

Burnout is at an all time high. Physical and mental health conditions are taking a toll on your team - particularly on top executives leading to lowered performance, more time off, and even resignation. **Cenegenics has been the leader in performance medicine and longevity for over 25 years.** The Executive Health Program by Cenegenics provides the most comprehensive health performance assessment and personalized Physician review with ongoing high-touch memberships available to support your top executives & performers.



#### Maximize Energy & Productivity

Improve motivation and accomplish more with less effort.



#### Improve Sleep

Enjoy sleeping through the night and learn how to manage travel / time zones.



#### Sharpen Cognition & focus

Renew clarity and overcome brain fog, procrastination and forgetfulness.



#### Reduce Stress

Achieve peak mental and physical state that will help better manage stress



#### Optimize Body Composition

Reverse a slow and steady weight gain and return to optimal body composition /metabolic efficiency.



#### Reduce/Eliminate Chronic Disease

Identify and address cause for current or preventable conditions for healthier living - and aging well.

### **Cenegenics provides an unparalleled level of understanding of one's health.**

The highly customized approach to comprehensive data and personal lifestyle empowers patients to take ownership and make significant gains in their health and productivity.

#### **Company Partnership Benefits:**

- \* Stand out by offering top-tier benefits to top talent
- \* Optimize productivity & performance
- \* Reduce chronic mental & physical healthcare costs
- \* Encourage loyalty & retention
- \* Complement existing health & wellness programs
- \* Receive de-identified engagement reporting to track compliance of participants
- \* Offer your entire team quarterly educational webinars by Cenegenics Physicians and Coaches

A **Deloitte** survey reports that 81% of executives say improving their well-being is more important than advancing their career.



**Executive Performance Health Assessment:**

Lab Analysis (90+ biomarkers)  
2nd lab analysis in 90 days  
Medical History & Lifestyle Assessment  
Neurocognitive Assessment (WAVi Scan)  
Bone Density and Body Composition Assessment (DEXA Scan)  
Cardiopulmonary Exercise Test (VO2 Max)  
Carotid Artery Ultrasonography (CIMT)  
Muscular Strength & Endurance  
Physician Consultation  
Health Coach and Nutrition Consultation  
Add-ons: Cancer screening (Prenuvo),  
CCTA Vascular System (Clearly),  
Genomics (New Amsterdam)

**Executive Health Membership (optional):**

Comprehensive Physician interpretation  
of assessments & current state of health  
Performance Health team  
Custom nutrition program  
Custom Peak Fitness Training program  
Nutraceuticals, as needed  
Metabolic & Hormonal Optimization, as needed

**Cenegenics is the trusted leader in Executive Health & Performance**

- 44,000+ patients
- 25 years of Experience & Results
  - 40+ Cenegenics Physicians
- Average length of program engagement: 51 months
  - 24% of patients for over 10+ years
- \* 23 Offices in the US, 4 LATAM, 3 EMEA