



LONGEVITY[®]

Protect your peak performers
Preserve your strategic edge
Retain your client anchors



Your most valuable people are your company's intellectual capital, client anchors and your strategic advantage.

Cognitive drag, metabolic instability and hormonal decline in this cohort isn't a wellbeing issue it's a high value risk to revenue, reputation and client continuity.

Longevity delivers a discreet, medically led, science driven program that measurably improves vitality, clarity and performance in Partners, Principles and C-Suite leaders.



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Why it matters

In cognitively demanding professions, mastery takes time. Value lies in applied judgement, strategic insight, and influence – capabilities that develop over decades.

Mastery reflects:

- + Refined pattern recognition
- + Decisive action in the face of complexity
- + Political and interpersonal fluency
- + Strategic communication and leadership presence
- + Deep trust from clients and peers

This is crystallised intelligence – knowing how to apply knowledge, not just hold it.

These qualities typically peak between 50 and 60. At this stage elite professionals operate with fluid judgement, hold reputational capital, and drive the most sensitive client work.

These individuals are the firm's greatest asset and the most difficult to replace.

Protecting their capacity isn't a luxury. It's a strategic imperative.



In cognitively demanding professions, mastery takes time.



As mastery peaks biology is already in decline.

- Mitochondrial slowdown – reduced stamina in critical high intensity timelines; diminished travel resilience; slower recovery after red-eye cycles.
- Hormonal transition (men & women) – executive presence blunted; indecision under load; fatigue that erodes client origination and revenue generation.
- Inflammation & vascular drift – more acute sick days; cognitive errors at critical junctures; accumulation of cardiometabolic risk leading to more chronic or significant event sick days.
- Sleep/circadian disruption – memory, focus and mood variance that compounds across client work and leadership.

Left unaddressed this gap impacts on business.

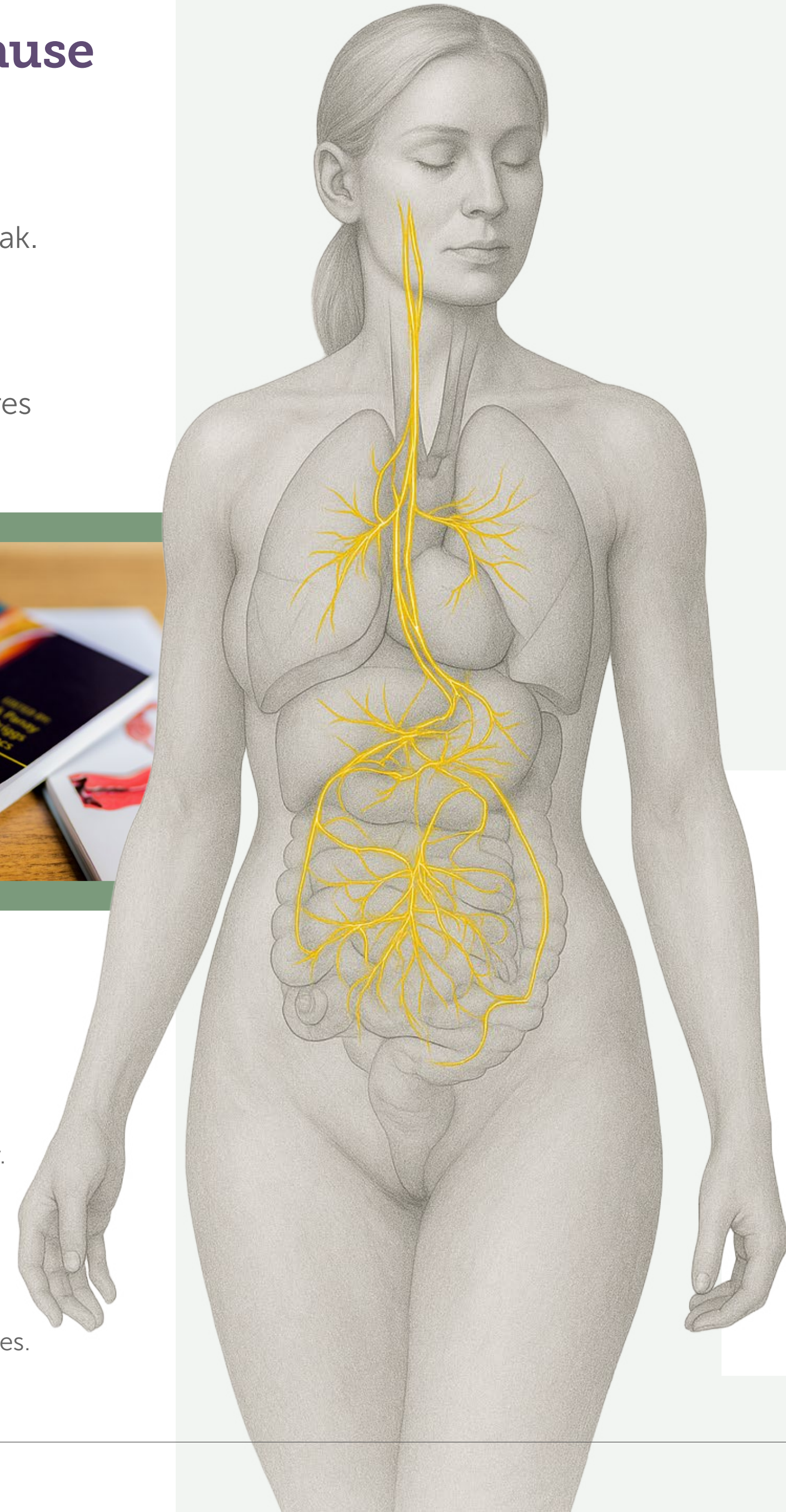
Women's Leadership & Menopause - a decisive retention lever

For senior women, menopause collides with career peak. The result is an avoidable attrition of hard-won female leadership capital. We run a discreet, science-based programme that stabilises energy, cognition and sleep; addresses vasomotor and mood symptoms; and restores resilience – without fanfare, without disruption.



Keeping your senior women at their best.

- + Protects key client relationships and succession continuity.
- + Demonstrates seriousness about gender equity at the top.
- + Converts a reputational liability into a competitive advantage: your senior women stay at their best.
- + Supports compliance with Equality Act 2010 and H&S duties.



How we age

The latest science reveals that ageing doesn't progress in a smooth, linear fashion.

Instead, it accelerates at three key inflection points in adult life – moments when biological change intensifies across multiple systems.

These inflection points are identifiable in bio-markers and reflect coordinated, system-wide changes driving the ageing process.

Targeted interventions at these inflections allows us to reshape the trajectory of ageing.

Metabolic Flicker™ ~34

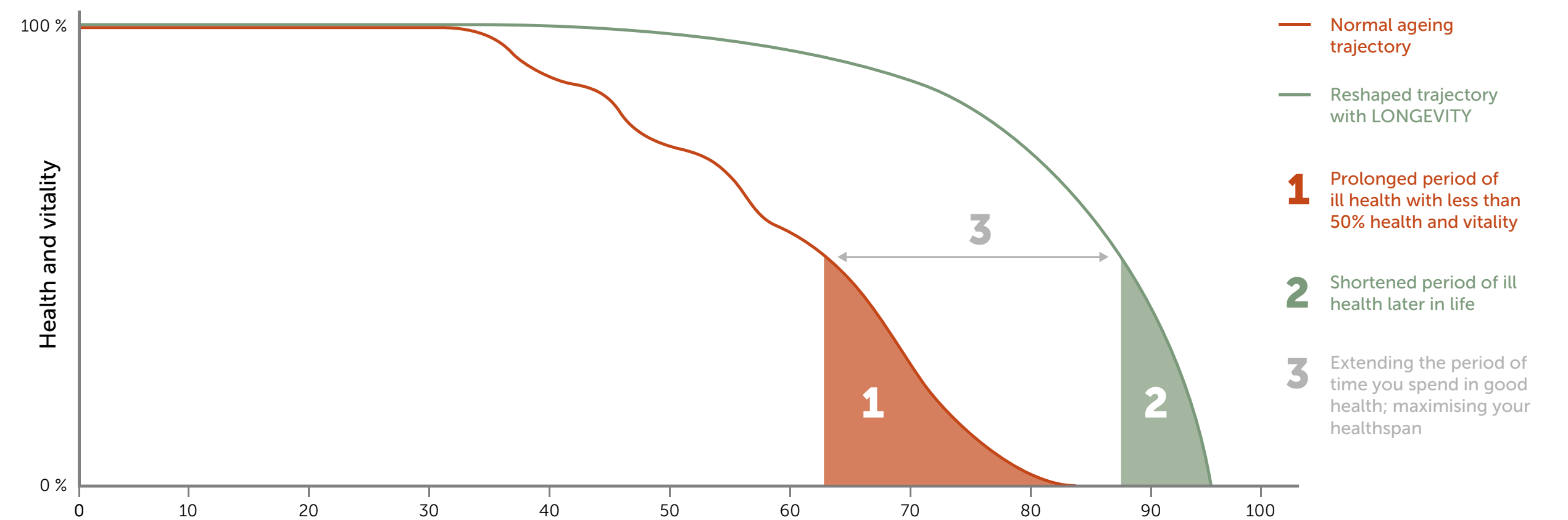
- + Early mitochondrial slowdown
- + Oxidative stress
- + Insulin resistance
- + Stem cell quality
- + First epigenetic changes detected

Metabolic Drift™ ~44

- + Mitochondrial function
- + Inflammatory dysregulation
- + Visceral fat deposition
- + Stem cell senescence
- + Cardiometabolic drift
- + Hormonal disruption
- + Decreased cognitive stamina

Regenerative Drop-off™ ~60

- + Immunosenescence
- + Widespread mitochondrial decline
- + Neurovascular decline
- + Sarcopenia
- + Stem cell exhaustion
- + Hostile stem cell niches





What we do

We deliver a structured, medically-led two year Rejuvenation and Resilience programme that delivers biological resilience in high-performance professionals from mid-forties onwards.

Using the principles of 4P Medicine – Precise, Personalised, Predictive and Preventative – we:

- + Map biological age and hidden decline via advanced diagnostics and real-time physiological data via a wearable Whoop band or Oura ring included with our programme.
- + Design tailored interventions for hormonal, metabolic, vascular and cognitive optimisation.
- + Deploy expert-led strategies for sleep, nutrition, movement and recovery.
- + Track responses and course correct as needed in a high contact, high continuity framework.

We correct the key ageing inflections, extending healthspan and reshaping your ageing trajectory.



Reshaping the trajectory of ageing.

Rejuvenation Programme Timeline Year 1

Online consultations with corporate priority for consultations outside of core business hours to minimise disruption. Extensive coverage for diagnostic work through approved partners.

MONTH 1

Kick Start Consultation

Medical consultation; extensive biomarkers tested; nutrigenomic and lifestyle DNA profiling; biological age tested; virtual musculoskeletal assessment. Sleep chronotyping and Neurocognitive baseline. Wearable physiological tracker issued.

MONTH 2

The Longevity Plan

Gut health review; nutrition review; strength trainer review. Deep dive medical consultation with highly personalised longevity plan covering metabolic, cardiovascular, hormonal, cognitive and lifestyle domains. Personalised supplement plan and therapeutics plan.

MONTH 6

Deep Follow Up

Medical consultation, retest of all biomarkers and reassess biological age. Neurocognition reassessment. Trend analysis. Adjustments to Plan as needed.



Additional concierge level services available including cancer risk assessment, detailed cardiac risk assessment and specialist gut health evaluation.

We also offer advanced therapeutics on request via our European clinic.

MONTH 12

Longevity Review

Comprehensive medical consultation. Full biomarker reassessment and biological age recalculated. Neurocognitive reassessment. Progress from baseline reviewed. Trend analysis across biological, functional and behavioural domains.

MONTH 9

Review and Refine

Gut health review; nutrition review; strength trainer review. Medical consultation reviewing progress. Further adjustments to plan as needed.



*Control Ageing.
Keep your advantage.*

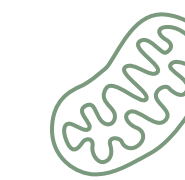
Objectives



Reduce biological age by 5–8 years*



Restore vitality, focus and energy



Stabilise hormonal and metabolic function



Lay foundation for disease risk reduction

*Average outcome over 12 months with full adherence; individual results vary.

Resilience Programme Timeline Year 2

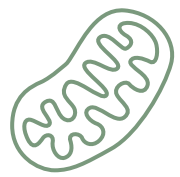
Objectives



Lock in biological age reversal



Maintain high-functioning healthspan



Reinforce resilient metabolic, vascular and neurocognitive systems



What Leaders experience

Minimal disruption, maximum effect. Consultations are focused and scheduled around the diary that generates the revenue.

Bespoke outputs tailored to biomarkers and personal goals

Relentless practicality. We design for business dinners, flights and deadlines – not for perfect weeks.

Discretion. No employer health data. No internal broadcasting. Results the individual can feel and the company notices.

*Control Ageing.
Keep your advantage.*



Reduced Biological Age

Clarity from data – blood biomarkers, physiological tracking and selected specialty tests define your baseline and trajectory.

Credibility from fundamental science – We are medically led, with expert scientific support across multiple domains.

Continuity from a team you can trust.

Meet the Team Founders



Dr Lucy Scriven

MBChB MRCP DFSA, GPwER Derm, MCPC, MBMS

Co Founder | Managing Director

A medical doctor with over 25 years NHS experience in general practice, women's health and dermatology. Lucy co-founded LONGEVITY to deliver the kind of proactive, personalised medicine she knows makes the greatest difference to individuals – protecting health before problems arise.

As an accredited specialist in primary-care dermatology and advanced menopause care she brings expertise in the physical, hormonal and emotional factors that shape women's health.

With over 40 years of lived experience of Type 1 diabetes, Lucy's approach is informed by her first-hand insight into the value of prevention and precise self-care. She is committed to helping people maintain vitality, confidence and control of their health through all stages of life.



Dr Peter Scriven

MBChB MRCS MPhil FRCGP

Co Founder | Scientific Director

A medical doctor with over 25 years NHS experience in academic surgical oncology and general practice. Peter co-founded LONGEVITY to deliver the precise, personalised and preventative medicine he is passionate about – helping people to perform at their best for as long as possible.

With a research background in proteomics and cellular stress pathways Peter brings scientific insight to the biology of ageing, integrating advanced diagnostics and global evidence to provide care rarely found in routine medicine. His interests include mitochondrial health, metabolic performance and highly specialised therapeutics, with an emphasis on helping patients maximise their healthspan and maintain energy, clarity and resilience throughout life.

Alongside his work at LONGEVITY he is Head of Screening at Proteotype Diagnostics, developing next-generation multi-cancer detection.

Meet the Team Domain Leads

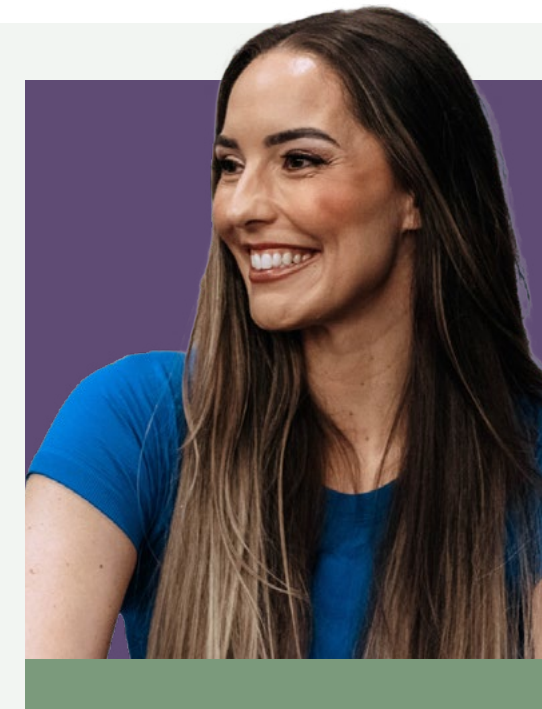


Clemence Cleave

MSc, RNutr

Nutritional Lead

Award-winning nutritionist focused on inflammation control, metabolic health and cellular repair through personalised, longevity-aligned nutrition strategies.



Dr Ashley Gluchowski

PhD

Strength Training Lead

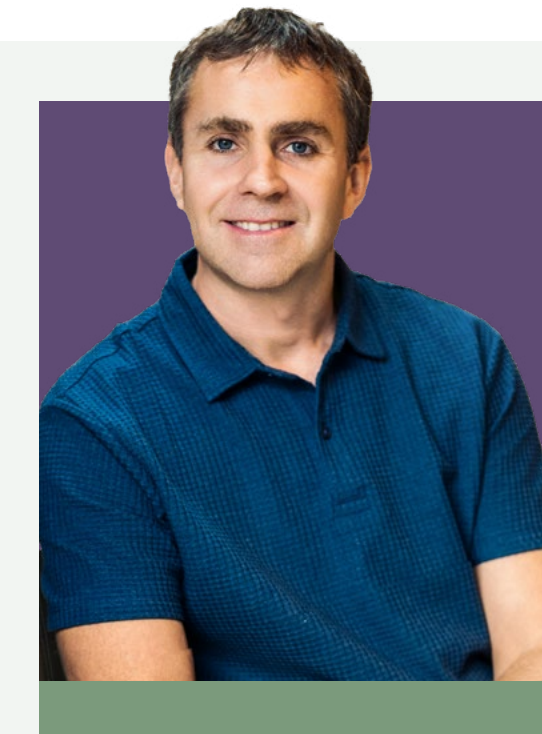
Exercise physiologist specialising in strength optimisation and sarcopenia reversal in midlife and beyond. Expert in translating muscle science into practical, age-defying protocols.



Dr Chris Cleave

DCPsych CPsychol Psychology

Existential psychotherapist and international #1 best selling author. His work centres on self-understanding, relational reconnection, and the embodied realisation of new possibilities.



Dr Steve Walsh

PhD

Sleep Lead

Sleep scientist and circadian rhythm expert specialising in scientifically validated methods to improve sleep.



Dr Jelena Vulevic

PhD

Gut microbiology Expert

Co founder of veMico. Clinical researcher in gut-host interaction. Pioneer in translating microbiome science into real-world longevity applications.

About Longevity

Our philosophy is simple: precision diagnostics,
decisive interventions, durable results.

We focus on the mechanisms that matter: hormonal disruption,
metabolic drift, mitochondrial dysfunction and chronic inflammation
guided by high-fidelity assays and real-time physiology.

We intervene early, recalibrate precisely, and sustain gains with expert follow-up.

Longevity is a doctor-led, invitation-only service for leaders
who require science-driven, proactive care delivered privately online
with diagnostics wherever you are.



Longevity Clinics Europe (UK) Ltd is a CQC registered provider of medical services. We are ICO registered, fully GDPR/DPA compliant, with robust clinical governance and quality assurance processes. Our clinicians are fully GMC registered and our scientists have extensive peer reviewed expertise and experience in delivering executive level health support.





Reshaping the trajectory of ageing

www.longevityclinics.life

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