

Humansa
HEALTH. REIMAGINED

Future Health Program

Add Life to Years, Not Just Years to Life



Age is just a number

How to reverse your biological age?

Humansa Future Health Program takes a proactive stance by adopting a forward-looking and preventative approach towards health. By focusing on early detection and intervention, the program aims to identify indicators of the "Four Horsemen" diseases (heart disease, cancer, Alzheimer's, and metabolic diseases) at their onset. Through precise measuring and continuous monitoring, individuals receive science-backed recommendations to enhance their overall well-being and increase their healthspan.



**Physical
Function**



**Cardio-metabolic
Function**



**Cognitive
Function**



**Mental
Well-Being**



**Nutritional
Well-Being**

Encouraging positive lifestyle and behavioral changes is a cornerstone of Humansa's approach to longevity. By promoting healthy habits and wellness practices, the program aims to empower individuals to proactively manage their health and reduce the risk of developing chronic conditions. Our wellness coaches offer guidance on how individuals can sustain their health independently. By providing resources and support for self-care, the program equips participants with the knowledge and tools needed to make informed decisions and maintain a healthy lifestyle.

Starts from Lifespan to Healthspan Focus



Lifespan

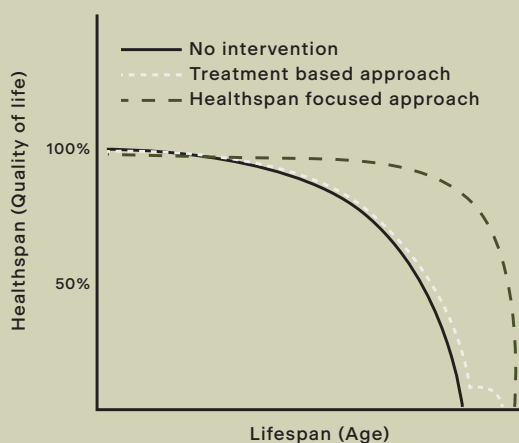
The total number of years an individual lives.



Healthspan

The period of a person's life during which they are generally healthy and free from severe or chronic disease.

When considering longevity, both lifespan and healthspan are important. A long lifespan with a short healthspan might mean many years of living with illness or disability. On the other hand, a shorter lifespan with a long healthspan would mean that the individual was healthy for most of their life.



Seek to "square" longevity curve by paying attention to healthspan as it does to lifespan, adding more years to life and life to years. Globally, average life expectancy increased by 20 years since 1960, but healthy lifespan not well extended: on average, a person lives ten more years in medium or poor health.

Humansa's approach to longevity is a comprehensive and proactive one, focusing on the assessment of key health areas that are directly linked to the **"Four Horsemen" diseases - heart disease, cancer, Alzheimer's, and metabolic diseases**. These diseases are the leading causes of death and have a significant impact on an individual's biological and metabolic age. The assessments are categorized into five main functions:

5 Main Functions of Assessments



Physical Function:

This involves assessing an individual's physical health, including cardiovascular health and the presence of any chronic diseases. The key screenings are Grip Fit, VO2 Max and Posture assessments are conducted to detect any signs of diseases at an early stage. Early detection and treatment can significantly improve survival rates and quality of life.



Cardio-metabolic Function:

Cardiometabolic health is a key focus area. Conditions like diabetes and metabolic syndrome can lead to a range of health problems, including heart disease and stroke. Blood testing for chronic inflammation, renal functions, liver functions and thyroid functions are used. In addition, DEXA are used to measure Visceral and subcutaneous fat measurement.



Cognitive Function:

Humansa assesses cognitive health to detect and manage conditions like Alzheimer's and Parkinson's disease. These conditions can significantly impact an individual's healthspan, affecting their ability to live independently. ARIA test are used to detect Alzheimer's disease risks.



Mental Well-being Function:

Measures of mental health and well-being, including sleep pattern, stress levels and happiness, are assessed. Mental well-being can significantly impact an individual's healthspan and lifespan.



Nutritional Well-being Function:

Nutritional assessments are conducted to ensure that individuals are receiving a balanced diet. Proper nutrition can help prevent a range of health problems and can contribute to a longer healthspan and lifespan.

By focusing on these key areas, Humansa aims to prevent or manage the "Four Horsemen" diseases, thereby potentially extending an individual's healthspan and lifespan. This approach aligns with the goal of not just adding years to life, but more importantly, life to years.

Future Health Program Assessment



Physical Function



KEY OBJECTIVES

- Posture analysis by Physiotherapist
- Measurement by Personal Trainer
- Aerobic fitness level measurement by Personal Trainer



ASSESSMENT

- ✓ Visbody - Postural Alignment
- ✓ Strength and Stability Assessment
- ✓ VO2 Max Test
- ✓ DEXA - Body Composition



Cardio-metabolic Function



KEY OBJECTIVES

- Blood testing for chronic inflammation, diabetes screening, renal functions, liver functions and thyroid functions
- Identify the biological age
- Visceral and subcutaneous fat measurement
- Detection of fatty liver
- Detection of abnormal blood pressure and heart rate
- Blood testing for risk factors for cardiovascular disease



ASSESSMENT

- ✓ Laboratory analysis
 - Complete Blood Count
 - Erythrocytes Sedimentation Rate
 - High Sensitivity C-reactive Protein
 - Uric Acid
 - Urea
 - Creatinine
 - Estimated Glomerular Filtration Rate
 - Sodium
 - Potassium
 - Calcium
 - Aspartate Transaminase
 - Alanine Transaminase
 - Alkaline Phosphatase
 - Total Bilirubin
 - Direct Bilirubin
 - Gamma GT
 - Total Protein
 - Albumin, Globulin & AG Ratio
 - T3
 - T4
 - TSH
 - Fasting Glucose
 - HbA1c
 - Insulin
 - Apolipoprotein B
 - Homocysteine
 - Lipoprotein (a)
 - Triglycerides
 - Cholesterol HDL
 - Cholesterol VLDL
 - Cholesterol Total
 - Cholesterol LDL Direct
- ✓ Biological Age
- ✓ Liver Ultrasound
- ✓ Blood Pressure & Heart Rate

Future Health Program Assessment



Cognitive Function



KEY OBJECTIVES

- Detection of Alzheimer's disease



ASSESSMENT

- ✓ RetinAD AI



Mental Well-Being



KEY OBJECTIVES

- Identifying sleep patterns, stress levels, and monitor for mental health issues



ASSESSMENT

- ✓ Questionnaire
- ✓ Discussion with Wellness Coach



Nutrition Well-Being



KEY OBJECTIVES

- Evaluation of Nutritional Status by Dietitian



ASSESSMENT

- ✓ Nutrition Assessment

Future Health Program Assessment

Optional Tests

Dependent on needs of individual, Humansa has other assessments that can be added on.

ASSESSMENT	KEY OBJECTIVES
1. Mineral and Heavy Metal Test	Identification of key mineral imbalances and heavy metal toxicity
2. Full Body MRI	Identification of malignancies, inflammation, and obstructive growths
3. Low-dose CT Lung Screening	Early detection of lung cancer
4. Endoscopy	Early detection of upper digestive system cancer (Recommended for clients over 45 years old)
5. Colonoscopy	Early detection of colorectal cancer (Recommended for clients over 45 years old)
6. Mammogram	Early detection of breast cancer (Recommended for women aged over 40 years old)
7. Electrocardiography	Detection of abnormal heart rate and rhythm
8. Coronary Angiogram	Visualise coronary arteries via X-Ray for detection of abnormalities
9. APOE Genotype Test	Detection of genetic risk factor for Alzheimer's disease
10. Other Biohacking Tests	Identify the following: <ul style="list-style-type: none">• Telomere Length Analysis Test• Senior Health Genetic Test• Inherited Cardiac Disease Genetic Screening• Sensitivity-PRO IgG Food Sensitivity Test• Nutrition-PRO Genetic Testing• Urinary Metabolic Profile• Sleep Balance Profile• Adrenal Stress Hormone Profile• Cortisol Salivary Test

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