Biological age reflects how your body is functioning internally compared to your chronological (calendar) age.




## ↓ 8 YEARS YOUNGER

chronological age 51

## Phenotypic Age (Levine PhenoAge)

Phenotypic Age is a validated biological aging measure derived from clinical blood biomarkers and mortality risk modeling. Your tier is determined by the difference between your phenotypic age and your chronological age.

| Tier | Estimation | What it Means |
|---|---|---|
| **Exceptional / Elite** | ≥10 years younger | • Outstanding biological resilience<br>• Excellent metabolic and inflammatory control<br>• Very low long-term disease risk |
| **Optimized / Slowed** YOUR TIER | 5–9 years younger | • Favorable aging trajectory<br>• Strong lifestyle and preventive alignment<br>• Low cardiometabolic risk |
| **Age-Appropriate** | Within ±4 years | • Typical population aging<br>• No immediate red flags<br>• Clear opportunity for optimization |
| **Accelerated** | 5–9 years older | • Early inflammatory or metabolic strain<br>• Increased cardiometabolic risk signal<br>• Often reversible with intervention |
| **High-Risk Accelerated** | ≥10 years older | • Markedly elevated morbidity and mortality risk<br>• Chronic inflammation or insulin resistance common<br>• Warrants targeted medical review |

### How to Use This Information

- Biological age is modifiable, not fixed
- Trends over time matter more than a single result
- Interpretation should include lifestyle, recovery, training load, and labs

### Scientific Reference

Liu Z, Kuo P-L, Horvath S, Crimmins E, Ferrucci L, Levine M. A new aging measure captures morbidity and mortality risk across diverse subpopulations from NHANES IV. *PLoS Medicine*. 2018;15(12):e1002718.

Levine ME, Lu AT, Quach A, et al. An epigenetic biomarker of aging for lifespan and healthspan. *Aging (Albany NY)*. 2018;10(4):573–591.

### Why Biological Age Matters

Biological age matters because it shows how your body is actually aging, not just how many years you've lived. Two people of the same chronological age can have very different biological ages depending on inflammation, metabolic health, and lifestyle factors. Including it in a longevity biomarker report gives you a clearer picture of overall health status, helps track whether interventions are working, and helps catch disease risk early.

This report is for general educational purposes only. It is not a diagnostic tool and is not medical advice. Results depend entirely on the values entered and do not account for medications, acute illness, pregnancy, or other conditions that shift these markers. Discuss any result with a qualified clinician.