

CENVIK

CHANGE THE COURSE OF YOUR HEALTH

Your highly personalized
prevention program.



- ⊕ Physician-led
- ⊕ Home Monitoring
- ⊕ Genetic & Epigenetic Analysis
- ⊕ AI-Supported Analysis

OUR MISSION

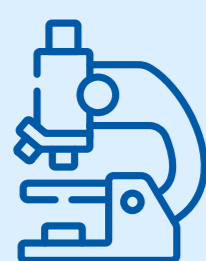
Preventive Medicine Redefined.

Today's healthcare often identifies disease only after symptoms appear. Cenvik takes a different approach. We bring your fragmented health data together, fill the gaps with targeted measurements, and translate it all into a continuously updated picture of your health status, along with actionable recommendations.

From scattered data to clear direction.

Most people today have more health data than ever before: lab results, imaging, wearables, check-ups. Cenvik brings this information together, supplements it with additional measure-

ments as needed (such as digital biomarkers or genetic analyses), and evaluates it using medical expertise and data-driven analysis.



DEEP INSIGHT

We make the invisible visible.

Combining scientifically sound methods with state-of-the-art AI analysis reveals patterns that would otherwise stay hidden. The result is a significantly deeper understanding of your health.



PROACTIVE

Early detection, targeted action.

Many health changes begin long before they become noticeable. We identify these patterns early and translate them into a personalized plan with clear, achievable, measurable goals.



MONITORED

Understanding what works.

Health changes over time. We continuously track the most important metrics and observe which measures are effective in daily life. Your plan is refined together with your doctor.



SECURE

Your data remains protected.

Health data is treated confidentially and processed in accordance with the highest data protection standards (GDPR). Your treating physician retains control at all times.

A CRITICAL TRANSITION

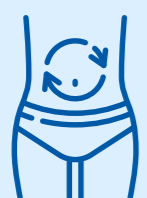
Why Midlife Matters.

During midlife, age-related physiological changes, accumulated lifestyle factors, and already established pre-diseases increasingly influence key aspects of long-term health:



1. Cardiovascular health

Cardiovascular risk, stroke & thrombosis risk



2. Metabolic health

Glucose control, metabolic resilience



3. Brain health

Cognitive resilience, neurodegenerative risk factors



4. Cellular health & cancer risk

early detection, cellular aging



5. Immune system

Chronic inflammation, immune resilience

Your highly personalized prevention program.

Reset the trajectory of your health.

Midlife can be a turning point. Advanced monitoring, AI-supported analysis, and physician-led interpretation can help uncover individual health patterns and proactively shape long-term health and resilience.

CENVIK

A structured, medically guided journey.

Cenvik360 is a continuous, data-driven prevention program.

You are accompanied throughout by a licensed physician who evaluates your data, defines goals together with you, adjusts measures, and remains available at all times.

1

Getting to know each other

During an initial consultation, you discuss your current situation and goals directly with the attending physician.

2

Consolidating data

Existing medical findings, lab results, and device data are integrated. Missing information is specifically supplemented.

3

Analysis and profile

Your data is analyzed and translated into a clear risk and potential profile across the relevant areas of your health.

4

Personalized plan

You receive a personalized health plan with concrete, achievable, and measurable goals.

5

Insights into action

Your personalized health plan is put into action through physician-led guidance, continuous monitoring, and ongoing refinement.

What you receive.

A continuous, data-driven prevention program with everything in one place: the right data, the right analysis, and a doctor who walks the journey with you.



Included in the Program

- A comprehensive review of your existing medical data
- Targeted assessments where needed (including digital biomarkers, advanced lab diagnostics, genetic & epigenetic analyses)
- A personalized profile of your health risks, resilience, and long-term potential
- An individualised action plan with concrete, measurable health goals
- Continuous monitoring of key health markers, with physician-led support and plan refinement

"With AI-supported data analysis, we enable targeted prevention tailored to your individual risks and life circumstances."



Markus Hammer MD
Founder · Lead physician

WOULD YOU LIKE TO LEARN MORE?

Get in touch with us:
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