

Second Prime 

# Longevity Health Assessments

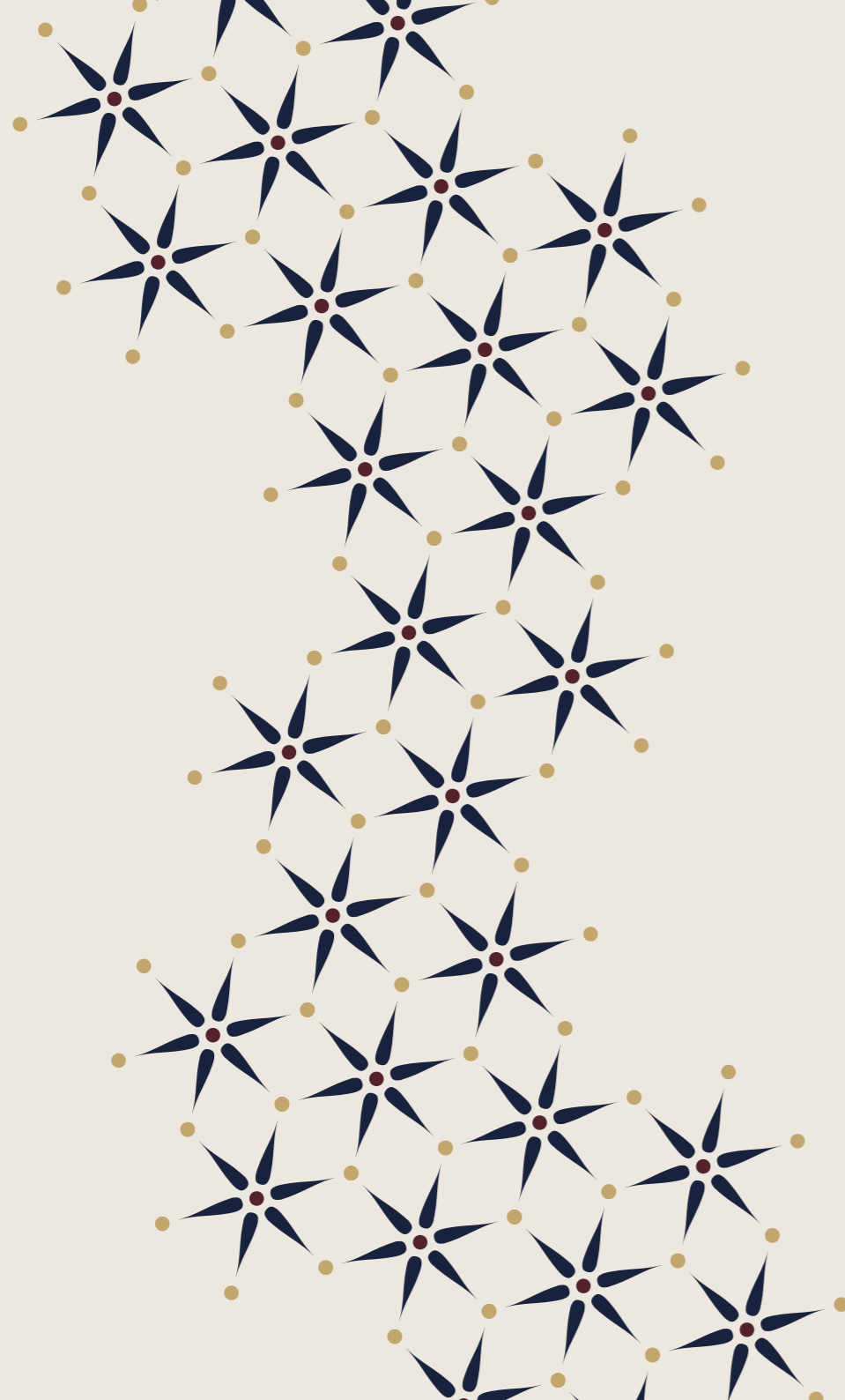
For people who want clarity, confidence  
and control over their health.

Second Prime 

Your life's best chapter starts here.

[secondprime.health](https://secondprime.health)





# Turning Insight Into Longevity Advantage

Second Prime assessments are designed for people who want to understand their health before problems arise. Delivered by a multi-disciplinary team, they combine advanced diagnostics with forward-thinking longevity science to give you a clear picture of how your body and mind are performing, and what you can do to keep them at their best.

Every assessment goes beyond routine checks. We don't just measure what's normal today, we map what's changing beneath the surface across key areas such as cardiovascular health, metabolism, cognition and recovery.

Your results are interpreted by experts, not left as data on a page. You'll leave with a clear set of priorities, an action plan that fits real life, and the confidence of knowing you're investing in long-term performance and wellbeing.

**Assessment prices start from around £1,050.**



# The Second Prime<sup>®</sup> Standard

Every assessment follows the same structured, clinically-led process combining evidence-based medicine with personalised insight and longevity expertise. Whether you're taking your first step or deepening an existing health strategy, each pathway delivers the same quality of care and attention to detail.

## EACH ASSESSMENT INCLUDES:

### A Multidisciplinary Approach

Every assessment is delivered by qualified clinicians and therapists who work together to interpret your results in the context of your goals and lifestyle.

### Initial Analysis and Insight

Targeted questionnaires and pre-assessment inputs ensure every assessment begins with meaningful context and insight into what matters most to you.

### Comprehensive Laboratory and Biometric Testing

All assessments include [core blood and urine analysis, body composition, blood pressure and cardiovascular checks, with additional tests layered where appropriate.]

### Longevity Interpretation

Your data are integrated through our proprietary six-domain model to reveal the factors influencing your healthspan. This shows where resilience is strong and where attention will have the greatest impact.

### A Personalised Report and Action Plan

Every client receives a clear, structured report featuring their Ageing Quotient, Longevity Curve and measurable next steps.



# Executive Longevity Health Assessment

## INSIGHT FOR PERFORMANCE AND PREVENTION

Built for time-pressed professionals, this modernised executive medical delivers a rapid, high-definition read on the systems that shape long-term health and performance.

Across two streamlined appointments, you'll complete a focused clinical examination, advanced cardiometabolic testing, and a cognitive function screen. Your results are integrated through our six-domain model to provide a clear narrative of risk, resilience and opportunity.

*“Fast, focused, clinically exact.”*

### Outcomes:

Alongside the standard outcomes, this assessment provides focused executive insight with concise, actionable guidance that translates your results into clear, prioritised actions for long-term health and performance.



# Longevity Health Assessment

A COMPLETE PICTURE OF YOUR FUTURE HEALTH

*“Clarity that drives action and keeps it on track.”*

If you want to know how you're ageing and what you can do about it, this assessment delivers answers. It combines meaningful biometrics with an extended longevity blood panel and ECG to reveal what's driving risk and how to act decisively.

You'll meet with both a clinician and therapist to gain medical and behavioural insight as you review findings across six key domains of ageing — from cardiovascular and metabolic balance to recovery and cognition — translating insight into clear, evidence-based steps.

#### Outcomes

Your personalised longevity profile builds on the standard results, adding deeper insight with a calibrated cardiovascular risk score and targeted measures for Cognitive Resilience and Stress Index.



# Advanced Longevity Assessment

PRECISION-LED PREVENTION

Our most detailed assessment without entering a long-term programme. Designed for those who want absolute clarity, it combines advanced laboratory analysis, continuous recovery data and specialist imaging for a complete prevention-first view.

*“Where prevention meets precision.”*

Over four appointments, you'll complete comprehensive testing, wear a GHS-issued recovery device, and undergo coronary calcium imaging, the gold standard for refining cardiovascular risk. Results are reviewed by both clinician and therapist before being distilled into a personalised Health Charter with targets and timelines.

#### Outcomes

An integrated report linking labs, physiology, cognition, wearable data and imaging into a prioritised plan that removes uncertainty and builds confidence. Alongside the standard report outputs, it adds advanced insights such as a calibrated cardiovascular risk score and Cognitive Resilience and Stress Index readings providing a complete, clinically led picture of your health.



# Performance Assessment

FOR THOSE STILL CHASING RESULTS

You're still chasing times, distances and wins or starting again in midlife. This assessment gives you a performance literate read on how you're ageing and what will make you fitter, faster and more robust now. It combines advanced biochemistry with meaningful physiology, sports specific testing and continuous recovery data, using the Second Prime longevity system to turn signals into a precise, personalised plan.

Across four appointments you'll move through a focused therapies consultation and clinical assessment, a performance lab session including cardiopulmonary exercise testing (CPET) to true ventilatory thresholds, 12lead ECG, strength/power and movement diagnostics. You'll also receive a wearable for around two weeks so sleep and recovery trends inform your results. Imaging includes a DEXA scan for bone and body composition insight, with optional coronary calcium imaging if coronary risk is unclear.

#### Outcomes

Alongside the standard report outputs, you'll gain a calibrated cardiovascular risk score,  $VO_2$ /threshold metrics, and a Cognitive Function summary all translated into a practical Performance Strategy that defines training zones, recovery rules and nutrition guidance to optimise endurance, resilience and longevity.

*“For those who want to go faster and stay that way.”*



# Gold Assessment (65+)

DIAGNOSTIC DEPTH AND  
LASTING INDEPENDENCE

For adults aged 65 and above who want their later years to be active, independent and enjoyable, this is a prevention-first, clinically rigorous assessment focused on cognition, bone and muscle strength, cardiovascular health and maintaining independence. Second Prime Gold treats longevity as a clinical discipline, integrating modern biochemistry, meaningful physiology, targeted imaging and medication optimisation.

Delivered over four appointments, you'll move from goal-setting, to a DEXA scan, and a results conference translating findings into a clear, personalised plan. Between visits you'll wear a device for around two weeks, helping capture sleep, heart rate and HRV data to enrich the picture. The Gold Assessment also includes a longevity-focused blood panel with uACR for microvascular risk, cognitive and mood screening, a polypharmacy review to reduce unnecessary medication burden, and a vaccination and screening status update.

#### Outcomes

Alongside the standard report outputs, this assessment highlights later-life priorities such as bone density, muscle strength, balance and cognitive function. Your report includes a falls and fracture summary, medication and vaccination brief, and a practical Health Strategy to sustain independence and resilience.

*“Because longevity should mean living well not just living long.”*



WHY CHOOSE SECOND PRIME

# Rigour. Security. Trust

Every Second Prime assessment is delivered through GHS Clinics, a fully CQC-registered medical provider operating to the highest standards of clinical governance, data protection and ethical care.

From initial referral to results review, each stage follows strict medical protocols ensuring your data, samples and outcomes are handled securely and interpreted only by qualified clinicians. Turnaround times are fast, reporting is transparent, and optional follow-up pathways are managed with the same precision and discretion.

This is healthcare built on trust: clinical standards you can rely on, communication that's clear and secure, and a process designed to protect both your wellbeing and your confidence at every step.



## Your Second Prime begins now

The most valuable investment you can make is in your future health.

An assessment is one way to start, but for some clients, a broader pathway may be the better route. Once we understand your goals and priorities, we can advise on the most effective next step whether that's an assessment or a more tailored programme. The best way to decide is to have a conversation with us.

Book your assessment or start a free conversation with our team today.

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### A BUSINESS BENEFIT FOR EMPLOYERS AND EXECUTIVES

Second Prime assessments can support executive wellbeing and performance, often qualifying as a business expense or tax-efficient benefit. They're an investment in long-term health, focus and productivity for leaders and teams alike.

*(Please seek independent tax advice for your circumstances.)*