

Healthy Aging

Biological age across four molecular layers — with a traffic-light rating rather than a single number.

SAMPLE

Dried blood card,
fingertip

SCOPE

4 molecular layers

MONITORING

Follow-up after 4-6
months

The analysis examines biological ageing across four molecular layers and aligns them with recorded lifestyle data.

What is analysed?

Biological rather than chronological age

The report contrasts biological with chronological age. It is based on telomere length and epigenetic ageing markers, each placed against age- and sex-related reference values.

Four layers with traffic-light rating

Each layer is rated green, amber or red. This shows which area is driving the result — and where an intervention should start.

Sample material and laboratory

A few drops of capillary blood from the fingertip on a dried blood card — no venipuncture, no cold chain. Analysis is carried out by our cooperation partner against more than 60,000 validated reference values.

KEY POINTS FOR YOUR PRACTICE

- The four layers can diverge — a favourable overall age does not rule out a red inflammation result.
- A follow-up measurement is meaningful after 4 to 6 months at the earliest.
- The report is a snapshot, not a prediction of life expectancy.

The four layers

Telomere length

Length of the chromosome ends against age- and sex-related reference values

Epigenetic ageing markers

Selected DNA methylation patterns related to ageing processes

Inflammation markers

Low-grade chronic inflammation (inflammaging)

DNA stability

Markers of protective and repair mechanisms of genetic information

Lifestyle parameters on nutrition, exercise, sleep, stress and habits are recorded in addition and set against the molecular results.

The workflow in your practice

- 1 Hold the consultation; document the information given and the consent obtained.
- 2 Sampling: prick the fingertip, apply blood to the card, let it dry.
- 3 Send the card to the partner laboratory in the prepared envelope.
- 4 Laboratory analysis of the genetic or epigenetic markers.
- 5 Digital report with traffic-light rating and specific recommendations.
- 6 Review and action plan; follow-up measurement after 4 to 6 months at the earliest.

Who it is for

- Longevity centres and prevention practices running structured programmes.
- Nutritional counselling and doctors working in preventive medicine.
- People aged roughly 40 and over who want to track their ageing process.

PRICING AND TERMS

- B2B terms on request — tiered pricing by volume and contract model.
- Request a quotation: contact@polarisdx.net or +49 152 2858 0999.

Note: the analysis is a consultation and monitoring tool, not a medical diagnosis and no substitute for clinical assessment. Results are placed against a reference population.

