

# A Complete Picture *of Your Biology.*

Most physicals tell you whether you're sick *today*.

We measure the biology that determines whether you will be sick in 10, 20, or 30 years — and build a physician-guided plan to change what's coming.

#### Physician-Led

Every visit, every tier

#### Board-Certified

Internal Medicine + Obesity Med.

#### Evidence-Based

Peer-reviewed protocols only

ABL LONGEVITY · ROUND ROCK, TEXAS

[abl longevity.com](http://abl longevity.com)

#### WHAT'S INSIDE THIS BROCHURE

##### Foundational Longevity Assessment — \$1,995

15 comprehensive measurements including GlycanAge baseline  
+ 6-month retest + physician report

##### Advanced Diagnostic Testing

10 precision imaging and biomarker add-on tests

##### Advanced Treatment Programs

8 physician-supervised therapies and interventions

Quarterly physician assessments + monthly telemedicine or  
**Silver Membership — \$227/month**  
office follow-ups, ABL Longevity Score + personalized  
recommendations

INCLUDED IN EVERY MEMBERSHIP

# Foundational Longevity Assessment

## 01 VO2 Max Testing

The single strongest predictor of all-cause mortality — stronger than smoking, diabetes, or hypertension. Each 1 MET increase in cardiorespiratory fitness reduces cardiovascular mortality by 13% and all-cause mortality by 15%. The cornerstone metric of biological age and longevity capacity.

## 02 Resting Metabolic Rate (RMR)

Determines exactly how many calories your body burns at rest, enabling precision nutrition and preventing adaptive thermogenesis that derails weight loss. Declining RMR is a hallmark of metabolic aging — measuring it allows us to intervene before body composition deteriorates.

## 03 Body Composition — InBody 570

Skeletal muscle mass is one of the most powerful predictors of longevity. Sarcopenia is associated with insulin resistance, frailty, cognitive decline, and early mortality. InBody 570's phase angle and intracellular water ratios detect cellular health changes years before standard BMI reveals anything.

## 04 Epigenetic Clock Testing — TruAge

Your epigenetic age is how old your biology actually is. The DunedinPACE clock measures your rate of biological aging — whether you are aging faster or slower than the calendar. The most actionable aging biomarker in existence, responsive to lifestyle and therapeutic intervention.

## 05 CircleDNA Genetic Analysis

Your genome is your blueprint for disease risk, drug metabolism, and nutritional needs. Key variants — ApoE4 for Alzheimer's risk, MTHFR for methylation, BRCA for cancer, and pharmacogenomic markers — allow us to personalize your longevity protocol before disease develops. One-time testing, lifetime utility.

## 06 Blood Pressure Analysis

Hypertension is the leading modifiable risk factor for stroke, heart attack, kidney failure, and dementia. Targeting systolic BP below 120 mmHg reduces cardiovascular events by 25% and mortality by 27% (SPRINT trial). Accurate measurement is non-negotiable in any longevity program.

## 07 Advanced Laboratory Panel

Standard labs find disease. Ours find risk — years before disease develops. Includes: advanced lipids (ApoB, Lp(a), LDL particle size), vitamins, sex hormones, thyroid (Free T3, Reverse T3, TPO), growth hormone (IGF-1), adrenal function (cortisol, DHEA-S), heavy metals, insulin sensitivity (fasting insulin, HOMA-IR), and inflammatory markers (hsCRP, homocysteine, fibrinogen).

## 08 CNS Vital Signs — Cognitive Testing

Cognitive decline begins 15–20 years before symptoms appear. CNS Vital Signs is a validated computerized battery measuring memory, processing speed, executive function, attention, and reaction time — normed by age and education. Your baseline today is your most important future reference point.

## 09 Electrocardiogram (EKG)

A resting 12-lead EKG detects silent arrhythmias, conduction abnormalities, prior unrecognized myocardial infarction, and left ventricular hypertrophy — all carrying significant mortality risk frequently missed in standard care.

## 10 Grip Strength Testing

A robust predictor of cardiovascular mortality, cognitive decline, and all-cause mortality. In a landmark study of 139,691 adults, each 5 kg decrease in grip strength was associated with a 17% increase in cardiovascular mortality. Simple to measure, profound in meaning.

## 11 Omega-3 Index (Red Blood Cell)

Measures EPA + DHA in red blood cell membranes. An index above 8% is associated with a 90% reduction in sudden cardiac death risk vs. below 4%. Low omega-3 status is linked to accelerated brain aging and cognitive decline.

## 12 Validated Screening Questionnaires

Structured, validated tools for cognitive dysfunction (MCI screening), gut microbiome health, mood disorders (PHQ-9, GAD-7), metabolic health, and sleep apnea risk (STOP-BANG). Ensures no high-yield domain is missed and enables longitudinal quality-of-life tracking.

## 13 MoCA Cognitive Screening

The Montreal Cognitive Assessment is the gold-standard clinician-administered cognitive screen, validated in over 10,000 peer-reviewed studies. Used alongside CNS Vital Signs for a comprehensive cognitive baseline.

## 14 Smart Technology Review

Wearable devices — WHOOP, Oura Ring, Apple Watch — generate continuous data no clinic visit can capture: HRV trends, sleep architecture, respiratory rate, activity load, and recovery. Reviewed at every physician visit to integrate real-world biology with clinical findings.

## 15 GlycanAge — Immune Aging Biomarker

GlycanAge is the only biological age test that measures chronic inflammation through IgG glycan analysis — the molecular record of your immune system's aging. In youth, anti-inflammatory glycans dominate; with aging and disease, pro-inflammatory glycans take over. This shift, known as inflammaging, is a root driver of cardiovascular disease, diabetes, cancer, and dementia. GlycanAge is retested at 6 months to objectively measure whether your longevity interventions are reversing your immune-inflammatory age. Testosterone therapy, lifestyle modification, and anti-inflammatory protocols have all demonstrated statistically significant GlycanAge improvement — making it a direct outcome measure for your personalized ABL protocol.

ADD-ON TESTING — À LA CARTE OR BUNDLED

# Advanced Diagnostic Testing

## Coronary Artery Calcium (CAC) Score

The most powerful predictor of future heart attack risk — stronger than any blood test. A score of zero confers a 15-year warranty against cardiovascular events. Every longevity patient over 40 should know theirs.

## CT Coronary Angiogram

Visualizes the anatomy of your coronary arteries — detecting obstructive plaque, stenosis, and high-risk plaque morphology. The next level of cardiovascular risk stratification after an elevated CAC score.

## Brain MRI + Cerebral Angiogram

Detects silent strokes, white matter disease, cerebral aneurysms, and early neurodegenerative changes — often years before symptoms. Especially valuable for patients with ApoE4 genotype or family history of neurological disease.

## Full-Body MRI (Chest / Abdomen / Pelvis)

Screens for solid organ tumors, lymphadenopathy, vascular anomalies, and incidental findings without radiation. Comprehensive soft tissue evaluation in a single session.

## Abdominal Ultrasound

Non-invasive screening for aortic aneurysm, gallbladder disease, liver steatosis, renal masses, and splenomegaly. Aortic aneurysm screening alone reduces aneurysm-related mortality by 42%.

### **DEXA Scan — Bone Density + Body Composition**

Gold standard for bone mineral density and osteoporosis risk stratification. Up to 20% of patients die within one year of a hip fracture. DEXA complements InBody 570 data with regional bone analysis.

### **WatchPAT — Home Sleep Apnea Study**

Obstructive sleep apnea affects 1 in 4 adults and is strongly linked to hypertension, atrial fibrillation, metabolic syndrome, and cognitive impairment. WatchPAT ONE is FDA-cleared with accuracy equivalent to in-lab polysomnography.

### **Liquid Biopsy — Solid Tumor Screening**

Cell-free DNA cancer screening detects circulating tumor DNA from multiple cancer types in a single blood draw — at earlier, more treatable stages than symptom-driven diagnosis.

### **Continuous Glucose Monitoring (CGM)**

A two-week wear reveals postprandial glucose excursions, nocturnal patterns, and glycemic variability that fasting glucose and HbA1c completely miss. The most actionable metabolic feedback tool available to any patient.

### **Neuropsychological Testing (Full Battery)**

When CNS Vital Signs identifies impairment, a full neuropsychological battery provides definitive characterization — distinguishing normal aging from MCI, ADHD, early dementia, or mood-related cognitive dysfunction.

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#### **ADD-ON TREATMENTS — PHYSICIAN-SUPERVISED**

## **Advanced Treatment Programs**

### **Dietary Consultation — Certified Dietitian**

Translates your RMR, body composition, labs, and CGM data into a precision nutrition strategy — protein adequacy for muscle preservation, carbohydrate tolerance, micronutrient gaps, and dietary pattern optimization for longevity.

### **GLP-1 Therapies — Weight Management**

Semaglutide, tirzepatide, and retatrutide reduce cardiovascular events by 20%, improve insulin sensitivity, lower inflammation, and may have direct neuroprotective effects. Physician-supervised, protocol-driven.

### **Hormone Optimization Therapy**

Restoring testosterone, estrogen, progesterone, and DHEA to optimal physiological ranges benefits body composition, cognition, cardiovascular health, and quality of life. One of the most evidence-supported longevity strategies available.

### **Men's Health — ED Treatment + Testosterone Optimization**

Erectile dysfunction carries a 60% higher cardiovascular risk — it's a vascular sentinel marker. Apex radiofrequency treatment addresses the structural component; testosterone pellet therapy restores the hormonal foundation.

### **Women's Health — Bioidentical Hormone Therapy**

Bioidentical hormone therapy at menopause addresses accelerated cardiovascular risk, bone loss, cognitive vulnerability, and metabolic shift. Supported by the Nurses' Health Study, WHI re-analysis, and the Timing Hypothesis.

### **Peptide Therapy**

Selected physician-supervised peptide protocols — growth hormone release, tissue repair, inflammation modulation, immune regulation, and metabolic optimization — for targeted biological improvement beyond what diet, exercise, and hormones alone achieve.

### **Supervised Fasting Protocols**

Physician-supervised 24-, 48-, and 72-hour fasting programs activate autophagy, suppress mTOR, improve insulin sensitivity, reduce inflammation, and improve epigenetic age. Available nowhere else in the Austin metro.

### **ABL Med Spa — Cosmetic Procedures (10% Off for All Longevity Members)**

Longevity members receive 10% off all ABL Med Spa cosmetic procedures — neurotoxins (Botox, Dysport), dermal fillers, laser skin resurfacing, RF microneedling, body contouring, IV aesthetic therapies, and medical-grade skincare.

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**ANNUAL MEMBERSHIP • \$227 / MONTH**

## **Silver Membership**

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Four quarterly physician visits. Monthly telemedicine or in-office follow-ups between assessments. One score that tracks how your biology is responding — all year long. Your Foundational Assessment becomes your Q1 baseline; Silver keeps the momentum going.

PROPRIETARY PROGRESS METRIC

# The ABL Longevity Score

0 —  
100

A composite score updated at every physician visit, combining eight biological domains into a single trajectory number. A rising score means your biology is responding. Watch it climb as your protocol takes effect.

<b>Cardiorespiratory Fitness</b> VO2 Max	<b>Cardiovascular Risk</b> ApoB · Lp(a) · Lipid Panel
<b>Vascular Health</b> Blood Pressure	<b>Metabolic Function</b> Fasting Insulin · HOMA-IR
<b>Inflammation</b> hsCRP · Homocysteine	<b>Body Composition</b> Muscle Mass · Phase Angle
<b>Biological Age</b> TruAge Epigenetic Clock	<b>Anabolic Reserve</b> IGF-1 · Sex Hormones

● Optimal 85–100	● Good 70–84	● Needs Attention 50–69	● Immediate Focus 0–49
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YOUR YEAR AT ABL LONGEVITY

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## Q1 Month 1

### Baseline Assessment

- Comprehensive physician intake visit
- VO2 max test (PNOE protocol)
- Resting metabolic rate (RMR)
- InBody 570 body composition scan
- Full advanced laboratory panel
- TruAge epigenetic clock — baseline
- ABL Longevity Score established
- Monthly telemedicine or in-office follow-up visits between assessments

★ Personalized physician recommendations + written longevity action plan

## Q2 Month 4

### Progress Check

- Physician follow-up visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Lipid panel + inflammation markers
- Sex hormone panel + IGF-1 (as clinically indicated)
- ABL Longevity Score updated
- Monthly telemedicine or in-office follow-up visits between assessments

★ Personalized physician recommendations + protocol refinement report

## Q3 Month 7

### Mid-Year Review

- Physician mid-year review visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Lipid panel + inflammation markers
- Sex hormone panel + IGF-1 (as clinically indicated)
- ABL Longevity Score updated
- Monthly telemedicine or in-office follow-up visits between assessments

★ Personalized physician recommendations + mid-year longevity report

## Q4 Month 9–10

TRUAGE RETEST

### Annual Review + TruAge Retest

- Physician annual review visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Lipid panel + inflammation markers
- Sex hormone panel + IGF-1 (as clinically indicated)
- TruAge epigenetic clock — 9-month retest
- ABL Longevity Score — full annual summary
- Monthly telemedicine or in-office follow-up visits between assessments

★ Personalized physician recommendations + year-in-review report + next-year strategy

#### TRUAGE EPIGENETIC RETEST — 9-MONTH PROTOCOL

Your epigenetic clock is retested at 9 months — the validated minimum interval for detecting meaningful biological age change. A declining DunedinPACE score means your biology is aging more slowly than at baseline. This is the most objective evidence your longevity program is working.

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ANNUAL MEMBERSHIP · \$449 / MONTH

## Gold Membership

Everything in Silver — elevated. Gold adds deeper biological age tracking, immune aging measurement, metabolic monitoring, sleep diagnostics, and bi-weekly physician access. For the patient who wants the most comprehensive ongoing longevity program available in the Austin metro.

**Gold Exclusive Diagnostics** — not available at any competitor in the Austin metro.

GlycanAge immune aging (baseline + 6-month retest) · Full TruDiagnostic panel (DunedinPACE + GrimAge) · Annual CGM wear · WatchPAT home sleep study · CNS Vital Signs annual cognitive retest · Personalized physician supplement protocol

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GOLD QUARTERLY ASSESSMENT SCHEDULE

## Q1 Month 1

### Gold Baseline Assessment

- Comprehensive physician intake visit
- VO2 max test (PNOE protocol)
- Resting metabolic rate (RMR)
- InBody 570 body composition scan
- Full semi-annual comprehensive laboratory panel
- TruDiagnostic full panel — DunedinPACE + GrimAge
- GlycanAge immune aging — baseline
- CGM — 2-week FreeStyle Libre 3 Plus setup
- WatchPAT ONE home sleep study
- ABL Longevity Score established
- Personalized supplement + nutraceutical protocol
- Bi-weekly telemedicine or in-office follow-ups

★ **Personalized physician recommendations + written longevity action plan**

## Q2 Month 4

### Progress Check

- Physician follow-up visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Lipid panel + inflammation + hormone panel
- IGF-1 (as clinically indicated)
- CNS Vital Signs cognitive retest
- Supplement protocol review + optimization
- ABL Longevity Score updated
- Bi-weekly telemedicine or in-office follow-ups

★ **Personalized physician recommendations + protocol refinement report**

## Q3 Month 7

### Mid-Year Review

- Physician mid-year review visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Full semi-annual comprehensive laboratory panel
- GlycanAge immune aging — 6-month retest
- Supplement protocol review + optimization
- ABL Longevity Score updated
- Bi-weekly telemedicine or in-office follow-ups

★ **Personalized physician recommendations + mid-year longevity report**

## Q4 Month 10-12

TRUAGE RETEST

### Annual Review + Full Retest

- Physician annual review visit
- VO2 max retest
- Resting metabolic rate (RMR) retest
- InBody 570 rescan
- Full comprehensive laboratory panel
- TruDiagnostic full panel — DunedinPACE + GrimAge annual retest
- GlycanAge annual retest
- CGM — annual 2-week wear
- ABL Longevity Score — full annual summary
- Bi-weekly telemedicine or in-office follow-ups

★ **Personalized physician recommendations + year-in-review report + next-year strategy**

#### GLYCANAGE — IMMUNE-INFLAMMATORY AGING (GOLD EXCLUSIVE)

GlycanAge is the only biological age test that measures chronic inflammation through IgG glycan analysis. Tested at baseline and retested at 6 months, it provides an objective measure of whether your longevity interventions are reversing your immune-inflammatory age. Testosterone therapy, lifestyle modification, and anti-inflammatory protocols have all demonstrated statistically significant GlycanAge improvement in peer-reviewed clinical trials.

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YOUR INVESTMENT

## Membership Pricing

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ONE-TIME ASSESSMENT

## Foundational Assessment

\$1,995

One-time · No membership  
required

- ✓ 15 comprehensive measurements
- ✓ GlycanAge baseline + 6-month retest
- ✓ TruAge epigenetic clock baseline
- ✓ VO2 max + RMR + InBody 570
- ✓ CNS Vital Signs cognitive test
- ✓ Advanced laboratory panel
- ✓ Personalized physician report
- ✓ ABL Longevity Score established

SILVER MEMBERSHIP

## Silver Membership

\$227

Per month · Annual commitment

- ✓ 4 quarterly physician assessments
- ✓ Monthly telemedicine or office visits
- ✓ Quarterly VO2 max + RMR + InBody 570
- ✓ Quarterly lipid + hormone + inflammation labs
- ✓ TruAge epigenetic retest at 9 months
- ✓ ABL Longevity Score — updated quarterly
- ✓ Personalized physician recommendations
- ✓ 10% off ABL Med Spa services

GOLD MEMBERSHIP

## Gold Membership

\$449

Per month · Annual commitment

- ✓ Everything in Silver, plus:
- ✓ Bi-weekly telemedicine or office visits
- ✓ GlycanAge annual + 6-month retest
- ✓ Full TruDiagnostic — DunedinPACE + GrimAge
- ✓ CGM — annual 2-week wear
- ✓ WatchPAT ONE annual sleep study
- ✓ Semi-annual comprehensive lab panel
- ✓ CNS Vital Signs annual cognitive retest
- ✓ Personalized supplement protocol
- ✓ Priority same-week scheduling
- ✓ 10% off ABL Med Spa services

**First Month Complimentary.** Patients who complete the Foundational Assessment and enroll in a Silver Membership within 30 days receive their first month at no charge.

HSA & FSA Eligible · No Insurance Required · Direct-Pay Practice · Board-Certified Internal Medicine + Obesity Medicine

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ABL Longevity · Round Rock, Texas · [ablongevity.com](http://ablongevity.com)