

Start, Build, and Scale Your Longevity Clinic

5 Steps to Launch Precision Preventive Care

Launch a longevity offering in
~30 days with our end-to-end guide

intake → plan → report

(timeline varies by clinic)

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What you'll learn

If you have ever felt like you are juggling way too many tools just to run a clinic, you are not alone. Many people end up piecing tools together and hope it works.

So here is what this is about.

You get a simple, five step way to build or grow your clinic without drowning in tech. It shows you what tests to offer, what data to use, how to set up your workflow, and even which partners make life easier.

Then you get to see what it feels like when everything lives in one place. Intake turns into insights. Insights turn into a clear plan. Your patient sees everything in a clean app. You stay in control and nothing falls through the cracks. You'll breath a sigh of relief seeing it all come together.

No guessing. No chaos.



Member Onboarding

Set up your clinic's onboarding flow by defining the steps required for members to complete their profile.



Access Settings

Control which features are available to different users across the dashboard and app.



Branding

Customize your clinic's visual identity across the platform.



Units & Ranges

Customize how measurement units are displayed across the platform.



Dr. Grant Meek | Medical Director | WELL Longevity Centres

"Longevity AI is such a valuable part of my workflow. Florence helps me cut through data overload and surface what actually matters, so I can spend less time preparing and more time connecting with my patients."

[Book your intro call](#)

Step 1. The Care Model.

A clear, accurate health foundation is the backbone of effective care.

Without reliable biomarkers and organized information, even the best protocols can fall short.

When testing is incomplete, results are outdated, or data is scattered across systems, you lose the full picture of a patient's health.

That makes it harder to:

- Give precise recommendations
- Show measurable outcomes to patients (and payers)
- Track progress over time

A strong baseline fixes this.



Brain Health
Age - 30



Heart Health
Age - 31



Immune Health
Age - 30



Metabolic Health
Age - 32

When your assessments are complete and up to date:

- Core biomarkers, advanced testing, and lifestyle data come together in a single, unified view of health
- Risks are easier to spot, interventions easier to tailor, and progress easier to track
- Follow-ups become more focused, and clinical decisions are based on evidence, not assumptions

Addressing these areas now saves time later and strengthens long term outcomes, making it easier to track progress, refine interventions, and show clear results.

Don't let incomplete information limit the care you provide - build a strong biomarker foundation and set your patients up for lasting success.

Use this checklist to set up your clinical model

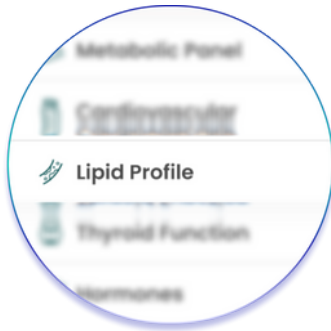
- ✓ Who are you serving? How often do you want to see them?
- ✓ Create protocol templates (nutrition, sleep, activity, meds/supplements as appropriate)
- ✓ Decide visit types: in-person vs virtual, Lab timing, Coach/RN/ MA touch points

Why it matters: A clear model makes your clinic easier to run and easier for clients to follow.

Step 2. Biomarkers Optimization.

Start Simple – Scale Smart

Your biomarker model sets cost, complexity, and how fast you can act on risk. Start with a core panel; know how to grow into a full longevity stack.



Baseline

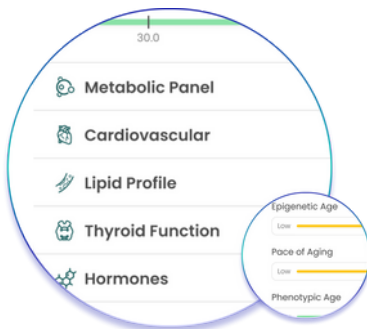
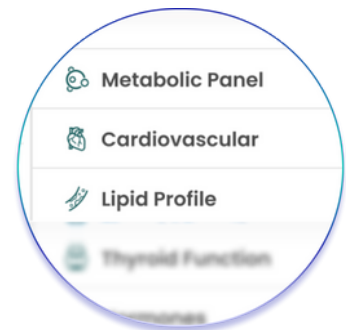
Primary care essentials. Low cost. Standard labs. Easy to order anywhere.

Core blood work: CBC, CMP, lipid panel, fasting glucose, HbA1c, hs CRP, TSH.
Vitals and intake: Systolic blood pressure, BMI, waist, blood pressure medication status, smoking status, diabetes status, physical activity, simple lifestyle questions.

Advanced

Expanded testing. Moderate cost. Often used in concierge clinics.

Advanced cardiometabolic markers: apoB, Lp(a), fasting insulin.
Hormonal profile, nutrients and micronutrients
Kidney and metabolic risk: cystatin C, urine ACR, deeper metabolic panel.
Imaging and structure: total body MRI, total body CT, coronary calcium scoring.
Cognitive and mental health: expanded dementia scoring, cognitive screening tests.



Longevity

Boutique longevity medicine. Highest cost. Full biological age, genetic, and system level panels.

Biological age / pace-of-aging measures (algorithm-based)
Lab stacks: metabolic aging signatures, advanced molecular testing, deep nutrient signatures, epigenetics and cellular health, genetics and pharmacogenetics
Deeper specialty labs and imaging when clinically indicated
Long-term follow-up and a "book about you".

Use this checklist to optimize your biomarkers and packages

- ✓ What goes into your core lab panel? (which add-ons feel worth offering)
- ✓ Define units, ranges, and flags conventions.
- ✓ Set upgrade criteria from Baseline → Advanced → Longevity
- ✓ Confirm data flows into your platform for trending and reporting

Why it matters: A clear upgrade path keeps your testing organized, your workflow simple, and your entire clinical model easy to manage.

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Step 3. **Operation System.** ✨

Intake → Insights → Plan → Report

Standardize the visit so every patient gets the same high-quality experience, and every clinician can work faster with better context.

The 5-stage journey

- Intake Medical history, goals, consent, questionnaires, Biomarkers.
- Insights Bio-ages and risk calculation, flagged biomarkers with reference ranges; trend lines and explainers.
- Plan A clinician-approved protocol covering (activity, nutrition, sleep, mindfulness, supplements etc.).
- Report A “Book about You”: Patient-friendly summary with “what changed” highlights; export to EMR, PDF and Application.
- Follow-up Adherence checks, message templates, threshold-based alerts, protocol tweaks

Rebecca's visit



Intake reveals poor sleep and elevated LDL. Insights flag metabolic risk and an increasing heart age trend.

Plan

Sleep hygiene + fiber target; discuss statin per protocol

Report

Checklist with next steps

Follow-up

6-week review

Use this checklist to set up your operation system

- ✓ Standardize how you collect medical history, consent, and biomarkers
- ✓ Set rules for risk calculation and bio age interpretation
- ✓ Finalize your “Book about You” layout and highlights
- ✓ Define timing for follow up reviews such as six week and quarterly visits

Why it matters: It ensures every patient gets a consistent high quality experience while making your clinical workflow faster, clearer, and easier to manage.

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Step 4. **Care Network.**

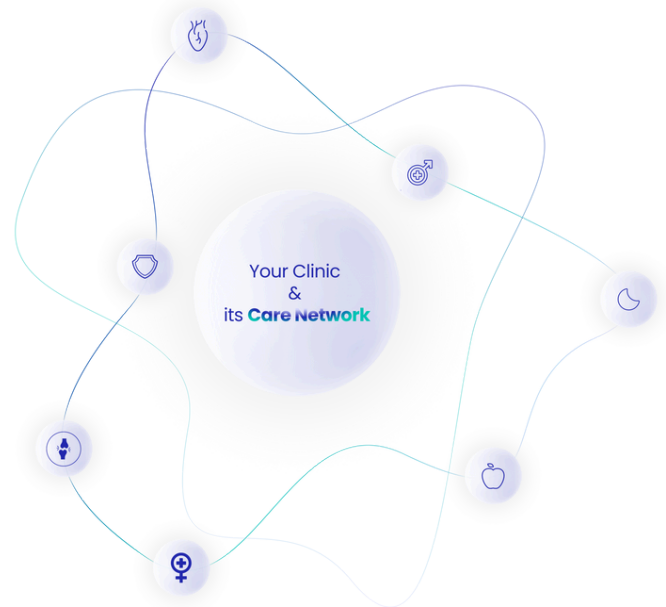
Build a Trusted Network | In-House & Referred

Extend your scope and quality by partnering with specialists, labs, and vendors, without losing continuity. Standardize who you work with, when you refer, and how data flows back.

Your Care Network

Referral Protocol

- 🔵 **Indication:**
criteria met (e.g., ApoB > X, A1C > Y)
- 🔵 **Order & Consent:**
referral order + signed consent (data sharing)
- 🔵 **Handoff:**
secure message + context packet (summary, key labs)
- 🔵 **Data Return:**
result files/notes back to clinic; auto-ingest to chart
- 🔵 **Follow-up:**
clinician review → plan update → patient comms



Cardiology • Endocrinology • Sleep • Nutrition • Mental Health • Imaging • PT/Ortho • Women's/Men's Health • Specialty Labs

Partner	Services	SLA (days)	Data Format	Contact	Notes
Name	e.g., Sleep study	e.g., 5 days	e.g., PDF + HL7/FHIR	Email/Phone	Exceptions/Escalation

Use this checklist to set up your care network

- ✓ Approve preferred partners; capture SLA & escalation path
- ✓ Sign BAA (if applicable) and confirm secure data transfer
- ✓ Map data return to your OS (auto-file to patient, flag for review)
- ✓ Track referral completion rate and time to result

Why it matters: It ensures every patient gets a consistent high quality experience while making your clinical workflow faster, clearer, and easier to manage.

Step 5. **Growth Engine.**

Package Outcomes, Not Features

Sell the result (better healthspan, clarity, continuity), not the plumbing.

Standardize offers, measure outcomes, and create an always-on loop of:

Acquire → convert → retain → expand

Baseline

- Quarterly clinician visit + core labs panel
- Human View report (PDF + portal)
- Email check-ins between visits
- Good for: new clinics or prevention-focused patients

Advanced

- Monthly coach + expanded biomarkers
- Device integration (sleep/activity/HRV)
- Protocol updates between visits
- Good for: higher-touch, higher-risk patients

Longevity

- Clinician-led protocols (incl. advanced biomarkers)
- Priority access proactive outreach
- Outcomes review each quarter + concierge coordination
- Good for: longevity focused members and executives

Use this checklist to set up your growth funnel

- ✓ Acquire: Clarify 3 tiers and streamline lead → consult flow.
- ✓ Convert: Use a standard consult and decision guide to place tiers.
- ✓ Retain: Follow tier cadence, track outcomes, and reach out proactively.
- ✓ Expand: Spot upgrade opportunities and use outcomes to drive referrals.

Why it matters: It creates a predictable system that brings in new patients, converts them into members, keeps them engaged, and grows lifetime value with measurable outcomes.

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Outcomes Score Card

Metric	Q1	Q2	Q3	Q4
ApoB ↓ (mg/dL)				
A1c change (pp)				
BP control (% at goal)				
Visit adherence (%)				
Portal logins / mo				
Protocol completion (%)				
Time-to-insight (hrs from data ingest → report)				
Report turnaround (hrs)				
Referral completion (%)				
AR / patient / qtr				
Churn (%)				
Referral rate (% new from referrals)				

Tip: show trend arrows ▲▼ vs last quarter. Keep labels short; one line each.

Ready to take your
clinic to the next level?

[Book your intro call](#)

Completing this checklist is the first step to
optimizing your clinic.

At Longevity AI, we specialize in transforming
clinics into a growth engine.

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No Compromising

Because Longevity AI is **unified**
you get the best of both worlds

You don't chose between...	You get...
Broad data coverage and clarity	One story per patient (Human View + trends)
Speed and trust	Explainable flags with reference ranges
Standardization and flexibility	Templates with clinician override
Patient experience and clinician tools	Friendly reports + plan builder
Security and convenience	SSO/MFA, roles, audit logs-built-in
DIY exports and locked portals	PDF + EHR-friendly exports
Quick start and long-term roadmap	4-week go-live + upgrade tiers



Longevity AI is the leading partner for
proactive care transformation

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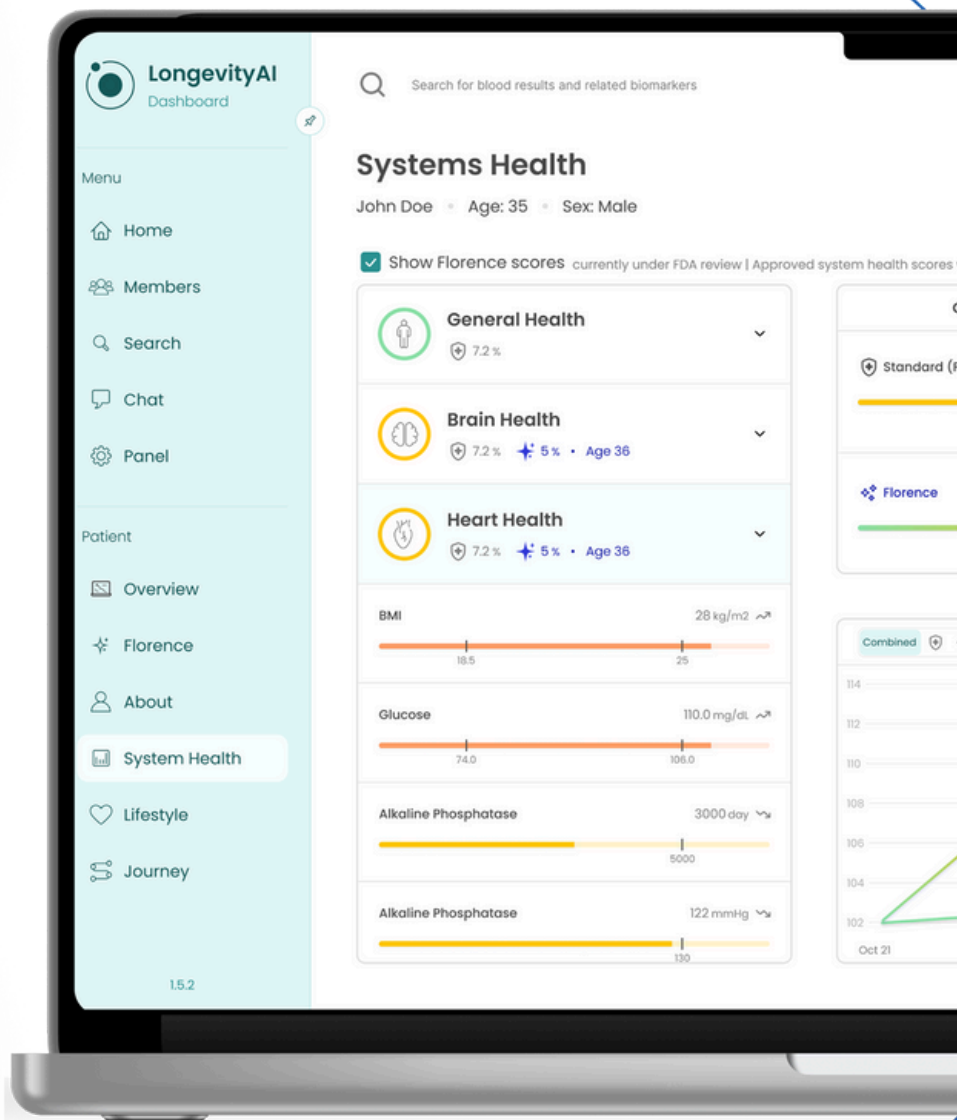
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Why book?

Personalized
insights for your
patient
population

Proactive,
explainable care
plans (not black-
box scores)

A fast path to
measurable
outcomes



Dr. Grant Meek | Medical Director | WELL Longevity Centres

"Longevity AI helps me spend less time juggling lab results and more time truly connecting with my patients. It makes my work enjoyable again. We're no longer waiting for symptoms, we're preventing disease before it starts. This is the next frontier of medicine."

[Book your intro call](#)

Unlock your full
capabilities with



Longevity AI

Start today!