programs are available in fitness and nutrition and offer tailored strategies in fitness and nutrition — combining your lab results, lifestyle data, and clinical expertise and your diagnostic data.

Fitness Coaching | Nutritional Guidance



7 Highlights of YEARS Evolve®

1 YEARS Core®

The foundation of our diagnostics program covering more than 25 functional examinations

- Comprehensive cardiovascular diagnostics
- Performance diagnostics
- Organ-specific tests
- State-of-the-art imaging & ultrasound
- Neurocognitive & sensory tests
- AI-based full-body MRI screening
- Hemostasis & glucose analysis
- Other high-end diagnostics

2 The Evolve² Biomarker Panel

Unlock Deeper Insights: The 120-Biomarker Evolve² Panel for Full-Spectrum Diagnostics

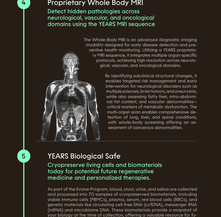
The Evolve Lab panel analyzes a wide range of biomarkers from blood and urine. It covers the hottest pulses of your bodily core functions. It covers metabolism, cardiovascular health, liver, kidneys and immune function as well as hormones, inflammation markers, vitamins, minerals, stem cells, and fatty acids. It helps detect early interventions before symptoms arise, making it not only ideal for prevention, but health optimization, or for those with specific goals for intensive and heavier exercising.

Your results show clearly where your values fall within healthy ranges — and where targeted action might be helpful. Whether you're dealing with low energy, poor sleep, weight changes, or simply want to stay ahead of potential issues, this panel gives you the clinical diagnostic depth that conventional lab panels.

- Blood Lipid Panel
- Cardiac Health
- Organ Function
- Vitamins & Minerals

3 Liquid Biopsy for Multi-Cancer Detection

A liquid biopsy identifying circulating tumor-associated cells for proactive cancer detection



This liquid biopsy test rules out cancer using a simple blood sample, identifying circulating tumor-associated cells (CTC/CAC) with high specificity (94% TPR/Cs), plasma, serum, red blood cells (RBCs), and platelets (PLT) and a sensitivity (87% RPS), with sensitivity increasing at tumour progress. Designed for individuals aged 40-70 (or 35+ with a family history of cancer), it enables proactive screening before symptoms arise, with results in approximately 2 weeks. The test covers 70 tumorigenic or potentially oncogenic cancer types at stages.

Our liquid biopsy supports remission monitoring, benign condition exclusion, and routine cancer surveillance. Using advanced cell enrichment technology, it ensures highly precise detection of malignancies. As a non-invasive, clinically validated tool, it empowers patients and physicians to take a proactive approach to cancer prevention and early intervention.

4 Proprietary Whole Body MRI

Detect hidden pathologies across neurological, vascular, and oncological domains using the YEARS MRI sequence

The Whole-Body MRI is an advanced diagnostic imaging modality designed for early disease detection and preventive health assessment. With a 3.0 T MRI scanner, a PBI sequence, it integrates multiple organ-specific protocols, achieving high resolution across neurological, vascular, and oncological domains.

By identifying subclinical structural changes, it enables targeted risk management and early intervention. Key applications include early detection of atherosclerosis, aneurysms, cardiomyopathy, and white lesions assessing fatty liver, intra-abdominal fat content, and vascular abnormalities—supporting cardiovascular health. The multi-organ scan enables comprehensive detection of lung, liver, and spleen conditions, with whole-body screening offering an assessment of cancerous abnormalities.

5 YEARS Biological Safe

Cryopreserve living cells and biomaterials today for potential future regenerative medicine and personalized therapies.

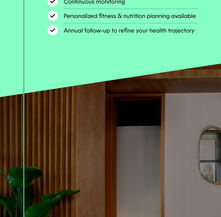
As part of the Evolve Program, blood, stool, urine, and saliva are collected and processed into 70 samples for cryopreserved biomaterials, including viable immune cells (PBMCs), plasma, serum, red blood cells (RBCs), and platelets (PLT), stored in our biobank. The Peripheral Blood Mononuclear Cells (PBMC) and microbiome DNA. These biomaterials provide a snapshot of your biology at the time of collection, offering a valuable resource for future health insights and medical advancements.

Clients can request a limited number of these biomaterials for future testing and use.

The advantage of experimentally biobanking samples, especially cryopreserved cells such as PBMCs, is the having a backup of your immune system—storing immune cells for potential future regenerative medicine, cell therapies, immunotherapies, and personalized treatments. This ensures access to high-quality immune cells for advanced, fully advancements. Potential uses may include advances in regenerative medicine and biotechnology for tissue engineering, organ repair, or curing your biological materials today is a proactive step toward future medical possibilities tailored to you.

6 YEARS Performance Battery & Sports Science Analysis

A precision assessment of movement, strength, and endurance to enhance performance, recovery, and injury prevention



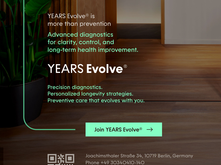
The YEARS Performance Battery is an advanced assessment of mobility, strength, and endurance, led by performance coach Juri Schlosser, it combines 3D body scanning, motion analysis, force measurement, and angiosomnology to deliver precise, data-driven insights.

Our 3D Bodyscanner provides an analysis of posture, gait, and movement patterns, while VALD Performance Dynamic evaluates key movement, muscle strength, and power. Ergoscientific offers detailed sleep and recovery analysis, supporting optimal recovery, capacity endurance and overall fitness. The assessment includes a baseline consultation, in-depth discussions, and personalized recommendations. This data-driven approach ensures performance improvement and injury prevention.

7 Continuous Monitoring

Your Journey throughout the Year

Your care is continuously guided through tailored monitoring and regular check-ins — both remotely and in-person. Based on your goals, we select the most relevant tools, such as CGM, sleep tracking, or blood pressure monitoring. Your data is reviewed by our team, and we adjust your care plan when large changes focused, adaptive, and always one step ahead.



Your Benefits with YEARS Evolve®

- A one-day immersive diagnostic experience
- 120+ biomarkers across key health systems
- Proprietary MRI and Liquid Biopsy screening
- Sports science & physical performance analysis
- Continuous monitoring
- Personalized fitness & nutrition planning available
- Annual follow-up to refine your health trajectory

YEARS Evolve² is more than prevention

Advanced diagnostics for clarity, control, and long-term health improvement.

YEARS Evolve®

Precision diagnostics.
Personalized longevity strategies.
Preventive care that evolves with you.

Join YEARS Evolve² →

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