Resolute

May 2025

A Consumer Roadmap For *Health Optimisation* and *Longevity* - 2025

Turning body data into precise next steps.

Indian Edition

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About *Resolute*

At Resolute, we are redefining how people approach health by making preventive, personalised, and predictive care the new default—so everyone can live longer, feel stronger, and unlock their full human potential.

We are a cross-disciplinary team of physicians, data scientists, AI engineers, behavior designers, and performance experts—aligned around a single thesis: that structured, adaptive care can replace fragmented, reactive health journeys.

This report isn't just a roadmap—it's a scalable system. Designed to convert data into decisions, decisions into outcomes, and outcomes into long-term engagement across cohorts who demand more from their health—and the platforms that serve them.

As longevity, AI, and consumer health converge, we see an opportunity to define the category and build the operating system for the next
10 million people who want agency over their health—and the systems to support it.
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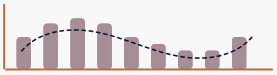
Human Health in *Motion*

Health is not a fixed number or static score—it's a *dynamic state* influenced by age, environment, stress, and daily choices.

- **Your health baseline is dynamic**

Your health baseline changes in real time

Sleep quality varies within **days**



Lipid profiles shift across **weeks**

Epigenetic patterns evolve over **months**

That's why we treat health not as a one-time checkup, but a living project with continuous feedback loops and regular interventions.

- **Prevent ruin before chasing reward**

A single catastrophic event—stroke, cancer, heart attack—can erase years of progress. The first mandate in your health journey is to identify and neutralize these irreversible risks.

- **Adaptability is the key**

Your body generates constant feedback—via wearables, labs, imaging, and omics. When translated correctly, this data helps you:

  - Steer away from threats
  - Align with your goals
  - Build a sustainable path to vitality and longevity

The Meta Approach to *Health Progression*

Phased clarity is what is important. From the perspective of dynamic nature of human health, the first step must always be to avoid risks of ruin and irreversible functional impairment before pursuing aspirational health or performance goals.

The *3-Phase* Health Sequence

1 **Reduce Risks**

What could kill or disable me early?

2 **Pursue Goals**

What physical or cognitive capabilities do I want to build?

3 **Lifelong Optimisation**

How do I slow aging and compound gains over time?

Key Operating Principles

Sequence Matters, Longevity starts with safety.

There's no point in chasing peak performance if silent threats still linger.

Example: optimising VO_2max is pointless if a hidden coronary plaque remains untreated—it's like tuning a race car with a cracked engine block.

Data Must Earn Its Place

Only layer in a new test when a decision depends on it. Every new measurement should translate to action—not just information overload.

Example: A DEXA scan offers detailed fat distribution—but don't upgrade until you've outgrown what an InBody or home scale can already guide.

Operate in Loops, Not Once-a-Year Snapshots

Use time-boxed cycles to measure, adjust, and repeat. Intervals should be long enough to show change, but short enough to pivot.

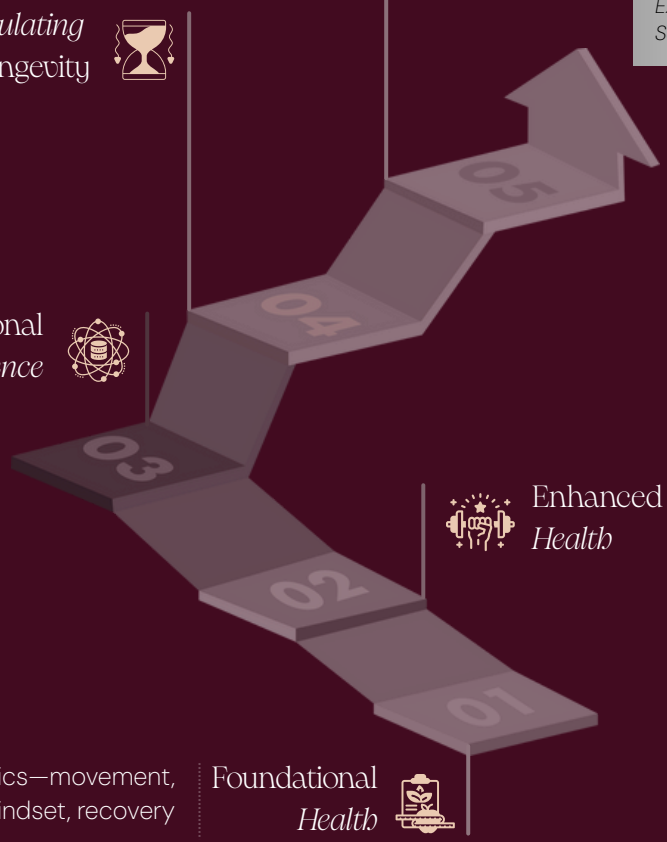
Example: A 12-week insulin improvement cycle reveals far more about how to optimise your nutrition - than reacting to day-to-day CGM spikes.

The Five Tiers of *Human Health Progression*

Health optimisation isn't about doing *everything*—it's about doing the right thing at the right time.

Our 5-tier model gives each person a clear place to start, a structured path forward, and a data-backed reason to level up. It ensures you're not spending on diagnostics or interventions that don't yet move the needle.

This framework shows you *what to do now, and what can wait.*



Frontier Longevity

Deploy cutting edge biotech & protocols

Example Wins:
Senolytics, gene modulation

Modulating Longevity

Actively slowing biological aging

Example Wins:
Epigenetic age ≤ chronological age

Personal Science

Self-experimentation for enhanced physical and cognitive performance.

Example Wins:
Stable energy, sharper cognition, super-optimised biomarkers

Enhanced Health

Layering in structure—smart training, programmed nutrition and precise supplementation

Example Wins:
VO_2max ↑, strength ↑, work focus. Improved sleep architecture, Low body & visceral fat

Foundational Health

Locking in the basics—movement, nutrition, sleep, mindset, recovery

Example Wins:
↓ Resting HR, ↑ HRV, optimised BMI, good sleep quality

Each tier isn't just more advanced— each progression compounds precision, personalisation, and lifetime value—for both the user and the model.

Your Data Spine : *The Body-Data Stack*

Health data today is abundant—but only becomes powerful when it is applied with context, sequence, and purpose.

Think of each layer as a higher-resolution lens on the same body.

Each layer adds specificity, but should only be introduced when decision-making demands it. The goal: avoid data overload and cost inefficiency, while still enabling progression through increasingly complex health goals.

Start with live telemetry, layer on chemistry, add performance context, verify with pictures, and finish with code-level biology only when the decision you face truly needs that extra clarity.

1 Wearables & Sensors

Purpose: Real-time telemetry (beats, steps, glucose) that detects short-term behavior patterns and physiological trends
Signals: HRV, heart rate, step count, CGM, sleep stages, blood pressure
Use Case: Flag behavior wins or failures within hours; supports habit reinforcement and immediate feedback loops
Spend Range: ₹3,000–₹30,000 (one-time)

Wearables form the base layer of feedback—offering continuous, low-friction insight into lifestyle impact. These devices are ideal for creating trend-lines, spotting early anomalies, and building adherence through measurable progress.

Your Data Spine : *The Body-Data Stack* (cont.)

2 Routine Biomarkers

Purpose: ~100 markers covering metabolism, endocrine health, inflammation, organ status, and micronutrients that detect internal biochemical drift well before symptoms emerge
Use Case: Guide interventions every 6 months; adjust nutrition, training, supplementation, and recovery with precision
Spend Range: ₹4,000–₹8,000 per panel

Blood markers act as the biochemical dashboard—capturing how the body is adapting to stress, diet, exercise, and rest. This layer adds resolution to what wearables can only suggest.

Functional Categories:

Energy & Metabolism	**Why It Matters** Shows how efficiently your body burns fuel and handles fats. **Example Markers** Total cholesterol, LDL-C, HDL-C, triglycerides, resting metabolic rate (RMR)
Glucose Metabolism	**Why It Matters** Flags early blood-sugar problems and insulin resistance. **Example Markers** Fasting glucose, HbA1c, fasting insulin, C-peptide, HOMA-IR
Sex & Vitality Hormones	**Why It Matters** Reflects libido, mood, muscle maintenance, and overall vitality. **Example Markers** Total/free testosterone, estradiol, progesterone, DHEA-S, SHBG
Thyroid	**Why It Matters** Regulates metabolic rate and temperature; imbalances affect weight and energy. **Example Markers** TSH, free T4, free T3, reverse T3, TPO antibodies

Your Data Spine : *The Body-Data Stack* (cont.)

Vitamins & Minerals	**Why It Matters** Essential cofactors for immunity, bone health, and energy production. **Example Markers** 25-OH vitamin D, B12, folate, magnesium, zinc, calcium
Iron Markers	**Why It Matters** Checks oxygen-carrying capacity and screens for iron overload or deficiency. **Example Markers** Ferritin, serum iron, transferrin saturation, TIBC
Inflammation Markers	**Why It Matters** Detects silent, chronic inflammation linked to many diseases. **Example Markers** hs-CRP, ESR, IL-6, homocysteine
Liver Function	**Why It Matters** Gauges detox capacity and early signs of fatty liver or medication stress. **Example Markers** ALT, AST, GGT, alkaline phosphatase, bilirubin
Blood Health	**Why It Matters** Assesses oxygen delivery, immune status, and clotting ability. **Example Markers** Hemoglobin, hematocrit, RBC count, WBC count, platelets, MCV
Kidney Function	**Why It Matters** Monitors waste filtration and fluid–electrolyte balance. **Example Markers** Creatinine, eGFR, BUN, uric acid, cystatin C
Allergies	**Why It Matters** Identifies true allergic reactions to foods or environmental triggers. **Example Markers** Total IgE, specific IgE panels (RAST), eosinophil count, skin-prick test
Cardiac Markers	**Why It Matters** Spots hidden heart strain and long-term cardiovascular risk. **Example Markers** ApoB, LDL-P, lipoprotein(a), NT-proBNP, hs-Troponin

Your Data Spine : *The Body-Data Stack* (cont.)

Intolerance

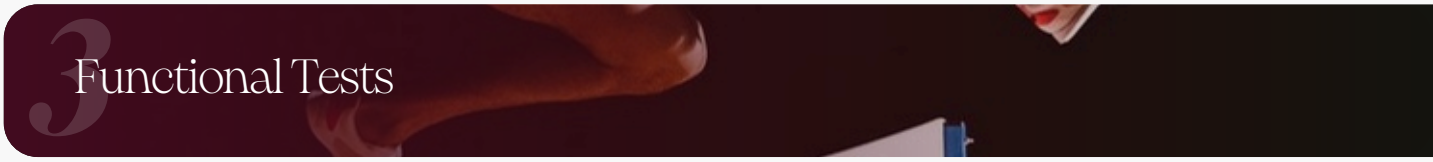
Why It Matters
Flags non-allergic sensitivities that cause gut discomfort or inflammation.

Example Markers
Lactose H_2-breath test, fructose breath test, IgG food panel, celiac (tTG) antibodies

Iron Markers

Why It Matters
Reflects balance of anti- vs. pro-inflammatory fats and heart-protective status.

Example Markers
Omega-3 Index (EPA + DHA % in RBC), AA:EPA ratio



Purpose: Reveal system-level responses to stress, exertion, and real-life demands
Examples: VO_2max, lactate threshold, breath tests, grip strength, balance, agility
Use Case: Quantify physical and cognitive performance under load; identify bottlenecks in system resilience
S**pend Range:** ₹1,000–₹10,000 per test

Functional tests bridge the gap between internal chemistry and real-world capability. They expose how various systems—cardiac, respiratory, neuromuscular—actually perform under dynamic conditions.

Purpose: Visual confirmation of structural or anatomical risk—often invisible until advanced
Modalities:

- **DEXA** – Quantifies visceral fat, lean mass, and bone density
- **Whole-body MRI** – Detects early tumors, joint degeneration, organ fat
- **CT-CAC** – Scores calcified coronary plaque for silent cardiovascular risk

Your Data Spine : *The Body-Data Stack* (cont.)

Use Case: Spot silent pathologies months to years before symptom onset; validate structural improvements or damage
Spend Range: ₹3,000–₹35,000
Suggested Refresh: Every 1–2 years

This is the lens for catching what lab tests can't see. Imaging is essential for individuals entering Tier 3+ who want "peace of mind" screening or objective confirmation of internal change.

DEXA

₹3K–₹5K

What It Reveals
Visceral vs. sub-cut fat, lean mass, bone density

When to be done
Body comp & bone health tracking (annually) - Annual monitoring

MRI

₹24K–₹35K

What It Reveals
Early detection of structural issues - early tumours, organfat, joint wear, brain health

When to be done
"Peace-of-mind" screen every 1-2 years

CT-CAC

₹2K–₹3K

What It Reveals
Calcified plaque score

When to be done
Mid-life cardiac risk assessment - Men 40 +, women 45 + with risk

5 Omics

Purpose: Forecast long-range disease risk and personalise longevity strategy through molecular-level insights
Types:

- **Epigenetics –** Biological vs chronological age, pace of aging
- **Proteomics / Metabolomics –** Early pathway drift before clinical lab values shift
- **Microbiome –** Gut species composition, metabolic impact, inflammation potential

Your Data Spine : *The Body-Data Stack* (cont.)

Use Case: Ideal for Tier 4–5 users looking to engineer aging trajectory or qualify for next-gen therapies
Spend Range: ₹10,000–₹45,000 annually

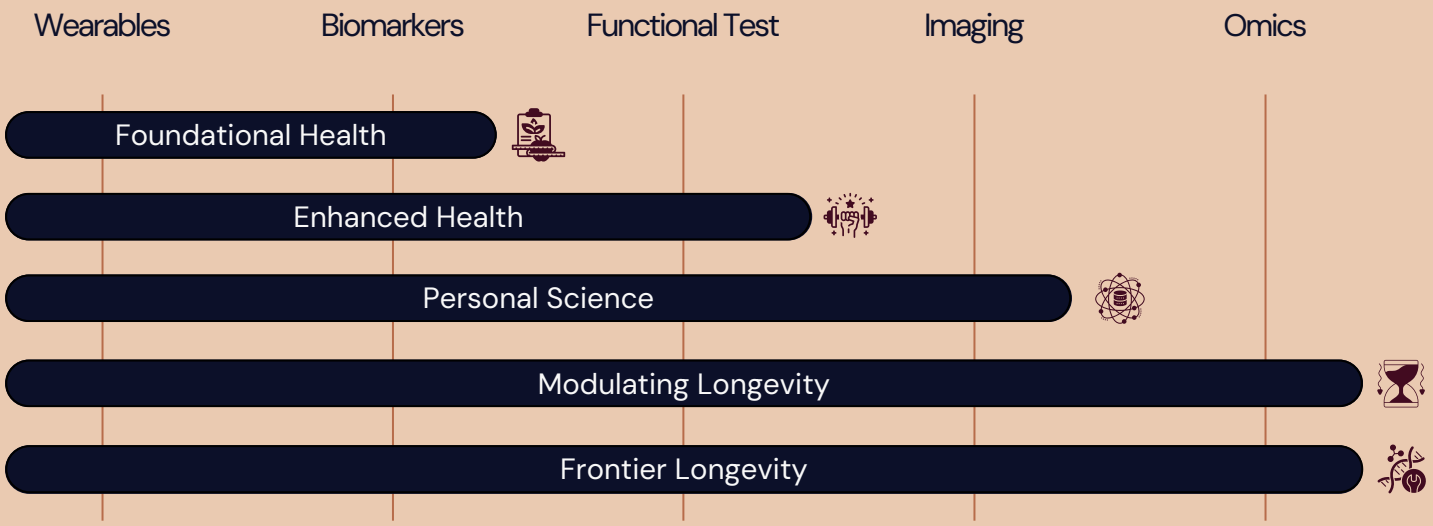
Omics represents the "source code" of your biology—offering the deepest level of foresight. Used correctly, it informs highly personalised, preventive, and regenerative interventions well before disease emerges.

Epigenetics *(DNA methylation clocks)*	₹45,000	**What You Learn** Biological vs. calendar age; rate of aging **Consumer Options** TruDiagnostic, Glycanage **Refresh Rate** 1× year
Proteomics / Metabolomic	₹10,000 - ₹20,000	**What You Learn** Early pathway drift before disease labs change **Consumer Options** MyDiagnostics & Resolute **Refresh Rate** 1× year
Microbiome	₹10,000 – ₹15,000	**What You Learn** Gut species balance; fiber diversity targets **Consumer Options** MyDiagnostics & Resolute **Refresh Rate** 1× year or after interventions

Layer-to-Tier Fit: *Progression with Precision*

Each health tier is only as effective as the data guiding it. The goal is not to accumulate more diagnostics, but to introduce the right layer of data at the right time—ensuring decisions remain timely, actionable, and cost-effective.

The following matrix shows how each layer of the data spine aligns with the five tiers of health progression. If a data layer is not relevant to your current tier, it's noise—not insight.



Key Insight:

A structured progression ensures that users only engage with high-resolution diagnostics when they're ready to act on them. This avoids premature complexity and maximizes return on each diagnostic investment.

Combining *Human Judgment* and *Machine Precision*

Navigating this progression isn't just about stacking more data—it's about translating it into the right intervention at the right time. Wearables stream 100,000 data points a day; biomarkers rewrite your biochemistry every quarter; imaging and omics reveal risks years in advance.

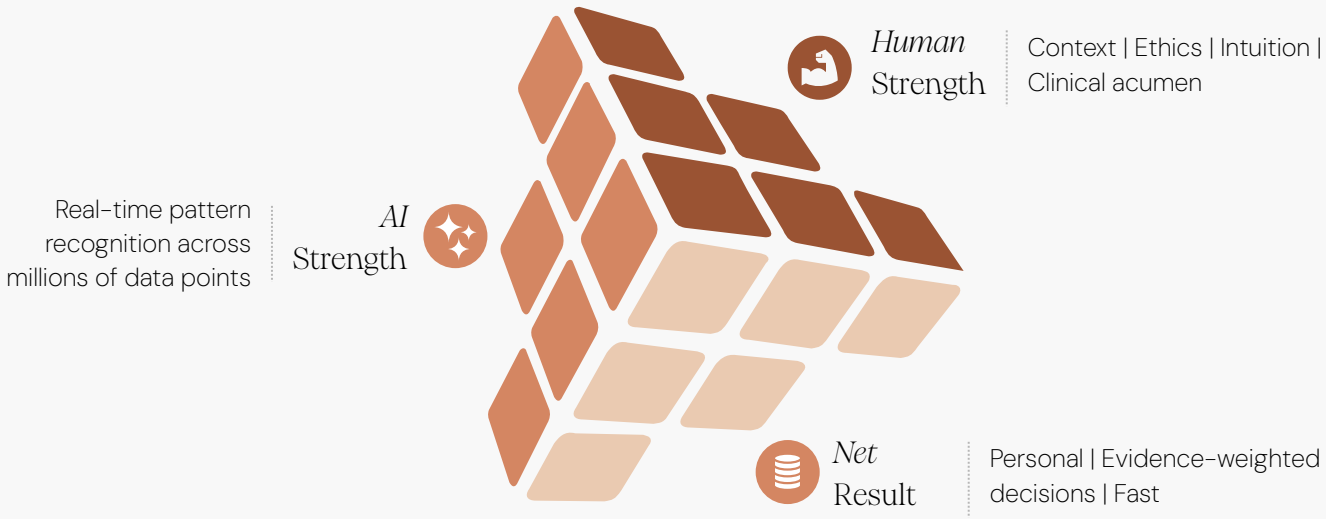
No solo clinician can parse hundreds of thousands of data points daily, and no AI can understand context, motivation, or constraints.

This requires a hybrid system.

Chess grandmasters paired with algorithms consistently outperform both solo humans and standalone machines.

Health is no different: biological nuance and lived context demand human judgment, while data complexity has outgrown unaided cognition.

The solution is a **Centaur Team at Resolute** —a collaborative loop of humans and machines making faster, safer, more personalised decisions.



Combining *Human Judgment* and *Machine Precision* (cont.)

Data Capture	**Human Edge** Empathy, coaching adherence. **AI Edge** Automated ingestion from devices & labs.
Analysis	**Human Edge** Clinical intuition, pattern recognition across domains. **AI Edge** Multi-modal models spotting micro-trends.
Intervention Design	**Human Edge** Personal context, ethics, shared decision-making. **AI Edge** Algorithmic optimisation of dose, timing, modality.
Implementation	**Human Edge** Behavioural change coaching, motivation. **AI Edge** Nudge engine, adaptive schedules, anomaly alerts.

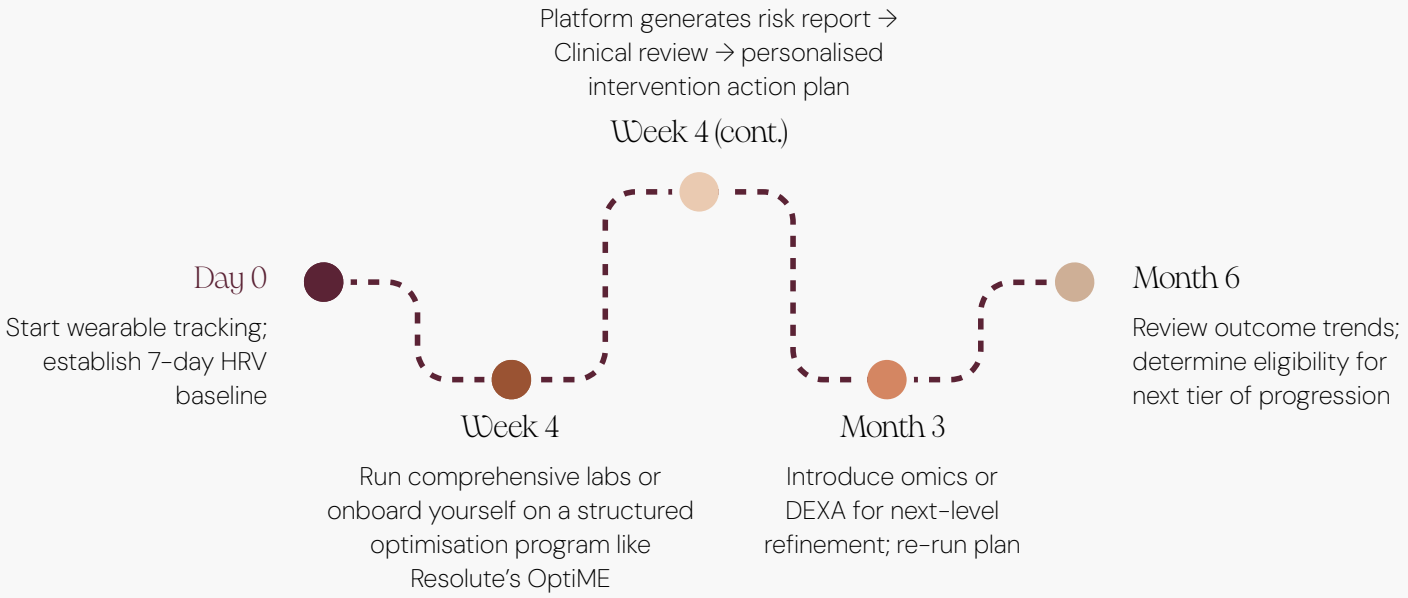
And this system propels you from Foundational Health to Frontier Longevity—without detours, dead-ends, or data fatigue.

Insight to Impact: *Turning Metrics into Outcomes*

So, how can raw inputs become real improvements—efficiently and repeatably. This section outlines the operational blueprint for translating diagnostics into tangible outcomes. It details the upgrade cadence, core principles that govern decision-making, and what meaningful progress looks like over 3, 6, 12, and 24+ months.

The *100-Day* Upgrade Ladder

A time-bound onboarding and escalation framework:



This phased structure ensures each intervention is grounded in data, spaced for adaptation, and layered with purpose.

Insight to Impact: *Turning Metrics into Outcomes*

Operating *Rules*

A few core principles shape how variables are introduced and interpreted:

- **One New Variable at a Time:** Introduce changes with enough space to observe effect
- **Test Bundling:** Combine fasting labs and imaging to minimize effort and radiation exposure
- **Data Portability:** Always export and store raw data formats (CSV, DICOM) to future proof against app failures
- **Money vs Insight Efficiency:** After Tier 3, deeper diagnostics yield diminishing marginal returns—upgrade only when decisions depend on it

Outcome *Benchmarks*

Defined milestones for objective progress:

These benchmarks offer not just direction, but accountability—serving as waypoints across the multi-year optimisation journey.

A New Standard for *Navigating Health*

Health optimisation isn't a one-time leap—it's a structured, compounding journey. With the right data, sequence, and decision support, the next tier of your health isn't just possible—it's within reach.

This roadmap offers a new way forward:

- A tiered progression that adapts to your biology
- A data spine that scales with your readiness
- And a decision model designed for clarity, not confusion

Whether you're aiming to avoid risk, unlock performance, or extend your healthspan—this framework gives you a place to start, a reason to move, and a pathway to go further.

General Availability: *optiMe Is Now Live*

The roadmap described here is already operationalized through optiMe—India's first 360° health optimisation and longevity program.

Designed around the tiered progression model, optiMe combines:

- Evidence-based diagnostics
- Centaur-guided planning (Human + AI)
- Personalised action ladders with measurable outputs

Every user is equipped with a hyper-personalised blueprint—matched to their tier, goals, and readiness to advance.

Over **10,000 journeys have already been powered** through this system in the last 15 months, delivering clear performance and healthspan gains.

Scan **QR** to know more