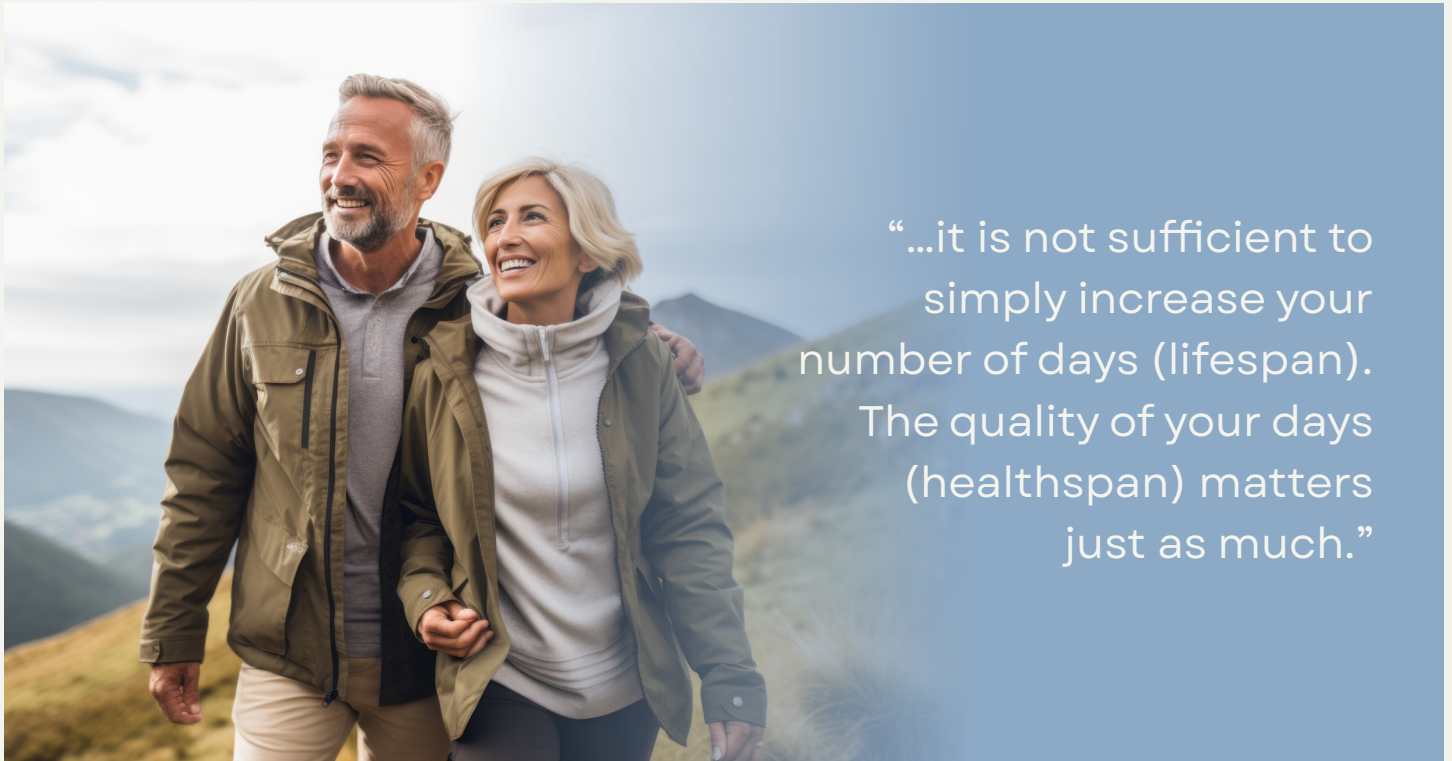


# Longevity

Jack McDonnell, MD, MS

Immunologist and Data Scientist, Quotient Health



“...it is not sufficient to simply increase your number of days (lifespan). The quality of your days (healthspan) matters just as much.”

Perhaps we should define a few terms in order to set the stage. Here are some terms that we at Quotient Health really think you should know. For us, these terms shed light on our promises to you.

Let's start with an equation.

**Longevity = Lifespan x Healthspan**

As Quotient Health sees it, it is not sufficient to simply increase your number of days (lifespan). The quality of your days (healthspan) matters just as much. Indeed, one of the major triumphs of modern medicine is that lifespan has been greatly increased. In the early 1900s, life expectancy for the average American was around 45. Now, it is around 78 years for both men and women, quite an improvement.

The medical community has struggled mightily, though, with improving healthspan. Patients are living longer than ever, yes, but many struggle with debilitating medical conditions in the last decades of their lives. Our technology has mainly focused on only the first part of the equation and ignored the second. This has to change.



Here at Quotient Health, we're not going to ignore your healthspan while we seek to help you increase your lifespan. Instead, we want to partner with you to impact both. Here's how we are going to use data to help us do just that:

**1 Regular dives into the longevity literature.** At Quotient Health, we're passionate about medical science and staying on top of the ever expanding health care literature. We've all probably had experiences with doctors who have a lot of experience and skill but haven't had time to keep up with scientific advances. It isn't entirely their fault. Doctors in regular practices spend just about every waking moment crushed by the weight of endless regulatory, documentation, and insurance requirements. Not at Quotient Health. Our physicians are empowered, and expected, to keep up to date with changes to medicine. It is part of the Quotient Health culture. To that end, we review and discuss "the literature" individually and in group settings with an eye toward delivering better care.

**2 Longevity Score and Core5 Profile.** Our team at Quotient Health has developed two models that help both patient and doctor understand where a person's health is now and where it may be going. We will be talking more about these in future newsletters, but suffice it to say these models are developed using cutting edge data science and AI techniques, always with the patient in mind. These models focus on modifiable aspects of health, aspects that you have control over. These modifiable aspects of health are in contrast to dimensions like age, which you can't impact. We want you to know exactly how well you are doing and what you need to work on next, without needing to keep track of complicated and esoteric medical minutiae. We've designed these models to be longitudinally informative, something you can track over time with your Quotient Health physician.

**3 Testing Suite and Optional Add-Ons.** One of the more frustrating aspects of modern health care is that insurance companies dictate care, so patients are not always given the information they need to understand their health and make optimal decisions. At Quotient, we answer to you, not a remote and uninterested insurance company. All our patients receive an evidence based diagnostic panel that addresses 12 major categories of human health, everything from genetics to micronutrient testing. These tests, obtained at your first visit with us, can be accessed and reviewed on your clinical dashboard. Additionally, Quotient Health physicians will work with you one-on-one to explain and contextualize each category.

We also recognize that individual health care goals vary, and patients may want to pursue other avenues of health care testing commensurate with those personal goals. This is why we offer a whole suite of optional tests like whole body MRI, pharmacogenetics testing, and others. And, as before with the Q-Diagnostic suite, if you choose to pursue these tests, our physicians will be there to help you understand the results.

To bring things back to where we started, Quotient Health knows longevity. It's central to our business. We, however, also know that our patients don't just care about long years of life (though that is very important), they care about quality of life. Happily, the two concepts are not mutually exclusive. We're going to help you achieve both.

**Thanks for the opportunity to be involved in your care.**

A handwritten signature in black ink that reads "Jack McDonnell". The signature is written in a cursive, flowing style.

**Jack McDonnell, MD, MS**

*Immunologist and Data Scientist, Quotient Health*