

CONSENT FOR PATIENT CARE

Longevity Metrics, Inc.

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This document covers all clinical services offered by Longevity Metrics. Some sections may not apply to your specific visit or interaction. Please read the sections relevant to your services and sign the Unified Patient Agreement at the end of this packet.

1. Background and Agreement

Longevity Metrics, Inc. (“Longevity Metrics”), and the undersigned (“Patient”) agree that Longevity Metrics shall provide clinical services, testing, and medical care on the terms set forth in this Consent for Patient Care. The physicians, nurses, imaging technicians, and other qualified personnel (collectively “Medical Staff”) at Longevity Metrics practice preventive medicine, clinical testing, clinical research, health tracking, and health monitoring in Boulder, Colorado, and beyond in exchange for fees paid by the Patient or legal guardian.

By signing the Unified Patient Agreement at the end of this packet, the Patient freely consents to receive the services, testing, and medical care described herein and accepts responsibility for the potential benefits, risks, and adverse outcomes associated with those services.

2. Clinical Services

Longevity Metrics offers the following clinical services. All services are physician-supervised and results are physician-reviewed before delivery. Current pricing is available at longevitymetrics.org.

Service	Description and Patient Information
DEXA Whole Body	Low-dose X-ray scan measuring total body fat, lean muscle mass, bone mineral density, and visceral adipose tissue. Approximately 15 minutes. Disclose any implantable hardware devices prior to scanning. Do not wear metal or jewelry. See Section 6.2 for pregnancy information.
DEXA Complete	Everything in DEXA Whole Body plus lumbar spine (L1-4), dual hip bone density, vertebral fracture assessment, lateral spine imaging, and abdominal aortic calcification scoring. Approximately 30 minutes. Same considerations as DEXA Whole Body.
VO2 Max Testing	Maximal cardiopulmonary exercise test (CPET) on a medical-grade cycle ergometer or treadmill with breath-by-breath gas analysis and continuous heart rate monitoring. Approximately 45 minutes including warm-up and recovery. Avoid heavy meals 2-3 hours prior. Wear athletic clothing and shoes. Notify us of any exercise restrictions, injuries, or recent adverse health events before your appointment. See Section 6.1 for risk information. Ergometer (bike) testing strongly recommended over treadmill testing for enhanced safety and fall prevention. Only seasoned runners should utilize treadmill testing for this.
Semen Analysis	Evaluation of male reproductive health including sperm concentration, total count, motility, volume, and vitality. Patient picks up a collection tube and written instructions at Longevity Metrics, collects the specimen at their private residence or lodging, and delivers the sealed specimen to Longevity Metrics at the pre-scheduled appointment time and within 30

Service	Description and Patient Information
	minutes of collection. Late specimens or specimens outside the 30-minute window cannot be analyzed and no refund will be provided. 2–5 days of abstinence recommended prior to collection.
Sleep Study	Level 2 home polysomnography using a take-home device capturing full sleep architecture including AHI, oxygen desaturation, sleep staging, respiratory effort, and heart rate variability. Patient picks up the device at Longevity Metrics, sleeps at home with the device, and returns it the following morning. Optional in-home setup by a technician is available at additional cost. Lost or damage devices subject to additional fees.
Lab Panels	Comprehensive clinical laboratory diagnostics drawn at Longevity Metrics and processed through Quest Diagnostics. Panels available covering metabolic, endocrine, inflammatory, cardiovascular, nutritional, autoimmune, and cancer-screening biomarkers. Fasting 10–12 hours recommended for most panels. Avoid biotin supplements for one week prior. Hormone panels should be drawn between 8–10 AM. Menstruating woman should prioritize testing of hormones during the mid-luteal phase of the menstrual cycle. Galleri multi-cancer early detection screen (50+ cancer types) available as a standalone blood draw.
Genetic Testing	Whole genome sequencing, epigenetic testing, pharmacogenomics, and multi-site microbiome analysis. Currently on waitlist — not yet available. A separate consent addendum will be provided when genetic testing becomes available.
Your Longevity Data (YLD)	Half-day performance and imaging package. No laboratory blood draw. Includes: hearing and vision testing, DEXA Complete, VO2 Max, resting and stress EKG, spirometry, carotid ultrasound, video and audio neurocognitive and dementia screening, movement and grip strength evaluation, continuous vital signs monitoring, and a digital report. Approximately 4 hours. Wear comfortable athletic clothing. Do not wear metal or jewelry. See Section 6.2 for pregnancy information.
Your Longevity Report Card® (YLRC)	Flagship two-visit full assessment. Everything in Your Longevity Data plus comprehensive laboratory panels (100+ biomarkers), oral glucose tolerance test with continuous glucose monitoring, lactic acid testing, echocardiography, abdominal ultrasound, balance evaluation, detailed signs of aging inventory, complete medical/social/family history, biological age estimation, and a 100+ page Longevity Report Card® document. Includes a 1-hour physician review of all results, diagnoses made, personalized health recommendations, and AI-assisted analysis across all data points. Visit 1: The Foundation (~4 hours, arrive fasted). Visit 2: The Work (~4 hours, athletic clothing). Visit 2 must be completed within 15 calendar days of Visit 1. See Section 6.2 for pregnancy information.
The Ultimate Data Stack	Recommended combination of Your Longevity Data and Sleep Study completed within a single 24-hour period. Optional add-on: CGM + Oral Glucose Tolerance Test and continuous lactate monitoring when available. All same terms and considerations as individual services apply.
Physician Consultation	One-on-one consultation with Medical Provider (physician, nurse practitioner, or physician assistant) to review results, discuss longevity strategy, obtain a second opinion, or receive pre-screening guidance. Available in person or via telehealth. 60 minutes. Written summary of recommendations provided. Patients with extensive records or complicated histories may require more than one visit.

3. Participant Autonomy and Optional Testing

Longevity Metrics is built on a simple principle: you receive complete, accurate information and make your own decisions. This is a pragmatic prospective observational trial committed to maximum inclusion. We do not require specialist clearance, physician authorization, or gatekeeping of any kind as a condition of participation. We are here to help — ask us anything before, during, or after your visit.

You may decline any question or any test at any time, including stopping a test in progress. Declined tests result in a less complete dataset and may make longevity predictions impossible. No refunds are provided for declined tests.

4. Screening Purpose and Limitations

All services at Longevity Metrics are for preventive health screening purposes only. They are not intended to definitively diagnose, treat, cure, or provide definitive medical care for any condition discovered. Concerning findings should be followed up with confirmatory testing and management by your primary care physician or other appropriate providers outside of Longevity Metrics.

Longevity Metrics is not a substitute for your primary care physician and does not replace routine screenings recommended by the USPSTF, CDC, and other accredited health authorities.

Longevity Metrics will make mistakes including missed findings, incorrect interpretations, and suboptimal recommendations. All findings require confirmatory testing at an outside medical facility. Ultrasound studies and stress EKGs are particularly subject to interpretation error.

5. Results Review and Consultation

Testing results are reviewed comprehensively at your scheduled Consultation visit for all YLRC patients, where all findings are interpreted together in the context of your complete dataset. Individual results carry their fullest clinical meaning when reviewed as part of the complete picture. Piecemeal release of results before comprehensive review is complete can be misleading without full clinical context.

Longevity Metrics is a preventive health screening service, not an acute care facility. Patients with urgent or acute symptoms should seek care at a facility capable of providing acute medical care. Testing at Longevity Metrics should never be relied upon to work up an urgent medical issue.

- Testing is for preventive screening purposes only.
- Results are reviewed comprehensively at your Consultation visit.
- Any concerning findings require confirmatory testing by your primary care provider or other outside medical providers.
- Patients with urgent symptoms or acute health issues should seek care at an acute care facility, not Longevity Metrics.
- Any concerning findings may remain undiscovered for days, sometimes even weeks, before a medical provider has time to review it and provide relevant information to the Patient.

6. Risks and Patient Acceptance

Patient understands that medical care and testing carries risk. Some risks can be serious and life-threatening. Patient accepts all risks and full financial responsibility for any medical harm caused by or associated with care received at Longevity Metrics. Possible harms include but are not limited to: missed diagnoses, wrong diagnoses, incidental findings requiring additional workup, dizziness, bleeding, damage to internal organs or body tissues, nausea, vomiting, bruising, headache, fever, swelling, infections, serious life-threatening infections, long-term disability, shortness of breath, heart failure, liver damage, kidney damage, loss of consciousness, concussion, musculoskeletal injuries, sprains, muscle strains, all harms to unborn babies including birth defects and loss of

pregnancy, bone fractures, heart attacks, strokes, blood clots, head injuries, and death. If Patient develops any symptoms or medical problems during or after care at Longevity Metrics, Patient agrees to contact their primary care provider, urgent care, the hospital, or emergency department.

6.1 VO2 Max / Cardiopulmonary Exercise Testing

Maximal exercise testing carries risk of musculoskeletal injury, cardiac arrhythmia, myocardial ischemia, syncope, and in rare cases serious cardiac events including death. Estimated risk of serious cardiac event during supervised CPET in pre-screened populations: approximately 1 per 10,000–100,000 tests. Qualified clinical staff, an AED, and a BVM are present during all exercise testing. Emergency services will be activated for any serious adverse event. Patients are pre-screened for contraindications. Patients may decline this test and still receive other services.

6.2 DEXA Imaging and Pregnancy

Whole-body DEXA delivers an effective radiation dose of approximately 0.001 millisieverts (mSv) — far below the 1 mSv annual occupational exposure limit established for pregnant radiation workers by the National Council on Radiation Protection (NCRP Report No. 116), and roughly 1/1,000th of the natural background radiation a fetus receives during an entire pregnancy. No adverse fetal outcomes have been documented at doses below 50 mSv in the peer-reviewed literature. If you are pregnant or may be pregnant, this information is provided so you can make an informed decision. A separate acknowledgment is on the signature page for Pregnant Patients who desire to receive DEXA.

6.3 Longevity Predictions

Longevity Metrics generates experimental predictions including biological age, predicted death age, and predicted causes of death. These predictions have not been validated, may be entirely wrong, and should not be used to inform medical, financial, or life decisions. They require continued study and validation.

6.4 Longevity Medicine

Services and lifestyle interventions designed to target the biology of aging are new, experimental, may not work, and may cause harm. Patient accepts all potential risks from utilizing services and interventions intended to extend lifespan and healthspan.

7. Privacy and Communications

Patient acknowledges that email, text message, video chat, and other electronic communications are not guaranteed to be fully secure. Longevity Metrics will make reasonable efforts to use HIPAA-compliant platforms. If Patient initiates communication disclosing Protected Health Information via less-secure platforms, Patient has authorized Longevity Metrics to communicate in kind and accepts all associated privacy risks.

By signing the Unified Patient Agreement, Patient gives Longevity Metrics permission to send periodic emails, texts, and other communications to contact information provided. Patients may opt out of marketing communications via written request.

Patient health data, test results, media, research materials, and educational materials are confidential and intended solely for Patient. Unauthorized copying, publishing, or redistribution is prohibited. Content published on longevitymetrics.org and humanobservatory.org may be redistributed with proper citation.

8. Data and Research

By signing the Unified Patient Agreement, Patient agrees to Longevity Metrics co-ownership of data obtained through Patient's care and services. Patient consents to use of this data for clinical

research, medical research, clinic improvement, business operations, medical knowledge, education, and other societal goods consistent with the Notice of Privacy Practices and applicable law.

All human research performed at Longevity Metrics is subject to review and oversight by the Longevity Metrics Ethics Board (Institutional Review Board, OHRP Registration IORG0012336 / IRB00014601). Patients enrolled in research studies will also sign the 100-Year Human Aging Study Clinical Research Consent Form.

Patient gives Longevity Metrics lifetime consent to access Patient death records from public mortality databases, vital statistics records, and through contact with the Patient's emergency contact or medical power of attorney, for the purpose of validating longevity predictions and improving research models. This consent survives any other withdrawal from services or research. Social Security Number is collected for mortality record linkage and stored separately from clinical records in an encrypted, access-controlled file.

9. Education

Longevity Metrics takes pride in educating medical students, residents, future imaging technicians, physical therapists, exercise physiologists, nurses, physicians, and other clinical providers as well as future research personnel and graduate students. Trainees may be involved in Patient care and services under appropriate supervision. By signing the Unified Patient Agreement, Patient gives permission for trainees to participate in their care.

10. Payment, Scheduling, and Available Services

All Longevity Metrics services must be paid in full prior to scheduling. All payments are non-refundable and final. A 5% processing and data handling fee is added to all services regardless of payment method.

Pricing, Service Changes, and Availability

Longevity Metrics is committed to transparent pricing. Current fees are posted at longevitymetrics.org. However, the availability and cost of clinical services, laboratory panels, equipment, and supplies can change without notice due to factors outside our control. Longevity Metrics reserves the right to modify, add, or discontinue any service or price at any time. Any changes affecting services you have already scheduled will be communicated to you prior to your visit.

Participation in research does not affect your financial obligations for clinical services. Research enrollment is offered at no additional charge. Fees cover clinical screening, physician oversight, and data reporting — not research participation itself. You will not be charged for, nor compensated for, your contribution to the 100-Year Human Aging Study, the Human Observatory Study, or the Health Ahead Comparative Effectiveness Study.

10.1 Online Payment (Standard)

Payment is processed through longevitymetrics.org. After payment is confirmed, Patient will be contacted to schedule their appointment or may do so immediately online. Credit card payment via the website is the standard and preferred method.

10.2 Mail-In Payment (Check or Cash)

Patients who wish to pay by check or cash must mail payment along with a written description of the desired service to: Longevity Metrics, 3020 Carbon Place, Suite 101, Boulder, CO 80301. The 5% processing and data handling fee applies. Mail-in payments will be processed within 10 business days of receipt. Longevity Metrics will contact Patient to schedule after payment is confirmed. A \$100 fee will be charged for any returned or bounced checks.

10.3 Scheduling Rules

- After payment, Patient must complete all services within 180 calendar days or all services and payment are forfeited.
- For the Your Longevity Report Card® (YLRC) two-visit package: Visit 2 must be completed within 15 calendar days of Visit 1 or Visit 2 services and payment are forfeited.
- Failure to appear or arriving more than 10 minutes late to any visit results in forfeiture of that visit's services and payment without refund.
- Visits may be rescheduled without charge if done at least 10 calendar days before the scheduled date, provided scheduling deadlines are still met.
- Patients with extenuating circumstances should contact info@longevitymetrics.org. Partial refunds or time extensions may be offered on a case-by-case basis at the sole discretion of Longevity Metrics.

10.4 Insurance and Assistance Programs

Longevity Metrics does not accept medical insurance. Services cannot be provided to Medicare or Medicaid beneficiaries for services those programs would otherwise cover. Longevity Metrics does not provide ICD or CPT codes, workers compensation support, FMLA determinations, or assistance with Social Security Disability, Food Stamps, WIC, or similar programs. Medical records are available upon written request; fees may apply for records provided outside of the Consultation visit. All services are eligible for payment via HSA and FSA accounts.

11. Responsibilities

11.1 Longevity Metrics Responsibilities

- Provide health screenings, preventive medicine services, and testing.
- Inform patients of the risks and benefits of any intervention or recommendation before providing it.
- Constantly improve testing, services, recommendations, and outcomes.
- Advocate for noninvasive interventions whenever possible.
- Never place financial gain above the health and well-being of patients.
- Be honest and transparent with Patient regarding health, prognosis, and all parameters of care.
- Protect Patient data, testing results, health metrics, and privacy.
- Treat Longevity Metrics patients the way we would want our loved ones and ourselves treated.

11.2 Patient Responsibilities

- Pay for services and sign all required consent documents prior to initiation of services.
- Disclose all health and health-related information honestly and completely.
- Provide a valid government-issued photo ID and Social Security Number prior to all Services Received (SS not required for online only research participants).
- Disclose pregnancy or possible pregnancy prior to any services.

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- Give best effort on all testing including cognitive, strength, balance, and cardiopulmonary exercise testing.
 - Provide relevant past health records. It is not Longevity Metrics' responsibility to obtain Patient's past medical records.
 - Know and understand all medications, supplements, vitamins, and non-prescription therapies currently being taken.
 - Keep Longevity Metrics updated on current contact and emergency contact information.
 - Be polite, courteous, and respectful to Medical Staff and other patients. Acts of violence, threatening behavior, inappropriate touching, or behavior making staff or patients feel unsafe will result in immediate termination of services without refund.
 - Direct all complaints or concerns to info@longevitymetrics.org in writing.

Longevity Predictions Are Experimental and May Be Entirely Wrong

The Your Longevity Report Card and Data generate investigational predictions including biological age estimate, rate of aging, predicted death age, and predicted cause of death profile. These predictions are calculated using algorithms applied to your clinical screening data and published epidemiological research. They have not been validated against actual mortality outcomes — that validation is the central scientific purpose of the 100-Year Human Aging Study.

These predictions are experimental hypotheses, not clinical standards. They may be entirely wrong. They should not be used to make major medical, financial, or life decisions without consulting your own physicians. They are meant to be informative, thought-provoking, and a starting point for conversation about your health — not a verdict.

Longevity Medicine and Lifestyle Interventions Are Experimental

Longevity Metrics offers screening services and lifestyle guidance designed to support healthspan and lifespan extension. Longevity medicine is a young field. Many interventions are supported by limited human research, studies in model organisms, or mechanistic theory alone. They may be incompletely understood, may not work, and may cause harm. Some are not FDA-approved and may be viewed skeptically by conventional medicine.

Longevity Metrics will seek to provide net benefit and minimize potential harms in all recommendations. By signing the Unified Patient Agreement, you accept the potential risks and uncertainties associated with screening services and lifestyle interventions intended to support longevity.

12. Consent Conclusion

By signing the Unified Patient Agreement at the end of this packet, I understand and agree to all terms set forth in this Consent for Patient Care. I authorize Longevity Metrics and Medical Staff to provide services, testing, and medical care. I understand that testing and medical care has risks and I accept responsibility for such risks and potential adverse health events, including long-term disability or death. I will not seek retaliation or remuneration from Longevity Metrics or its Medical Staff except in cases of gross negligence or intentional harm. Patient agrees to be bound by the most current version of this Consent in effect at the time of each service.

Your signature on the Unified Patient Agreement acknowledges receipt of and agreement to this Consent for Patient Care.