

Fit4Life Program



CENTUM Longevity

LIVE 100%

YOUR WELLNESS JOURNEY STARTS HERE

What is the Fit4Life Program?

The Fit4Life is a program that investigates aspects of your lifestyle, physical health, genetic makeup, and biomarker analysis.

Fit4Life 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.

Fit4Life provides you with scientific data and workable, personalised and valuable insights to measure, monitor and mentor your health-span extension journey.

Fit4Life





Fit4Life Program

Your tailored program includes:

- Eight sessions with CENTUM wellness coaches of your choice.
- Eight sessions at UCRYO Health Spa.
(Recommended BioScienceIntelligence™ technologies and sessions to be provided and booked once test results are received).
- Two massages based on your physical needs.



Step 1

Member's 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 - blood drawing at home

1. **Blood Test** Includes: (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) and specified tests for menopause, pre-menopause, male vitality, athletic recovery, and stress management.
2. **DNA Test** Analyse your genetic and epigenetic makeup to determine the factors that impact your overall health.
3. **Body Composition** An 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 (ten in total over 12 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 eight wellness coach sessions as applicable) ten 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.



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.



Step 6

After 11 weeks from the initial wellness coaching session, you will have a second closing session with your chosen CENTUM wellness expert (either physician or wellness coach, as preferred)

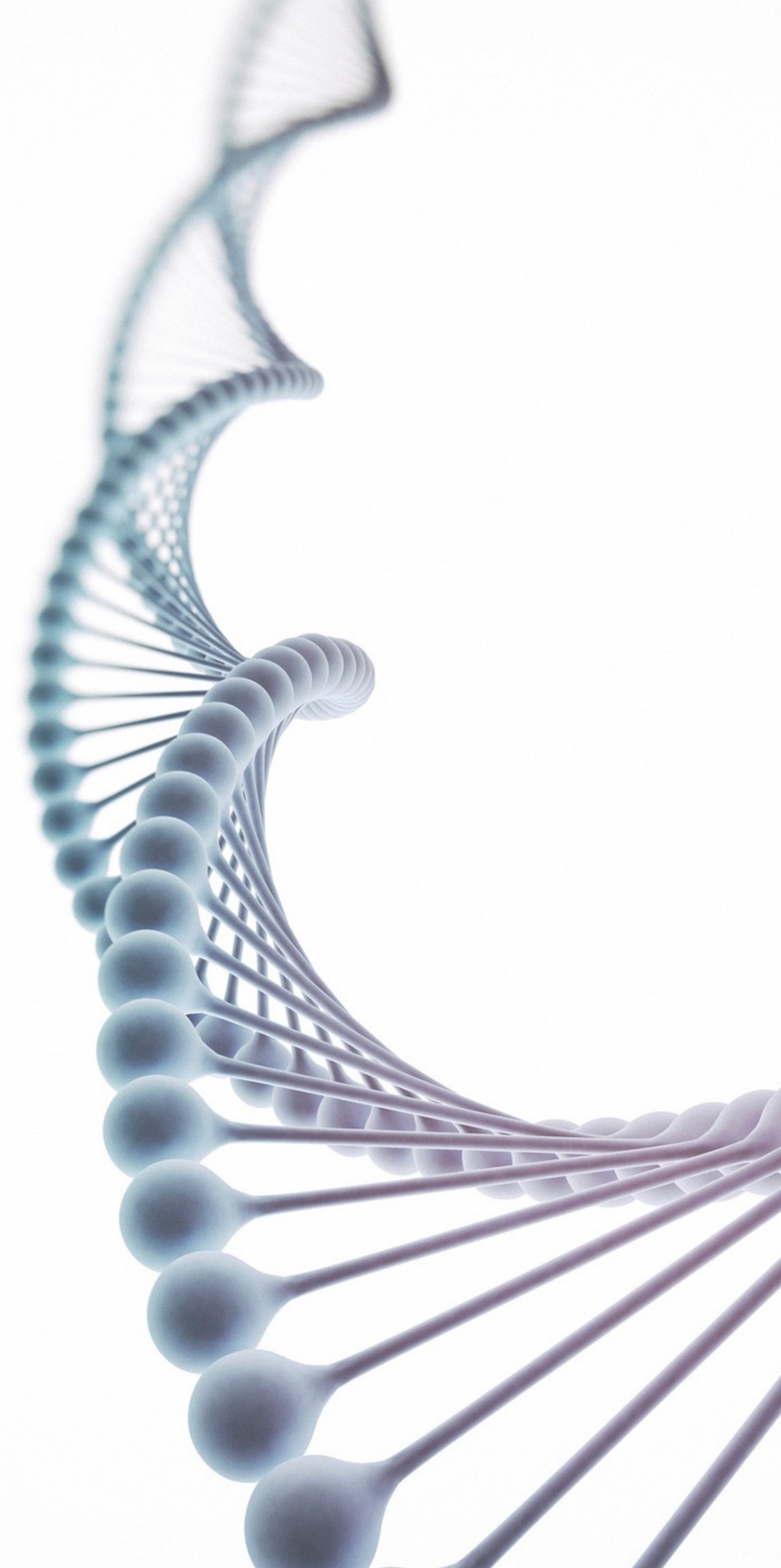
This final session evaluates whether you have been compliant, actively implementing the required actions outlined in your step-by-step wellness strategy.

At this time, fresh objectives and future intention setting can take place, as well as signing up for a monthly dialogue session and info about Daycations, Staycations and Retreats.

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.



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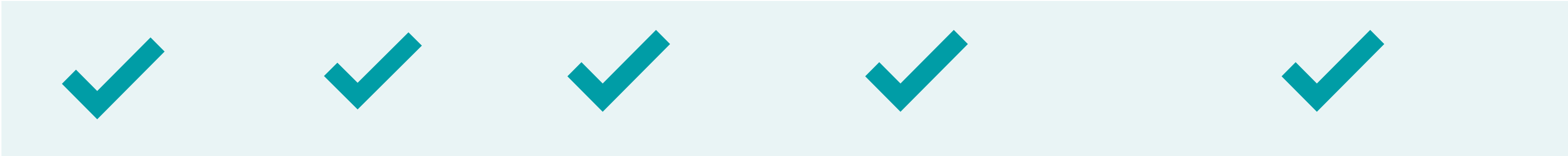
Health Audit

DNA Test

Specialised 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

Wellness Session 7

Wellness Session 8

Wellness Session 9

Wellness Session 10



BLUEPRINT YOUR BEST LIFE

Fit4Life 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 10,250** and we offer the following payment options:

Full Payment

- Pay the program fee of **AED 10,250** upfront and enjoy the complete experience from the start.

Installment Plan (three installments)

- Initial payment of **AED 5,125**
- Two subsequent payments of **AED 2,563** each spaced one month apart

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



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