



# Your AgeQ™ Score Report

## Your Aging Overview



### How is my AgeQ™ Score determined?

AgeQ™ utilizes a **validated algorithm** to calculate your AgeQ™ Score by analysing routine blood indicators, based on data from **over 300,000 individuals** (SLAS, NHANES, and UK Biobank). It provides a measure of your health relative to your demographic group.

## Your AgeQ™ Domain Insights

An overview of your AgeQ™ domains, highlighting strengths and areas for improvement.



# Your AgeQ™ Results

AgeQ™ is your wellness compass, reflecting your current pace of aging based on your lifestyle and AgeQ™ domains.

Your AgeQ™ Score is **+4.2 years older** than your chronological age.



Your score is primarily influenced by your **Nutritional Balance, Energy & Vitality, and Stress Resilience** domain(s), which are currently lower compared to others in your demographic group.

In contrast, your **Hydration & Recovery** and **Repair & Renewal domains** are performing better compared to others in your demographic group. These are areas of strength that are helping to support your overall profile.

By focusing on improving the domains that are currently underperforming while maintaining your strong domains, your **AgeQ™ score** may improve over time. Your **Personalized Action Plan** outlines practical steps to support this.

## What Your AgeQ™ Profile Means

| AgeQ™ Profile | Description                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Younger       | Your AgeQ™ Score is lower than your chronological age, indicating your body is aging more favourably.                                     |
| Aligned       | Your AgeQ™ Score is similar to your chronological age, indicating your body is aging in line with your peers.                             |
| Older         | Your AgeQ™ Score is higher than your chronological age, indicating areas where lifestyle adjustments may support your overall well-being. |

AgeQ™ results provide a snapshot of your AgeQ™ domains at the time of sample collection. These results are intended for general wellness and educational purposes only, relate solely to recognized AgeQ™ domains such as physical fitness, stress management, nutritional balance, and sleep management, and are not intended as medical advice, a clinical diagnosis, screening, monitoring, treatment, or medical characterization of any disease or condition. AgeQ™ does not identify, name, or assess any specific disease or medical condition, and no output should be interpreted as abnormal, pathological, or diagnostic. AgeQ™ is not a substitute for consultation with a physician or licensed healthcare provider, and individuals should always discuss AgeQ™ results with their physician or healthcare provider. Do not alter any prescribed medical regimen or medications based on AgeQ™ results without consulting with a physician or healthcare provider.

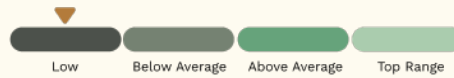
# Your Personalized Action Plan

## Your 5 AgeQ™ Domains

A personalized roadmap of healthy lifestyle suggestions to support your overall well-being.



### Nutritional Balance



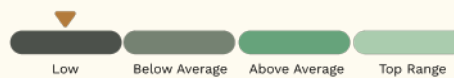
Needs Work

#### Focus: Support your nutritional balance, BMI, and body weight.

- Reduce your intake of refined sugars and processed foods.
- Prioritize whole foods, including vegetables, lean proteins, and healthy fats.
- Add 2–3 sessions of resistance training per week and aim for 7–9 hours of sleep.
- Aim for gradual, sustainable changes in body weight, to achieve a healthy BMI (18.5–22.9). Even modest weight loss (<5%) is associated with improvements in your overall well-being.



### Energy & Vitality



Needs Work

#### Focus: Support your energy and stamina.

- Increase your intake of nutrient-rich foods such as leafy greens, legumes, and lean proteins.
- Commit to moderate daily exercise.



### Stress Resilience



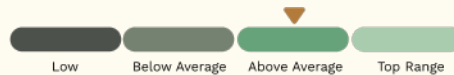
Needs Work

#### Focus: Support your stress resilience.

- Shift toward a diet rich in fruits, vegetables, whole grains, and healthy fats.
- Increase regular physical activity and aim for 7–9 hours of sleep.



### Hydration & Recovery



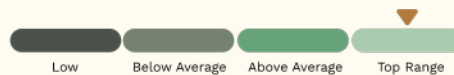
Optimal

#### Focus: Maintain your hydration and recovery.

- Maintain adequate hydration and a balanced diet, while being mindful of your sodium intake.
- Maintain your current exercise routine to support your long-term hydration and recovery.



### Repair & Renewal



Optimal

#### Focus: Maintain your body's renewal processes.

- Continue your balanced intake of plant-based food and unsaturated fats.
- Keep alcohol consumption low to help your body's natural renewal processes.

Results are based on findings from studies involving over 300,000 individuals.

#### About the ranges

Ranges show how you compare to others in your demographic group.



Low  
(0–25%)



Below Average  
(25–50%)



Above Average  
(50–75%)



Top Range  
(75–100%)

# Your Personalized Action Plan

## Your 5 AgeQ™ Habits

Evidence-based daily habits to support your overall well-being and healthy aging, based on findings from the Singapore Longitudinal Ageing Study (SLAS)<sup>1,2</sup>

1



### Maintain a Healthy Body Weight and BMI

**The Action:**

Aim to maintain a stable body weight within a healthy BMI range (18.5-22.9) by aligning your dietary intake with your activity levels and making gradual, sustainable lifestyle adjustments where needed.

**Why this matters:**

A healthy body weight supports overall well-being, including energy, resilience, and daily function.

**The Impact:** Individuals in a healthy BMI range (18.5-22.0) had a **1.79- to 4.17-year lower AgeQ™ Status** compared to overweight and obese individuals.

2



### Green Tea As a Daily Habit

**The Action:**

Drink at least 1 cup (ideally 3 cups) of green tea daily, ideally alongside a meal.

**Why this matters:**

Green tea is one of the key findings of the SLAS study. It is rich in natural antioxidants, including epigallocatechin gallate (EGCG), which may help support your body's natural defenses against everyday environmental and lifestyle stressors.

**The Impact:** Consistent green tea drinkers showed a **2.74-year improvement in their AgeQ™ Status** compared to those who rarely consumed it.

**Pro Tip:** Consuming green tea with your food may complement healthy eating habits. Its natural compounds may help support balanced nutrient absorption after meals.

3



### Increase Plant-Based Foods

**The Action:**

Aim to consume at least one serving of plant-based foods daily (e.g., vegetables, fruits, legumes, whole grains) as part of a balanced approach to healthy eating.

**Why this matters:**

Plant-based foods provide fiber and essential nutrients that can support metabolism and help maintain cellular health.

**The Impact:** Consuming at least one serving of plant-based food per day was associated with a **1.75-year improvement in AgeQ™ Status** compared to those who did not meet this daily intake.

4



### Commit to Weekly Physical Activity

**The Action:**

Engage in physical exercise at least once per week (more frequent activity is encouraged).

**Why this matters:**

Regular movement supports your overall physical fitness, helping to maintain strength and improve circulation.

**The Impact:** Individuals who exercised at least once per week experienced a **2.03-year improvement in AgeQ™ Status** compared to sedentary individuals.

5



### Maintain a Smoke-Free Environment

**The Action:**

If you currently smoke, ceasing is a vital step toward improving your AgeQ™ Score.

**Why this matters:**

Smoking can counteract the benefits of other healthy habits you practice. By ceasing smoking, your body can respond more effectively to positive lifestyle changes.

**The Impact:** Individuals who smoked had a **3.88-year less favorable AgeQ™ Status** compared to non-smokers.

# Your AgeQ™ Progress

Tracking your wellness trends and the impact of your lifestyle choices over time.

| Date of Sample collected | Nutritional Balance (y) | Energy & Vitality (y) | Stress Resilience (y) | Hydration & Recovery (y) | Repair & Renewal (y) | Chronological Age (y) | AgeQ™ Score (y) | AgeQ™ Status (y) | AgeQ™ Profile |
|--------------------------|-------------------------|-----------------------|-----------------------|--------------------------|----------------------|-----------------------|-----------------|------------------|---------------|
| 21 March 2026            | +2.3                    | -0.9                  | +1.9                  | -14.6                    | -1.1                 | 55.0                  | 59.2            | +4.2             | Above Range   |
| 01 March 2025            | +3.0                    | +0.5                  | +2.7                  | -6.0                     | -0.2                 | 54.0                  | 60.8            | +6.8             | Above Range   |



# Understanding AgeQ™

## Key AgeQ™ Terms

|                          |                                                                                                                                                                                                                                                    |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Chronological Age</b> | Your total years since birth.                                                                                                                                                                                                                      |
| <b>AgeQ™ Score</b>       | A measure of your body's overall well-being. It reflects how your AgeQ™ domains (nutritional balance, energy & vitality, stress resilience, hydration & recovery, and repair & renewal) are performing compared to others of the same demographic. |
| <b>AgeQ™ Status</b>      | The difference between your AgeQ™ Score and your Chronological Age. A negative number indicates a more favourable profile while a positive number suggests areas where improvement may be possible.                                                |
| <b>Example</b>           | If your Chronological Age is 45 and your AgeQ™ Score is 41, your AgeQ™ Status is -4, meaning your body is about 4 years “younger”.                                                                                                                 |

## FAQs

### How is my AgeQ™ Score determined?

AgeQ™ uses a validated algorithm to integrate multiple wellness-related blood indicators, adjusted for age and gender, to calculate your AgeQ™ Score. The model was developed using established statistical methods and validated in over 300,000 individuals across Asian and Western populations (SLAS), (NHANES), and UK Biobank. Your results are compared against population-level reference data to provide a relative measure of your overall well-being. AgeQ™ is not intended to assess, diagnose, or monitor any specific organ, disease, or medical condition.

### Can I lower or reverse my AgeQ™ Score?

Yes. Unlike your chronological age, your AgeQ™ Score is modifiable. Evidence from the Singapore Longitudinal Ageing Studies (SLAS) and other clinical findings suggests it may be lowered by adopting five core habits: drinking green tea (at least 1 cup daily), eating at least one serving of plant-based foods daily, exercising regularly, staying smoke-free, and maintaining a healthy body weight and BMI. Your Personalized Action Plan in Part 1 outlines additional steps to support your overall well-being.

### How should I use these results?

Think of AgeQ™ as a snapshot of your internal vitality. Because your body is dynamic, AgeQ™ domains can change based on your recent health, sleep, or medications. We recommend discussing this report with your physician to see how it fits into your broader health journey.

## Consult

Connect with your physician to explore tailored advice and recommendations.

## Retest

Your AgeQ™ Score can change. Consider retesting after lifestyle changes, together with your physician to track your progress.

## Gifting

Give your loved ones the gift of knowledge. Share AgeQ™ to help them follow along with their AgeQ™ domains today.

## Track

Take control of your health data. Scan to pre-register for AgeQ™ Health Portal to track your AgeQ™ Score and progress over time.

QR Code

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## General Information

The AgeQ™ test is a composite index derived from chronological age and blood-based biochemical and hematological biomarkers, designed to measure an individual's AgeQ™ Score and provide a view of overall physiological well-being. This test is intended for wellness purposes only and has not been cleared or approved by the U.S. Food & Drug Administration for the screening, diagnosis, cure, mitigation, treatment, or prevention of any disease or medical condition. The test reports an AgeQ™ Score, AgeQ™ Status, and AgeQ™ Profile based on a defined panel of wellness-related blood indicators and the individual's chronological age. Results reflect your AgeQ™ domains at the time of sample collection and may vary due to acute illness, lifestyle factors, medications, or other changes. Insights are based on population-level research and may not fully reflect your individual health history; the underlying research (including SLAS, NHANES, and UK Biobank studies) involved community-based populations with a typical range of common health conditions. AgeQ™ results are not a clinical assessment and do not predict, diagnose, or assess risk for any specific disease or medical condition, and this assessment does not include all factors relevant to overall health. Individuals should consult a healthcare professional for personalised health planning and interpretation of results. As with any laboratory test, false-positive and false-negative results may occur, and accuracy may be affected by factors such as acute illness, infection, inflammation, medications, supplements, recent lifestyle changes, laboratory variability, and sample handling; testing during acute illness, recent trauma, or significant physiological stress is not recommended, as these may temporarily affect biomarker levels. Results should be interpreted in the context of your full medical history, clinical presentation, and other diagnostic findings, and should not replace standard clinical care or medical advice. The utility of this test may vary based on individual factors such as age, ethnicity, and underlying health conditions, and individuals should consult their healthcare provider before making changes to treatment or lifestyle. Retesting may be considered annually. Lucence does not warrant the accuracy, completeness, or timeliness of third-party data sources and is not liable for any reliance on such information, and is also not responsible for interpretations made by third-party applications, external health platforms, or healthcare providers.