Want a body that feels 10 years younger?

Healthy Longevity Clinic at Alexandra Hospital, named as a world’s first in a public hospital, helps “young seniors” draw a road map to delay ageing

Cutting-edge tools to determine ‘real’ age

1. Advanced technology: The Healthy Longevity Clinic at Alexandra Hospital’s world-first ‘bio-chronologic age’ measurement allows patients to know their age above or below their ‘biological age’, a great advantage in understanding health challenges and helping people to delay and live longer.

2. Environmental monitoring: Our experts would assess the individual’s environment, including stress levels, social connections, and lifestyle, to determine if their environment is contributing to their biological age.

3. Psychological assessment: Our team would assess the individual’s mental health and wellbeing, including stress levels, social connections, and lifestyle, to determine if their environment is contributing to their biological age.

4. Nutritional and lifestyle recommendations: Our team would assess the individual’s nutrition, physical activity, and lifestyle habits and make suggestions for changes to help them delay their biological age.

Individual’s journey at the Healthy Longevity Clinic at Alexandra Hospital

Nurses aged 65 to 70 can access a variety of prototype services designed for healthy ageing.

Taking a peek inside the 64-year-old body

Healthy Longevity Clinic at Alexandra Hospital is a world’s first in a public hospital, helping “young seniors” draw a road map to delay ageing.

For more information, please visit www.healthylongevityclinic.com or call 1800 110 110.