



# THE FUTURE OF HEALTH IS PERSONALIZED PREVENTION JOIN THE **YOU**EVOLUTION

## Intelligent. Personal. Proven.

4Youngevity Health is changing the game by delivering **the first orchestrated health intelligence system**—an AI coach that unifies wellness management into one seamless experience, removing the burden of tracking multiple conditions and switching between apps.

We are a longevity-first wellness company **co-founded by Dr. Michael Roizen**, former Chief Wellness Officer of Cleveland Clinic, and creator of the bestselling YOU health brand. Our platform translates his clinically validated approach into intelligent coaching that coordinates multiple health priorities, guiding individuals toward the '6+2 Normals'—important biometric markers linked to wellness and healthy aging.

This is the same approach that **generated a 38% reduction in healthcare costs per participant, 33% fewer sick days, and 12 additional years of healthy life** at Cleveland Clinic. 4Youngevity now digitizes this proven system, making it accessible across employers, health systems, and digital platforms.

The "6+2 Normals," measurable clinical indicators associated with improved health span and reduced cost.



**Blood Pressure <125/<85**



**BMI 21–29.9 or Waist < 1/2 Height**



**Fasting Blood Sugar <107 or HgBA1C <5.6, Uric Acid <5.0**



**LDL <70**



**No Cotinine in Urine**



**Active Stress Management Program**



**See Primary Care Provider Annually**



**Vaccinations and Age-Appropriate Screenings Up to Date**

**Wellness apps track habits, we orchestrate health outcomes.**

## Program Overview

Our approach combines evidence-based programs with AI ensuring they reinforce rather than compete with each other. Each program is designed as a 180-day experience that builds lasting habits:

- ✓ Physical Activity
- ✓ Stress Management
- ✓ Supplement & Small Molecules
- ✓ Macular Degeneration
- ✓ Inflammation Management
- ✓ Environmental Health
- ✓ Weight & Waist Management
- ✓ Sleep
- ✓ Blood Pressure Control
- ✓ Nutrition, Portions & Timing
- ✓ Medication Management
- ✓ Cognitive Health
- ✓ Smoking Cessation
- ✓ Building Muscle, Bone & Skin
- ✓ Menopause
- ✓ Andropause
- ✓ Balance & Fall Prevention

## Product Overview

Our Identity-based AI-driven platform delivers personalized coaching via:

### Orchestrated Intelligence

15+ "Interactive" guided programs

### Real-Time Integration

Biometric, EMR and wearable data

### Multi-Stakeholder Dashboards

Personalized insights for users, providers, and employers

### Conversational Interface

Voice and chat-enabled coaching interactions

## Key Benefits

**For Organizations:** Lower healthcare costs, higher employee satisfaction and productivity.

**For Health Systems:** Better patient outcomes through evidence-based, coordinated protocols.

**For Individuals:** Whole-health coaching that connects all your conditions intelligently.

## Why 4Youngevity Works

Four key differentiators that set 4Youngevity apart:

**Proven Clinical Foundation:** Built on Dr. Roizen's 40+ years of preventive medicine expertise and Cleveland Clinic's documented success with 43,000+ employees over 13 years.

**Measurable Impact:** Organizations see real results – 33% reduction in sick days, 38% decrease in healthcare costs, and 12 additional years of healthy life span for participants who achieve the 6+2 Normals.

**Orchestrated Differentiation:** Unlike single-condition wellness programs, we address the comorbid reality where stress affects sleep, inflammation impacts energy, and multiple conditions require coordinated care.

**Enterprise-Grade Intelligence:** Real-time health analytics showing actual productivity gains, cost savings, and health improvements with detailed insights and trending.

**Seamless Integration:** Works with existing health systems, benefits platforms, and electronic health records to enhance rather than replace current workflows.

**This isn't wellness. This is personalized longevity planning.**