YEARS

Our most advanced preventive health program

YEARS **Ultimate**®

Merging deep in-clinic diagnostics with ongoing testing to empower a longer, healthier life

Join YEARS Ultimate® →

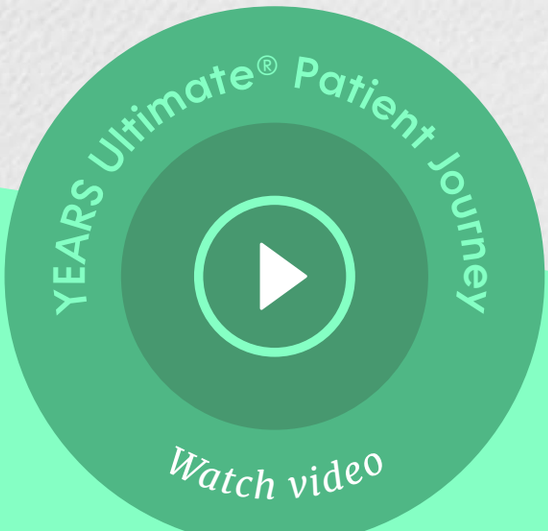
€ 15.900

May vary based on individual needs

For a full year of expert medical care, including

- 30+ advanced diagnostic assessments in one day
- 80-page personalized health report
- Monthly private coaching in nutrition, performance, and lifestyle
- Cryopreservation of 70+ biological samples for future use
- Continuous monitoring and quarterly physician-led checkins and much more

An investment of less than €45 per day — to protect, preserve, and enhance your most valuable asset: your health.



Your Health.

Decoded.

For achievers, biohackers, and health-conscious leaders who want to understand their health on the deepest level, detect risks before symptoms appear, and proactively shape their future well-being — YEARS Ultimate® is our most advanced medical program to date.

Decode Aging
Your Ultimate® 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

Ultimate®
Clinic Visit
7 hours Baseline Diagnostics

Experience a transformative seven-hour journey at our exquisitely designed clinic and over 30 high-tech assessments, tailored to your health and well-being.

3

Personal
Risk Assessment
2 weeks Data Mapping and Interpretation

Our clinical experts meticulously analyze your data to uncover potential health risks and opportunities, which are reviewed with your physician in a focused follow-up call

4

Monthly Coaching
1 hour/month Private Coaching

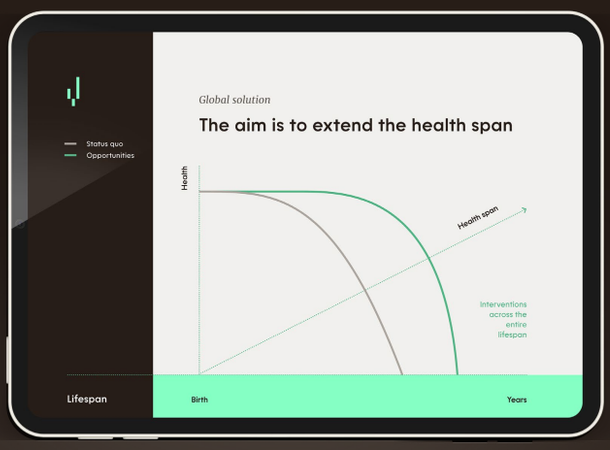
Nutrition, performance, sleep, and lifestyle optimization — guided by our specialists based on your real data.

Ongoing Health Monitoring

Quartely On Demand Healthspan Service

Benefit from regular health insights through personalized, continuous monitoring for goal-oriented therapy.

Annual Reassessment Continuous



Guided by the insights from your first year, our clinical team will recommend future assessments to track your progress, reveal emerging trends, and help shape your personal health trajectory.

What to expect from the Ultimate® Program?

Our most exclusive program uniquely integrates deep diagnostic insight with ongoing, personalized concierge service—creating a continuously evolving health experience unlike any other.

In-clinic Diagnostics

Step into the future of precision medicine with a one of a kind health check — designed to analyze every crucial biomarker, uncovering

many risks to empower a healthier, longer life.

YEARS Ultimate® builds on the comprehensive foundation of the Core® Program and expands it with diagnostics typically found only in research settings. In just one day, you'll undergo 30+ high-tech assessments — including full-body MRI, liquid biopsy, genetic risk analysis, and more.

YEARS Core®

The YEARS Core® Program forms the foundation of our approach — combining over 25 functional assessments and 80+ biomarkers to give you a complete, 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 Ultimate® Biomarker Panel

YEARS Ultimate offers our most advanced lab panel for actionable prevention, integrating over 200 biomarkers including all key marker categories, advanced laboratory analyses across multiple physiological systems and experimental markers to optimize health and healthspan.

- Blood and Gut Health
- Hormonal Regulation
- Immune Response
- Inflammation Markers
- Vitamin Levels
- Experimental Healthspan
- Allergy Screening

Medical Genomics

Using Whole Exome and Genome Sequencing, we analyze 170+ risk genes linked to cancer, cardiovascular and metabolic diseases, plus pharmacogenomics for 150+ medications—enabling proactive, personalized prevention.

Genetic Risk Panel | Pharmacogenomic Panel | Predictive Neurodegenerative Panel

Liquid Biopsy for Multi-Cancer Detection

TruCheck is an advanced, non-invasive liquid biopsy for detection of over 70 solid tumors. It delivers high specificity (96%-99%) and sensitivity (65%-89%), depending on tumor stage. Ideal for asymptomatic individuals, TruCheck provides a rapid, accurate cancer screening.

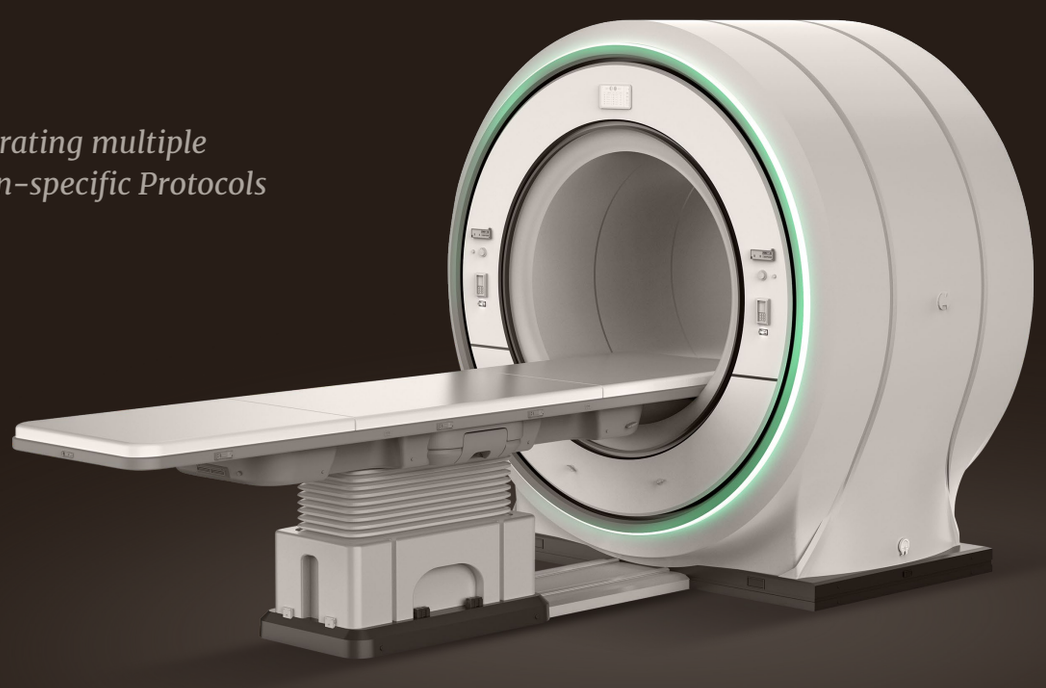
intelli TruCheck | intelli TruBlood

Proprietary Whole Body MRI

The YEARS Ultimate MRI Sequence provides detailed images of organs and tissues without radiation. It can uncover hidden health issues like tumors, vascular problems, metabolic liver disease, intraabdominal fat and early signs of chronic diseases, possibly enabling proactive treatment before symptoms appear.

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

Integrating multiple Organ-specific Protocols



Microbiomics

We analyze gut bacteria and fungi to reveal dietary patterns and health risks. The report covers microbial makeup, biochemical markers, and personalized recommendations to support gut health.

- Microbial Diversity
- Gut Barrier Analysis
- Inflammation Markers
- Metabolic Health
- Personalized Nutrition

YEARS Performance Battery & Sports Science Analysis

Led by performance coach Juri Schlüssel, this assessment evaluates fitness, mobility, balance, and muscle function using advanced sensoring technologies—delivering precise, data-driven insights to enhance long-term physical performance.

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

Epigenetic and Non-Epigenetic Biological Clocks

By integrating epigenetic and non-epigenetic markers, we analyze molecular patterns to assess cellular aging processes across multiple organ systems and determine your biological age. This approach offers a nuanced perspective on age-related changes, potentially informing strategies with the goal of slowing down aging and achieve long-term health improvement.

- Horvath
- Horvath Skin & Blood
- Hannum
- PhenoAge
- GrimAge
- DunedinPACE
- 7 organ-specific ages

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Our research partners

LMU LUDWIG-MAXIMILIANS-UNIVERSITÄT MÜNCHEN

UKE HAMBURG

MAX PLANCK INSTITUTE FOR BIOLOGY OF AGEING

CHARITÉ UNIVERSITÄTSMEDIZIN BERLIN

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Year-round Expert 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:

- Quarterly physician check-ins to track progress and realign goals
- Monthly coaching in fitness, nutrition, and sleep
- On-demand guidance from specialists in preventive medicine and performance

Healthspan Concierge On Demand 10h

Healthspan Concierge Team

Your dedicated concierge guides you through your personal YEARS journey. Acting as your primary point of contact, the concierge coordinates across our network of medical and lifestyle experts and provides on-demand expertise in healthspan science and emerging health trends.

10-hour retainer for expert consultation

Continuous Monitoring

Dr. Alex Ardelean Internist & Preventive Medicine

Dr. Ann Netzer Internist & Nutritional Medicine
Dr. Christian T. Braun Internist & Emergency Medicine

Ultimate includes ongoing physician check-ins—thoughtfully designed to reflect on your progress, realign goals, and adapt your strategy. It's not routine care; it's an ongoing adaption to your personal needs.

Physician Checkins | 2x CGM | 3x Blood Work

YEARS Biological Safe

John Carabott Lab Manager

70 samples of blood, stool, and urine—along with preserved living cells—are stored in a biobank for potential future use. These cryopreserved biomaterials could support regenerative medicine, personalized cell therapies, immunotherapies, and tissue engineering, depending on future scientific advancements.

Immune Cells Banking (PBMCs) | Microbiome
Liquid Biopsy (ccfDNA) | Plasma | Serum

YEARS Research Platform

Dr. Jan K. Hennigs Medical Director

Gain preferred access to cutting-edge healthspan research, N-of-1 trials, and tailored interventions—offering early insights and potential inclusion in innovative healthspan studies.

Supplements Advice | Experimental Therapies | N-of-1 Trials

Coaching Programs Optional

Juri Schlüssel Fitness Coach
Tatjana Zimfer Nutrition Coach

Personalized fitness and nutrition plans informed by your biomarkers, metabolism, and performance data—designed to enhance energy, strength, and long-term health with clinical precision.

Fitness Coaching | Nutritional Guidance

10 Highlights of YEARS Ultimate®

1

YEARS Core

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

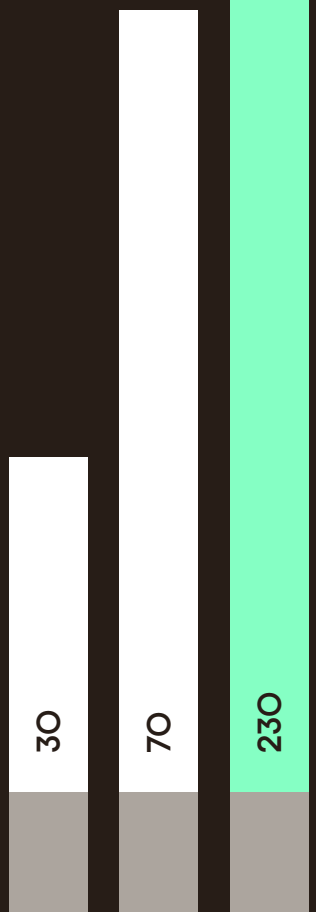
- Comprehensive cardiovascular diagnostics
- Performance diagnostics
- Organ-specific tests
- State-of-the-art imaging & ultrasound
- Neurocognitive & sensory tests
- AI-based full body mapping
- Metabolism & glucose analysis
- Other high-end diagnostics

2

The Ultimate® Biomarker Panel

Our most advanced diagnostic panel analyzing 200+ biomarkers across 16 physiological domains

The Ultimate® Lab Panel analyzes 200+ biomarkers, offering one of the most comprehensive diagnostic assessments for systemic health and early disease risk. Covering 16 key physiological domains, it evaluates cardiovascular health, metabolism, immune function, inflammation, hormone balance, micronutrient status, toxicology, and experimental healthspan markers.



Within this framework, 120 exclusive biomarkers offer deeper diagnostic precision. These include immune cell profiling, advanced allergy testing (112 compounds), full-spectrum hormone and micronutrient analysis, vascular health markers, and experimental indicators such as BDNF and IGF-1. Using systems-based analysis and molecular profiling, it detects early imbalances and risk patterns often missed by standard panels. This approach supports deeply personalized, precision-guided health and healthspan planning.

Average blood count

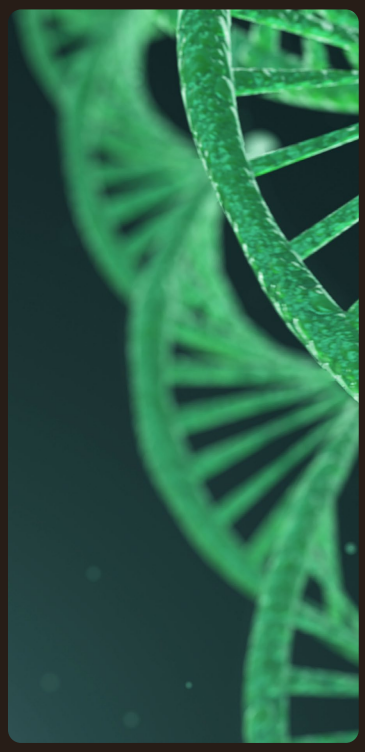
Other provider

YEARS Ultimate® Program

3

Medical Genomics

Decode your DNA to uncover disease risks, optimize treatments, and personalize your health strategy



Understanding your genetic risk factors empowers you to make informed life choices. In many cases, taking preventive actions can delay, reduce, or even prevent the onset of certain diseases. Additionally, being aware of these risks increases the likelihood of early detection, allowing for timely intervention and improved health outcomes.

Medical Genomics within the Ultimate® Package covers more than 170 risk genes, cardiovascular diseases, and metabolic disorders. It also features pharmacogenomics for around 150 medications. Unlike lifestyle genetic tests, it provides medically relevant information with high accuracy. The analysis is performed through Whole Exome Sequencing and is complemented by Whole Genome Sequencing.

4

Liquid Biopsy for Multi-Cancer Detection

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

TRUCHECK™ INTELLI

70+

UP TO 70 SOLID TUMORS

This liquid biopsy test rules out cancer using a simple blood sample, identifying apoptosis-resistant circulating tumor-associated cells (C-ETACs) with high specificity (96%-99%) and sensitivity (65%-89%), with sensitivity increasing as tumors progress. Designed for individuals aged 40-70 (or 35+ with a family history of cancer), it enables proactive screening before symptoms appear. Unlike traditional imaging or biopsies, it offers a fast, painless alternative for detecting solid organ cancers across all stages.

Our liquid biopsy supports remission monitoring, benign condition evaluation, 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.

5

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 monitoring. Utilizing a YEARS proprietary MRI 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 for neurological disorders such as multiple sclerosis, brain tumors, and aneurysms, while also assessing fatty liver, intra-abdominal fat content, and vascular abnormalities—critical markers of metabolic dysfunction. The multi-organ scan enables comprehensive detection of lung, liver, and spinal conditions, with whole-body screening offering an assessment of cancerous abnormalities.

6

Epigenetic and Non-Epigenetic Biological Clocks

A multi-layered assessment of biological aging, measuring DNA methylation patterns, telomere length, and organ specific markers to quantify aging rates

Epigenetic clocks are experimental tools in medicine that analyze DNA methylation patterns to infer aging processes and health risks.

Early models, such as those developed by Horvath and Hannum, were based on correlations between DNA methylation and chronological age to estimate „biological age".

Newer models like PhenoAge, GrimAge, and DunedinPACE integrate additional markers and factors, such as inflammation parameters and lifestyle factors, to provide a more detailed picture of the aging process. These clocks offer valuable insights into an individual's aging state and aid in the development of preventive strategies. Generally, a higher epigenetic age is associated with an increased risk of age-related diseases.

7

YEARS Biological Safe

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

As part of the Ultimate Program, blood, stool, urine, and saliva are collected and processed into 70 samples of cryopreserved biomaterials, including viable immune cells (PBMCs), plasma, serum, red blood cells (RBCs), and genetic materials like circulating cell-free DNA (ccfDNA), messenger RNA (mRNA) 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 like having a backup of your immune system—storing younger, healthier immune cells for potential future therapies, including personalized immunotherapies and regenerative treatments. The full potential of biobanking depends on ongoing scientific advancements. Potential uses may include advances in regenerative medicine and biotechnology for personalized health strategies. Thus securing your biological materials today is a proactive step toward future medical possibilities tailored to you.

8

Healthspan Concierge On Demand 10h

Expert-led, research-backed guidance on healthspan, preventive medicine, and health innovations

Our on-demand expert guidance on healthspan, preventive health, and emerging medical advancements, with a 10-hour retainer. This service offers scientifically rigorous insights, helping you navigate the complexities of healthspan research, health trends, and advanced diagnostics. Whether you seek evidence-based recommendations, in-depth analysis of novel therapies, or data interpretation, our team ensures accurate, well-founded answers tailored to your needs.

For those exploring specific health conditions, Dr. Alex Ardelean delivers personalized, evidence-based insights to proactively manage your health, optimize interventions, and take decisions to support your performance, resilience, and overall well-being

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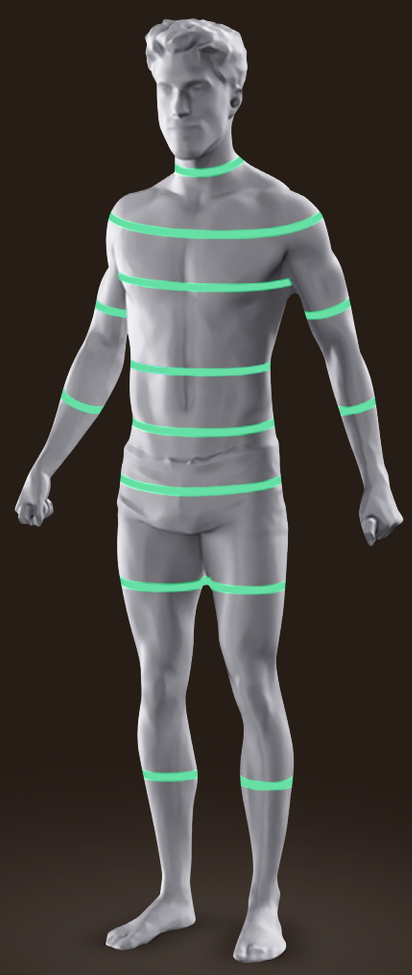
9

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 fitness, mobility, and strength. Led by performance coach Juri Schlüssel, it combines 3D body scanning, motion analysis, force measurement, and ergospirometry to deliver precise, data-driven insights.

Our 3D Bodyscanner provides an analysis of posture, body composition, and symmetry, while VALD Performance Diagnostics evaluates movement, muscle strength, and power. Ergospirometry measures aerobic capacity and metabolic efficiency, helping to fine-tune endurance and overall fitness. The assessment includes a baseline consultation, in-depth diagnostics, and personalized recommendations to create a targeted plan for performance improvement and injury prevention.



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10

Ongoing Monitoring

Your Journey throughout the Year

Your health is continuously supported through a thoughtfully structured, year-round approach. Together with your physician, we select the most relevant tools—such as CGM, sleep tracking, or blood pressure monitoring—based on your goals and needs. You will engage in regular check-ins, including remote and in-person sessions, where we review your data and adapt your care with precision. Monthly coaching in fitness, nutrition, and sleep provides ongoing support and goal-oriented refinement. This ongoing, curated process ensures your health strategy stays personal, responsive, and always one step ahead.

Walk through the YEARS Clinic

Watch video

Your Benefits with YEARS Ultimate®

- One-day in-clinic diagnostic + year-round insights
- 200+ biomarkers and 30+ assessments across 16 health domains
- Whole-body MRI, Liquid Biopsy, Medical Genomics, and more
- Expert-led check-ins, continuous data monitoring, and dynamic adjustments
- Personalized plans for fitness, nutrition, and healthspan
- Biological Safe: Cryopreserve 70+ biosamples for future therapies
- Exclusive access to our Healthspan Concierge and Research Platform
- Annual re-evaluation to shape your long-term health strategy

Precision Health
for a Longer Life

Our Most Advanced
Diagnostic Program

YEARS **Ultimate**®

YEARS Ultimate® combines high-tech diagnostics with continuous, concierge-level care — designed to detect risks earlier, personalize prevention, and help you live longer and healthier life.

Join YEARS Ultimate® →

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