

## **Quadrant Health's Wellness Optimization Program**

Introducing the Quadrant Wellness Optimization Program – a groundbreaking, year-long individualized program designed to enhance your healthy years (health span) and optimize your longevity. Quadrant Health, co-owned by and built with state-of-the-art AI in collaboration with Stanford Healthcare and Mayo Clinic, has developed this innovative program to revolutionize the way we approach wellness (or health span). Because the program will be structured as a not-for-profit pilot, it will be limited to 10 participants exclusively from the Telluride Science Foundation and Telluride Foundation.

Led by internationally renowned internist and gastroenterologist Dr. Alan Safdi and a team of experts including nurses specializing in wellness, nutrition, and fitness, Quadrant leverages cutting-edge technology to provide personalized support and guidance throughout your journey, ensuring you receive the most up-to-date and scientifically validated recommendations.

Dr. Alan V. Safdi, MD, FACP, is a highly accomplished physician with extensive experience in Internal Medicine, Gastroenterology, and Hepatology. As the Chief Medical Officer of Quadrant Health, which is partnered with and co-owned by Stanford University and Mayo Clinic, Dr. Safdi has been instrumental in developing the world's leading AI solutions and platforms for medicine. Throughout his distinguished career, he has held numerous leadership positions, including Chairman of the Section of Gastroenterology at Deaconess Hospital, Chairman and President of the Ohio Gastroenterology and Liver Institute, and President of the Ohio Gastroenterology Society.

Dr. Safdi has been involved in over 1,100 clinical research studies as either a principal investigator or co-investigator, and has authored or co-authored numerous medical articles and abstracts. His expertise has been sought after on a global scale, with invitations to speak on various Gastroenterology, wellness research, and longevity topics across the United States and around the world. Dr. Safdi's experiences as a medical ambassador to countries such as India, Africa, Vietnam, Cambodia, and Cuba have provided him with unique insights into the importance of disease prevention and not just treatment. His research has focused on nutrition, exercise, and lifestyle modifications as key components of health and wellness.

His passion for promoting longevity and wellness is evident in his commitment to educating others and advancing the field through research and collaboration.

This is a wellness and health span coaching program designed to complement, not replace, your current healthcare team. Our program is not intended to diagnose, treat, or prescribe medications, as these responsibilities remain under the purview of your primary care provider and existing medical professionals.

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## Program Contents and Information

The Quadrant Wellness Optimization Program is tailored to your unique needs and goals, with virtual private, personalized sessions with Dr. Safdi and the comprehensive wellness team. Our team is composed of Dr. Safdi, Wellness trained nursing staff, personal trainers, and dietitians. Our data-driven approach allows us to customize the program to address your specific concerns and optimize your results. Some of the key areas we will explore include:

1. Analyzing the lifestyle factors and dietary habits of populations known for their longevity, and applying these insights to your individual plan.
2. Determining the optimal amount and type of exercise required to maximize your health span based on your age, fitness level, and medical history.
3. Evaluating your current medications and identifying potential risks, utilizing the latest research and personalized data analysis.
4. Implementing evidence-based strategies to prevent common age-related diseases, tailored to your specific risk factors.
5. Exploring the latest scientific literature and articles relevant to your goals, ensuring your program remains at the forefront of longevity research.
6. Assessing your cognitive health and developing a personalized plan to reduce your risk of dementia based on cutting-edge prevention strategies.
7. Identifying the essential nutrients and foods that should be incorporated into your diet, based on your unique nutritional needs and health status.
8. Evaluating your risk of common injuries and providing targeted prevention and treatment strategies based on your lifestyle and physical activity levels.
9. Conducting a comprehensive review of your medical history and physical exam, using data-driven insights to identify areas for optimization and early intervention.
10. Providing evidence-based guidance on vitamins and supplements, tailored to your specific needs and backed by the latest scientific research.
11. Debunking common myths surrounding dietary fads and offering personalized, science-backed recommendations for optimal nutrition.

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12. Empowering you with the knowledge and tools necessary to make lasting, sustainable changes to your lifestyle, supported by ongoing nurse coaching.

Please notify your primary care provider of your participation in the program and all changes to your lifestyle, exercise program, diet, and other recommendations.

### **Program Schedule**

Over the course of 12 months, you will have:

- 3 virtual consultations (1-2 hours long) with Dr. Alan Safdi (months 1, 6, and 12). This will discuss your current lifestyle and more in detail and they will be educational personalized sessions.
- Monthly or bimonthly virtual sessions (up to a total of 18 sessions) with healthspan expert nurses, dietitians, or personal trainers. The session will be individualized to each participant's needs.
- Customized, interactive questionnaires, suggestions, and reminders powered by AI, reviewed personally by Dr. Safdi and his team run every 2 weeks for a total of 24 sessions.

By combining the expertise of our medical professionals, led by the highly accomplished Dr. Alan Safdi, with data-driven insights from our collaborations with Stanford Healthcare and Mayo Clinic, the Quadrant Wellness Optimization Program offers a revolutionary approach to enhancing your health span and maximizing your potential for a longer, healthier life.

Fees:

- \$2695 initiation fee
- \$195/month

Take the First Step Towards a Healthier Life

**To Register or for any questions please email us at: [longevity@quadrant.health](mailto:longevity@quadrant.health)**