

Healthspan Assessment Panel

Unlock the Keys to Healthy Aging and Lasting Vitality

Concerned about aging or chronic inflammation? The Healthspan Assessment Panel evaluates key biomarkers related to aging, metabolic health, and inflammation, offering a complete picture of your long-term wellness.

This panel provides insights into the factors that influence aging and overall vitality, helping you understand how your lifestyle, diet, and genetics impact your healthspan and longevity. Managing aging and wellness isn't just about reacting to symptoms. The Healthspan Assessment Panel empowers you to take proactive steps to optimize your health and slow the aging process based on actionable data.

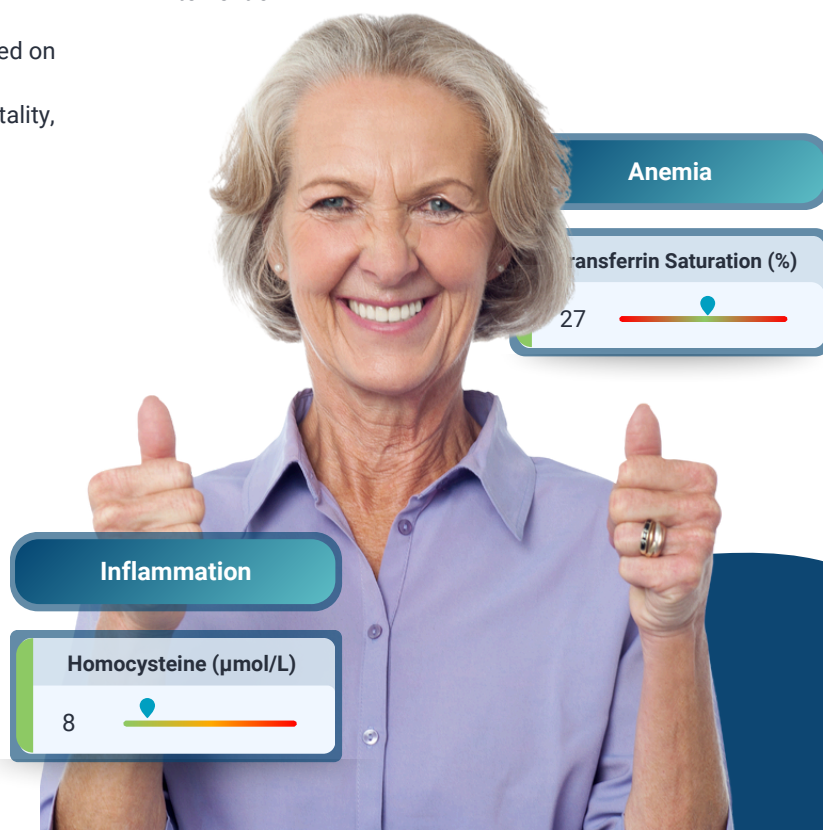
Aging gracefully requires a personalized approach. Based on your test results, your healthcare provider can create a custom strategy that focuses on improving longevity, vitality, and overall health.

How It Works

The Healthspan Assessment Panel is a comprehensive blood test designed to evaluate key biomarkers associated with aging, metabolic health, inflammation, and overall wellness. Leveraging clinical testing methodologies, this panel delivers insights into factors that influence longevity and vitality. By providing clear visualizations and personalized interpretations, the panel empowers your healthcare provider to develop a targeted strategy tailored to your unique needs.

Why Choose the Healthspan Assessment Panel?

- **Inflammation and Disease Risk:** Chronic inflammation contributes to age-related diseases, making early detection essential for longevity-focused care.
- **Metabolic Health and Aging:** Blood sugar imbalances accelerate cellular aging, increasing the risk of chronic disease and cognitive decline.
- **Hormonal Optimization:** Balanced hormones are crucial for energy, cognitive function, and maintaining muscle mass as we age.
- **Cardiovascular Longevity:** Heart health plays a pivotal role in longevity, requiring proactive monitoring and intervention.



Key Markers Include:

- **LDL Cholesterol:** A critical marker for heart health, elevated levels are associated with increased cardiovascular risk and arterial plaque formation.
- **Hemoglobin A1C:** Reflects long-term blood sugar control, with elevated levels indicating insulin resistance and heightened diabetes risk.
- **Testosterone:** Essential for muscle maintenance, mood regulation, and energy levels; imbalances can contribute to aging-related decline.
- **hs-CRP:** A sensitive marker of systemic inflammation, elevated levels correlate with chronic disease risk and accelerated aging.
- **Vitamin D:** Plays a key role in immune function, bone health, and metabolic efficiency, with deficiencies linked to multiple health concerns.
- **IGF-1:** A growth factor regulating cellular repair and metabolism; imbalances can affect aging and disease susceptibility.



The Healthspan Assessment Panel analyzes metabolic, inflammatory, and oxidative stress biomarkers to support strategies for optimizing aging, vitality, and long-term health. Having taken the test helps guide lifestyle and dietary interventions to better your health.

Who Should Take This Test?

- **Wanting To Track Early Detection of Potential Diseases?** Tracking early signs of potential diseases is key to staying ahead of health challenges. This panel helps provide in-depth biomarker insights to help detect different risks.
- **Trying to Optimize Your Longevity?** Optimizing longevity starts with understanding the key factors that influence how you age. The Healthspan Assessment Panel offers personalized insights into metabolic health, inflammation, and more.
- **Curious About Your Nutritional Status?** Your nutritional status plays a vital role in energy, immunity, and long-term health. This test helps identify deficiencies and imbalances.
- **Needing to Monitor Chronic Conditions?** Managing chronic conditions requires ongoing insight into your body's key health markers. This panel can help you with monitoring.
- **Looking to Stay Ahead of Health Issues?** For those focused on prevention, the Healthspan Assessment can help uncover early signs of metabolic function, inflammation, and overall wellness.

Take the First Step Towards Better Health

If you're looking for insights into biomarkers that impact aging, metabolic health, inflammation, and overall wellness, the Healthspan Assessment Panel offers the clarity you need. With personalized results and actionable guidance, this assessment helps you take control of your health for a longer, more vibrant life. Talk to your healthcare provider today and start your journey toward healthy aging.

Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

Only FDA-approved assays in this panel are available for NY State.

Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.