

PROTECTING WORKFORCE PERFORMANCE *BEFORE HEALTH DECLINE BECOMES COSTLY*



A preventive health strategy for leadership teams and high-impact roles, with organization-wide impact, where continuity, productivity, and long-term performance matter.



THE COST OF WAITING

Most organizations invest in health benefits only after productivity loss and rising costs are already underway.

Healthspan Longevity identifies early biological risks that erode performance, enabling organizations to intervene before those risks become claims, disruptions, or leadership gaps.



WHY EARLY INTERVENTION MATTERS

- Presenteeism drives ~\$150B annually in lost productivity for U.S. employers
- Health-related productivity loss averages ~\$2,900 per employee per year
- Employees with multiple chronic conditions incur ~\$4,800 annually in productivity loss

Sources: Harvard Business Review; Kaiser Permanente; Integrated Benefits Institute

WHAT THIS ENABLES

-  Protection of leadership and key talent performance
-  Reduced exposure to preventable downstream health costs
-  Fewer productivity disruptions tied to fatigue, chronic disease, and burnout



NEXT STEP

HSLongevity.com



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To explore whether this approach aligns with your leadership or workforce strategy, **contact Jason at Healthspan Longevity:**

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EXTENDING HEALTHSPAN

A WORKFORCE STRATEGY



Preventive longevity care for a healthier, higher-performing workforce.

OVERVIEW

Healthspan Longevity provides clinically informed, personalized longevity and preventive health services for today's workforce. We deliver individualized assessments, evidence-based coaching, and practical health protocols focused on metabolic health, physical resilience, sleep, stress, and long-term vitality. Offered as an employee benefit, our programs help organizations support healthier, more productive employees while addressing the underlying drivers of absenteeism, presenteeism, and burnout. Services are preventive and educational in nature and designed to complement existing medical benefits.



WHAT IT IS

Clinically Informed Longevity Care

Personalized, evidence-based preventive health services focused on metabolic health, physical resilience, sleep, stress, and long-term vitality.



HOW IT WORKS

Personalized. Preventive. Scalable.

Individual assessments, targeted coaching, and practical protocols designed to fit real work schedules and scale across large organizations.



WHY IT MATTERS

Healthier Employees. Stronger Performance.

Improved functional capacity, fewer health-related disruptions, and a workforce better equipped to perform consistently over time.

HEALTH DRIVER

EVIDENCE

BUSINESS IMPACT

Chronic Disease Burden

\$575B annually

Lost to U.S. employers from chronic disease-related productivity loss
Centers for Disease Control and Prevention (CDC)

Chronic conditions are the primary long-term driver of productivity loss and employer health-related cost pressure.

Presenteeism

60-75% of health-related productivity loss

Driven by presenteeism, employees working while unwell
Harvard T.H. Chan School of Public Health

Reduced day-to-day performance and sustained output decline across teams.

Absenteeism

1.5-2.5 additional sick days per year

Taken by employees with chronic disease risk factors
Centers for Disease Control and Prevention (CDC)

Increased unplanned absences and operational disruption at scale.

Sleep Health

~6 more missed workdays per year

Associated with poor sleep health
RAND Corporation / Sleep Health Journal

Lower cognitive performance, higher fatigue, and greater error risk.

Preventive Investment

\$6.00 return for every \$1 invested

In structured, evidence-based workplace health programs
Harvard / Health Affairs meta-analysis

Preventive investment reduces downstream cost exposure while supporting workforce stability and performance.



MODULAR WORKFORCE HEALTH MENU



Designed for scalable, employer-sponsored health benefits

Healthspan Longevity services are offered through a flexible, modular model, allowing employers to curate a preventive health offering aligned with workforce needs, risk profile, and benefits strategy. Services may be offered broadly or targeted to specific employee populations, leadership groups, or priority cohorts.



HOW EMPLOYERS USE THIS MENU

- Select individual services or combine offerings based on workforce needs
- Offer baseline assessments broadly with advanced options for targeted cohorts
- Align services with existing benefits, wellness, or executive health initiatives
- Scale programs over time without redesigning the benefit



IMPLEMENTATION & REPORTING

Services are delivered through virtual, on-site, or hybrid models and designed for integration into existing benefits structures. Employers receive aggregate, privacy-forward reporting focused on participation and engagement. No individual employee health data is shared.

CATEGORY	SERVICE	PURPOSE
Metabolic & Cardiovascular Health	Comprehensive Biomarker Panel: Tiered Options: Baseline Plus Optimal	Tiered assessment options ranging from foundational metabolic screening to advanced biomarker analysis with physiological testing and personalized reporting.
	Calorie Burn Test (Resting Metabolic Rate)	Objective measurement of metabolic efficiency to support energy balance and weight management
	Coronary Artery Calcium (CAC) Scan	Early detection of coronary artery plaque to assess cardiovascular disease risk
Weight Management & Nutrition Strategy	Weight Loss Program	Evidence-based weight management and sustainable metabolic health improvement to support long-term wellbeing and performance.
Physical Function & Musculoskeletal Resilience	DEXA Full Body Composition Scan	Gold-standard assessment of bone density, muscle mass, and fat distribution
	VO ₂ Max Test	Measurement of aerobic capacity and cardiovascular fitness, a strong predictor of functional performance
	Advanced Bone Health & Fracture Risk (FRAX) Scan	Evaluation of bone strength and long-term fracture risk
Cognitive & Brain Health	Brain Fog and Cognitive Evaluation	Assessment designed to identify early indicators of cognitive strain or impairment
	Alzheimer's Risk Assessment	Evaluation of genetic and biomarker indicators associated with neurodegenerative risk
Preventive Screening & Early Detection	Heart Attack and Stroke Prevention Scan	Peripheral arterial assessment to identify early vascular disease
	Total Oral Pathogen Profile	Screening for oral pathogens linked to systemic inflammation and chronic disease risk
	Multi-Cancer Early Detection Test	Advanced screening designed to identify cancer signals at earlier stages

STRENGTHEN YOUR BENEFITS STRATEGY

With A Structured Preventive Health Model

For Corporate Partners: HSLongevity.com/corporatehealthspan