



The Longevity Membership Guide

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01 Overview

The Longevity Membership is our most complete way to care for your health. In one day, our team looks at your medical health, fitness, movement and nutrition together. Dr. Gezen forms one plan built around you.

Everything is built on our RENEW Method, (Recovery, Exercise, Nutrition, Emotional health and Wellness). Your plan covers all five, so you know what to work on and why.

It's for anyone who wants to stay strong, capable and sharp for as long as possible.

At a glance

- **Your Longevity Comprehensive Physical** includes a single, full-day session lasting roughly four to six hours alongside our clinical specialists.
- **Your care team** is guided by Dr. Gezen, working alongside our physician assistant, DAT practitioner, nutrition expert, and nursing staff.
- **Your year** looks like continuous primary care with Dr. Gezen, ongoing exercise adjustments, and digital access through the Nomad portal.
- **You leave with** your customized Longevity Roadmap, a detailed medical overview delivered in a few weeks, and complete portal updates.

02 Before your visit

What we gather first

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- **Your goals:** what you want from this year and your biggest health questions
 - **Your history:** medical and surgical history, past injuries, and the health patterns in your family
 - **Your medications:** prescriptions, supplements and allergies, reviewed and confirmed
 - **Your records:** past lab results, imaging, specialist notes and screening reports
 - **Your preventive care:** where you stand on vaccines, cancer screenings, and dental, vision and hearing checks
 - **Daily life:** how you eat, move, sleep, recover, deal with stress, work and the people around you
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03 Your Longevity Comprehensive Physical

Your Longevity Comprehensive Physical takes about 4–6 hours, in our Longevity Suite, a space set aside for Longevity members.

Your baseline measurements

Our nursing team records where you stand today.

- Blood pressure, pulse, breathing rate, oxygen level and temperature, with standing measurements when needed
- Height, weight, BMI and waist measurement
- A SECA bioimpedance scan: body fat, lean mass, skeletal muscle and visceral fat
- A resting 12-lead EKG
- Spirometry, which measures how well your lungs move air
- Grip strength on both hands, with any difference between sides

Your comprehensive medical exam, with our physician assistant (PA-C)

An unhurried, head-to-toe medical evaluation that looks at your whole body, not just one complaint.

Start with a conversation	Your concerns, your goals, your history and your family’s health risks, with time to cover all of it
A complete physical exam	Head and neck, heart, lungs, abdomen, skin, nervous system, arms and legs

Your comprehensive medical exam, continued

A full-body screening ultrasound	Your heart, the carotid arteries in your neck, your aorta, abdominal organs, kidneys, bladder and thyroid Anything that needs a closer look is referred for formal imaging
Heart and circulation	Your cardiovascular risk, bringing together blood pressure, cholesterol (including advanced markers like ApoB and Lp(a) where available), your EKG and your family history
Metabolic health	Blood sugar regulation, liver health, body composition, blood pressure and weight trends
Lungs	Breathing symptoms, exposures and your spirometry results
Brain and nervous system	Memory and thinking, reflexes, strength, sensation, coordination, balance and walking
Muscles, joints and spine	Pain, swelling, range of motion, spine concerns and past injuries
Skin, mouth, thyroid and lymph nodes	A check for anything that needs attention
Sexual, reproductive and urinary health	Including menopause and hormone-related symptoms, when relevant
Cancer screening	Where you stand on colorectal, breast, cervical, prostate, lung and skin screening, based on your age, risk and family history
Vaccines	Routine, travel and age-related vaccines that are due
Lab testing	Which labs make sense for you, what your results mean, and when to repeat them
Medications and supplements	What to keep, what to adjust and what to stop, including interactions and duplicates
Specialists and imaging	Coordinating any referrals or further testing you need
Your written prevention plan	Your priorities, screening deadlines, what to monitor and the warning signs to watch for

Your fitness and metabolic testing

A graded test on a treadmill or bike, wearing a comfortable mask that measures your breathing.

- **VO2max:** your aerobic capacity, one of the strongest single predictors of long-term health
- **Your thresholds:** the effort levels where your body shifts gears, so you know which intensities build fitness and which wear you down
- **FatMax:** the intensity where your body burns the most fat, and how your fuel use changes as effort climbs
- **Heart-rate, power and pace response:** how your body responds at every workload
- **Recovery:** how quickly your heart rate comes back down
- **Your training zones:** heart-rate, pace or power targets built from your own results, not population averages
- **A results conversation:** and a plan for when to retest

Your clinical movement assessment, with our Doctor of Athletic Training (DAT)

A 60-minute session looking at how you actually move.

- Any current pain, stiffness or past injuries
- Joint mobility and range of motion
- How you squat, hinge, lunge, push, pull and walk
- Strength differences between your left and right sides
- Posture, balance and stability
- Injury risk and training load
- Corrective exercises for anything that's holding you back

Your clinical nutrition consultation

A session with our clinical nutrition specialist, built around your results rather than a generic diet.

- A review of how you eat now: meals, timing, preferences and past diets
- Calorie and protein targets for your body and your goals
- Food strategies for your heart health, blood sugar, cholesterol and liver health
- Nutrition that supports your body-composition goals while protecting muscle
- Practical meal structure: grocery lists, eating out and eating while traveling
- Fueling and hydration around exercise
- Micronutrients and digestion
- A review of the supplements you take: what's worth it and what isn't
- Specific habits to start with, and a follow-up to see how it's working

04 What you leave with

Your Longevity Roadmap, with Dr. Gezen

This is where a day of tests becomes a plan. Dr. Gezen, our Medical Director, reviews every result from your Longevity Comprehensive Physical and sits down with you to go through them.

- **What your results mean:** what's reassuring, what needs action, what to keep an eye on, and what's still uncertain
- **Your priorities:** your most important risks across heart, metabolic, cancer, brain, muscle and joint health, ranked
- **Your weak links:** the few limitations most likely to hold back your health and independence as you age
- **One plan, not four:** your medical, movement and nutrition recommendations brought together so they work with each other
- **What to do first:** what can wait, and what to re-check before changing anything else
- **Measurable targets for the year:** for your fitness, body composition, blood pressure, key lab markers and daily function
- **Your follow-up calendar:** when to repeat labs, testing and reviews

Your Professional Medical Executive Summary

Within 2–3 weeks of your visit, you receive a professionally prepared summary of your Longevity Comprehensive Physical, mailed to your home. It brings together your visit, your results, and Dr. Gezen's assessment and recommendations in one polished document: a complete record of where your health stands today, to keep, revisit and share with your other doctors.

Your Nomad portal

Everything we do, in one place on your phone. The Nomad portal ties together every result, report and plan from your membership, so you can see where you started, track how you're changing and keep it all on record.

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- **All your results:** lab work, EKG, spirometry, body composition, fitness testing and your physical exam findings
 - **Your trends over time:** watch your body composition, fitness and key markers change across the year
 - **Your plans:** your Longevity Roadmap, prevention plan, nutrition plan and current exercise program
 - **Your care team:** secure messaging, appointments, reminders and next steps
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Also yours to keep

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- **Your written nutrition plan:** targets, examples and practical strategies
 - **Your annual exercise program:** strength, aerobic, balance and mobility work, arranged into a realistic weekly schedule
 - **Your personal training zones:** heart-rate, pace or power targets from your testing
 - **Your corrective exercise plan:** from your clinical movement assessment
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05 Your year

A plan only helps if you follow it. For the next twelve months, we help you put your Roadmap into practice and adjust it as you go.

- **Dr. Gezen as your doctor:** Primary care throughout the year with Dr Gezen, in person when you're here and wherever you live.
- **Ongoing access to your care team:** Reach us through the Nomad portal with questions, updates and anything that comes up.
- **Annual exercise programming:** Your program is reviewed and progressed with you throughout the year, based on how training is going, including what you've completed, how you're recovering, and any pain, fatigue or schedule changes.
- **Your nutrition follow-up:** Your nutrition follow-up to see how the plan is working and adjust it.
- **The Nomad portal:** Your results, body-composition trends, testing reports, nutrition plan, exercise program and Roadmap in one place on your phone in the Nomad portal.
- **15% off:** 15% off on additional services and testing during the year.

Your Roadmap is a clear 12-month plan, built on the five pillars of our RENEW™ Method: recovery, exercise, nutrition, emotional health and wellness.

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RECOVERY

E

EXERCISE

N

NUTRITION

E

EMOTIONAL

W

WELLNESS

06 Add Quarterly Visits

OPTIONAL ADD-ON

+\$500 / year (valued at \$1,280)

- 01 **A clinical movement assessment with our Doctor of Athletic Training**
To check in on pain, movement, strength and injury risk, and update your corrective exercises
- 02 **A body-composition scan**
So you can see changes in muscle and body fat as they happen
- 03 **A VO2max test**
To track how your fitness is changing
- 04 **A quarterly progress report**
Comparing where you are now with the last quarter and shared with your whole care team

07 What's included & pricing

Longevity Membership

\$2,470 / year

YOUR CARE

- Dr. Gezen as your doctor
- Primary care visits
- Ongoing access to your care team
- Longevity Roadmap with Dr. Gezen
- Professional Medical Executive Summary, mailed after your visit

FITNESS & PERFORMANCE TESTING

- VO2max testing
- Ventilatory thresholds and FatMax
- Personal training zones

YOUR COMPREHENSIVE PHYSICAL

- Pre-visit history and goals review
- Annual physical exam with our physician assistant (PA-C)
- Access to our Longevity Suite
- Full-body screening ultrasound
- Vitals, EKG, spirometry and grip strength
- Body-composition analysis

MOVEMENT, NUTRITION & PROGRAMMING

- Clinical movement assessment with our Doctor of Athletic Training (DAT)
- Clinical nutrition consultation and written plan
- Annual exercise programming
- Nomad portal
- 15% off additional services

Optional: Add Quarterly Visits

+\$500 / year

- | | |
|---|---------------------------------------|
| — Quarterly clinical movement assessment with our DAT | — Quarterly body-composition analysis |
| — Quarterly VO2max testing | — Quarterly progress reports |

Ready to start?

Call us at [\(434\) 473-1277](tel:(434)473-1277) and we'll talk it through. You can also reach us at healthy@nomaddlc.com or visit nomaddlc.com.

Lab work is billed separately. Nomad memberships are not insurance.



Creating health, not chasing sickness.SM

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