

HEALTHblueprint Program? (HBP)



CENTUM Longevity

LIVE 100%

YOUR WELLNESS JOURNEY STARTS HERE

What is the HEALTHblueprint Program?

The HBP is a program that investigates aspects of your lifestyle, physical health, genetic makeup, and biomarker analysis.

HBP uncovers specific focus areas to serve as the cornerstone for your personalised wellness assessment, goals and journey optimal vitality and sustainable wellbeing.

Consider Fit4Life as the foundation for your next lifestyle upgrade.
HBP provides you with scientific data and workable, personalised and valuable insights to measure, monitor and mentor your health-span extension journey.

HEALTH BLUEPRINT





Step 1

Members receive a detailed Health, Nutrition, Stress, Sleep and Lifestyle Audit with a CENTUM Integrative Physician of choice.

This Lifestyle Audit serves as an evaluation tool that provides valuable insights into the member's true health status in order to facilitate preventive measures and a progressive wellness journey.



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Step 2

Member undergoes three tests

1. Blood test (complete blood count, full lipid profile, liver function panel, kidney function profile, electrolytes, iron profile, thyroid function panel, pancreas profile, cardiac profile, vitamin D 25 OH, vitamin B12, blood glucose).
2. DNA Test - Analyse your genetic and epi-genetic make up to determine the factors that impact your overall health.
3. Body composition analysis - in-depth composition analysis of your fat, muscle, bone and water mass.



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Step 3

Tests take between 7 to 21 days. During this interim period, members are given materials to read, quizzes to take and documentaries to watch to prepare and inspire them for their transformational journey.

CENTUM members may wish to access their allocated number of CENTUM wellness coaches (four in total over four weeks) before the DNA & functional blood test results are received.

After the tests are received, CENTUM Concierge books appointments for the allocated visits (two integrative health visits and four wellness coach sessions as applicable) six hours in total.



Step 4

The Integrative Physician carefully analyses the tests conducted on the member and examines the findings in detail. They consider various factors such as the individual's medical history, lifestyle choices, genetic predispositions, and current health concerns.

This comprehensive assessment allows the Integrative Physician to gain a holistic understanding of the individual's health and wellbeing.



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Based on the analysis and discussions, the Integrative Physician then develops a bespoke health plan using BioScienceIntelligence™.

This innovative approach incorporates advanced scientific knowledge and evidence-based practices to optimise the individual's wellbeing. The health plan is tailored to the specific needs and goals of the member, taking into account their unique biochemistry, lifestyle, and preferences.



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Step 5

One week after your session with the Integrative Physician, you will have a session with a CENTUM Wellness Coach to further explore and discuss the best ways to implement the wellbeing strategy that was discussed during your previous appointment.

The Wellness Coach will help you create a detailed plan that breaks down the wellbeing strategy into manageable steps. They can assist in setting realistic goals and milestones, as well as providing accountability and motivation throughout your journey.



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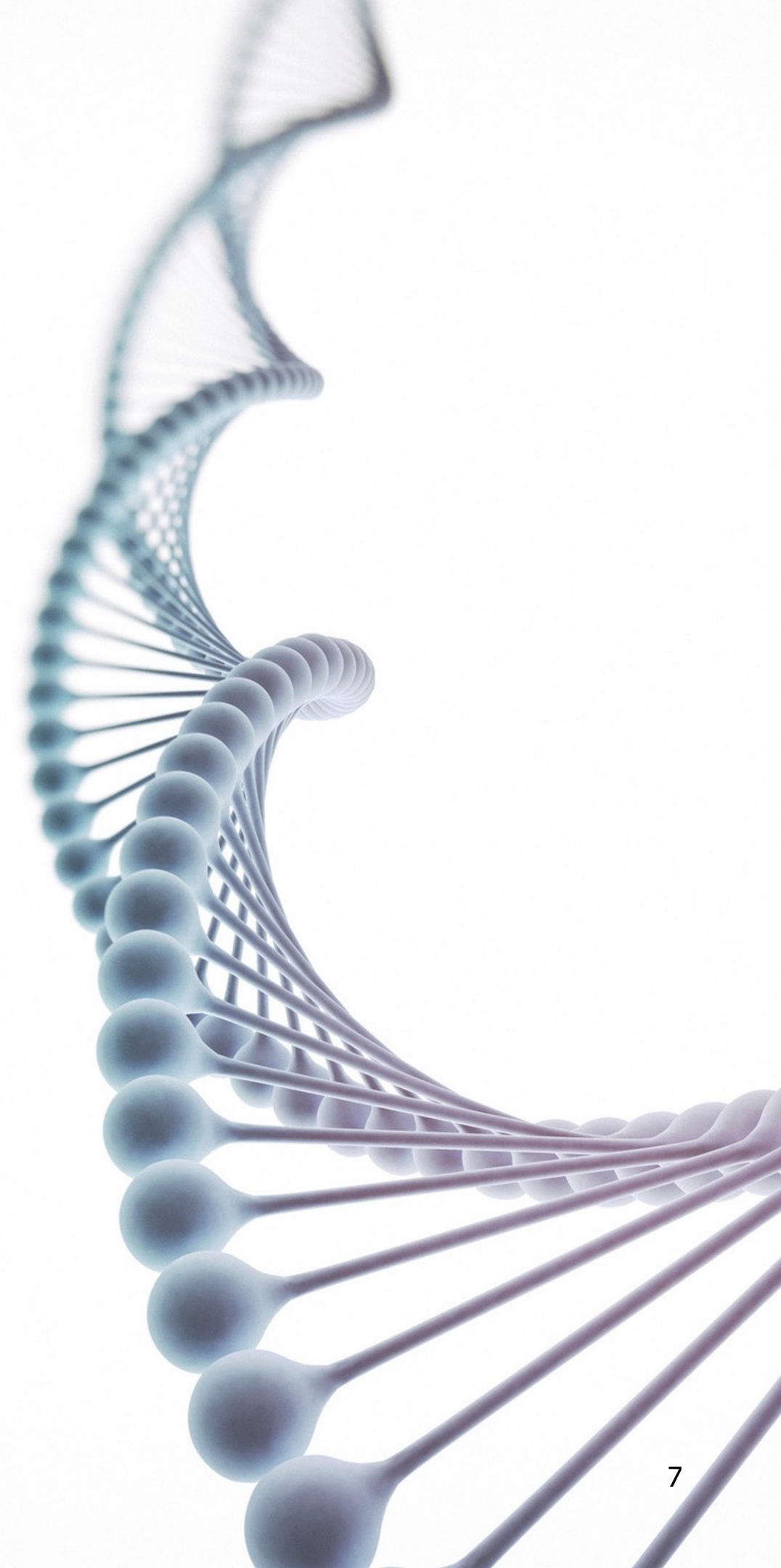
Step 6

After four weeks from the initial wellness coach session, you will have a second session with your chosen CENTUM wellness coach. This session aims to evaluate whether you have been actively implementing the required actions outlined in your wellness strategy.

BioScienceIntelligence™

By integrating holistic, functional health principles with a scientifically supported approach to vitality and longevity, CENTUM strives to expedite your wellness objectives through a synergistic and multifaceted method tailored to your individual wellbeing.

Employing state-of-the-art intelligence to illuminate the maze of health-related uncertainties, CENTUM aims to provide clear guidance and understanding.



Health BluePrint

Health
Audit



DNA
Test



Blood
Test



Body Composition
Test



Functional Lifestyle
Audit



Wellness
Session 1



Wellness
Session 2



Wellness
Session 3



Wellness
Session 4



Wellness
Session 5



Wellness
Session 6



BLUEPRINT YOUR BEST LIFE

HEALTHblueprint UAE

We understand that investing in your wellness is a significant decision, which is why we offer a flexible pricing structure for our transformative program.

Choose the payment option that best suits your needs and embark on a journey of personal growth and well-being. Our program is priced at AED 6,750, and we offer the following payment options:

Full Payment

- Pay the program fee of AED 6750 upfront and enjoy the complete experience from the start.

Installment Plan (three installments)

- Initial payment of AED 2750
- Two subsequent payments of AED 2000 each, spaced one month apart

Additional sessions with wellness coaches are available at an additional cost of AED 400.



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For More Information please

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