

HealthDataLab

HEALTH & LONGEVITY REPORT



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Bob



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Intro

Bob, at **45**, your body is telling a story worth understanding. Your biological age of **60** compared to your chronological age of **45** reveals a 15-year gap - your body is aging faster than your calendar years. An aging rate of **1.33** signals that each birthday is currently adding extra biological wear and tear. This report reveals what is driving that acceleration and how you can begin to reverse it.

Key Findings

- Biological age **60** - **15** years older than calendar age of **45**
- Physical activity **very high** - strongly supports cardiovascular and metabolic resilience
- Sleep duration **4-5 hours** - accelerates aging and impairs recovery
- Waist-to-height ratio **0.51** - signals early central fat and cardiometabolic risk
- Overall health status **Very Good** - strong base to support targeted improvements

Your standout strength is your very high physical activity level, with intense training 4+ times per week - a powerful longevity asset when paired with recovery and nutrition. The area needing immediate focus is your very short sleep of **4-5 hours**, which can quietly undermine hormones, repair, and performance despite your healthy BMI of **22.6**. With health challenges and goals now clearly identified, the pages ahead offer a focused roadmap to align your lifestyle with your aspirations, in partnership with your healthcare provider.



In Your 40s: Optimization and Awareness

| *The first wealth is health. - Ralph Waldo Emerson*

Your 40s are a pivotal decade where daily choices strongly shape how you will feel and function in your 50s, 60s, and beyond. Think of this report as a detailed city map of your health: strengths like your active lifestyle and healthy BMI are well-paved highways, while concerns like short sleep and an increased waist-to-height ratio are congested intersections needing redesign. With this clarity, you can optimize your routines, protect your future vitality, and move forward with confidence and intention.



Results

Chronological vs. Biological age

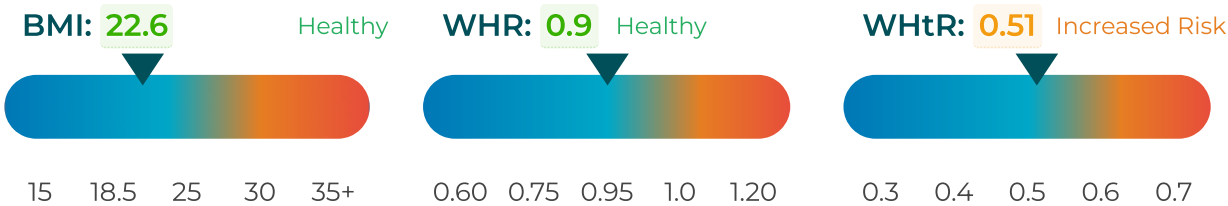
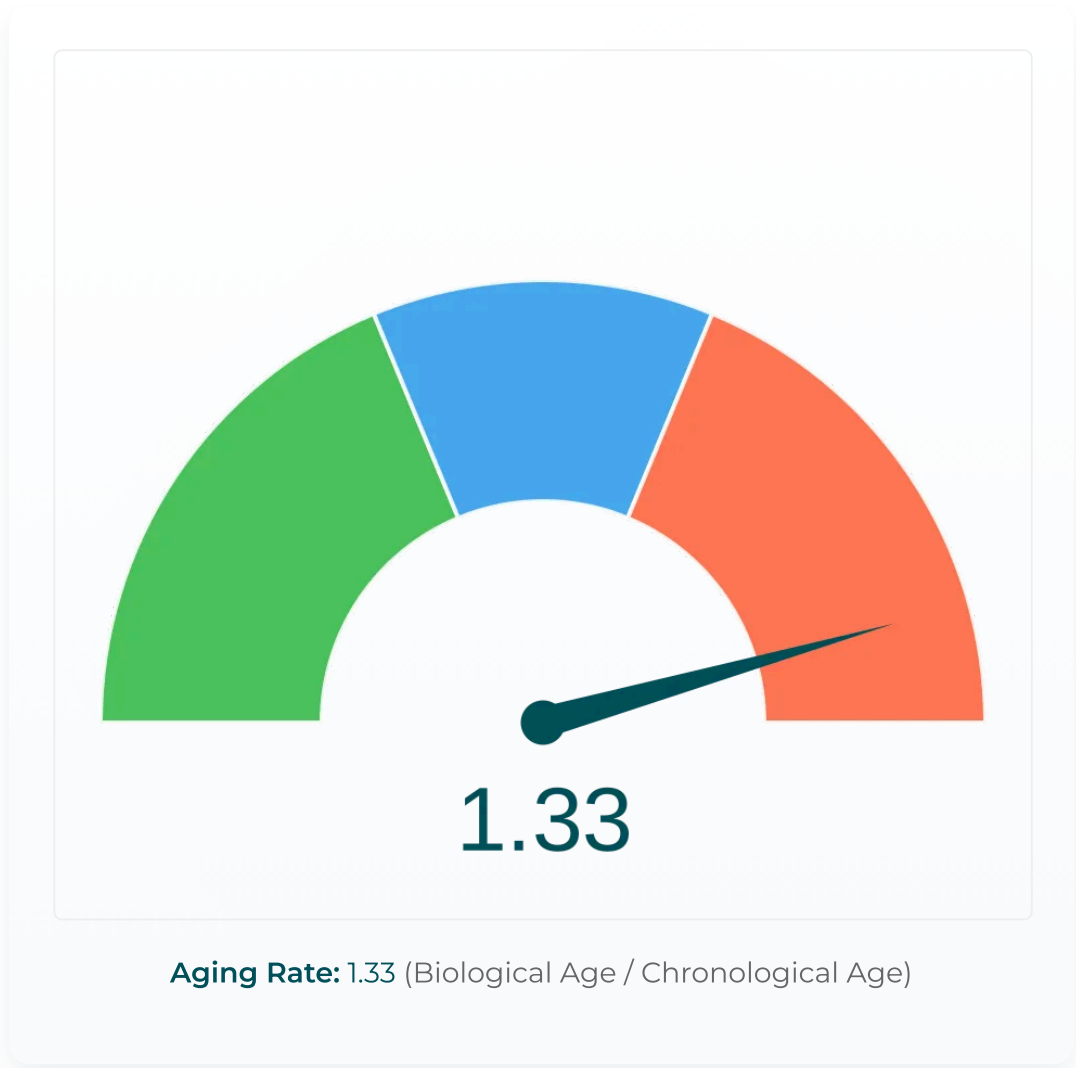


At **45 years** chronologically, your measured biological age is **60 years**. This +15-year gap, shown as an age shift of **+15.0 years**, means your body is currently functioning more like someone in their early 60s than mid-40s. Your aging rate of **1.33** indicates you are accumulating biological wear and tear about 33 percent faster than calendar time.

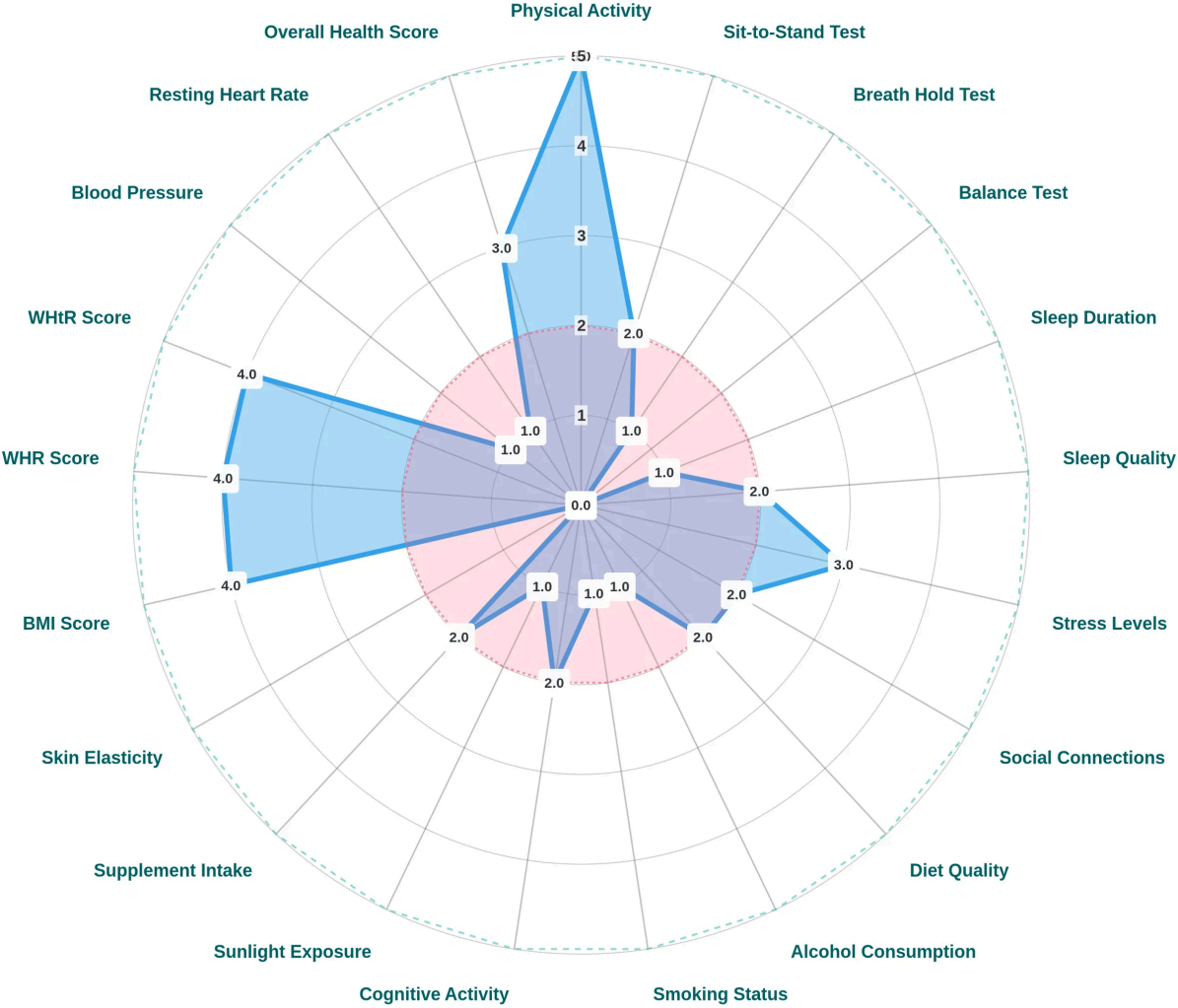
Your strong commitment to movement and training is a major asset - **Physical Activity**, healthy **Body Mass Index**, and a favorable **Waist-to-Hip Ratio** are all helping protect your metabolism and cardiovascular system. On the other hand, below-average diet quality, inconsistent sleep, and **Smoking Status** are likely accelerating damage at the cellular and vascular level.

Practically, this pattern suggests a higher mid-life risk for chronic conditions if nothing changes, but it is also a strong signal of opportunity. With your existing exercise base, targeted upgrades in nutrition, stress regulation, sleep consistency, and a clear plan to eliminate smoking could meaningfully slow your aging rate and, over time, bring your biological age closer to - or even below - your chronological age.

Note: Biological age is estimated using a model analyzing your self-reported inputs across physical assessments (like Sit-to-Stand, Balance), lifestyle factors (sleep, stress, diet, activity), and body composition measurements (BMI, WHR, WHtR). It reflects how these combined factors influence your cellular health compared to chronological age.



Note: These metrics provide general health indicators. BMI measures weight relative to height, Waist-Hip Ratio indicates fat distribution patterns, and Waist-Height Ratio measures central adiposity per NICE guidelines (waist should be less than half your height).





Strengths & Improvement Areas

Your Strengths

Your very high physical activity and healthy BMI indicate strong commitment to fitness and help keep your metabolic health and cardiovascular system in a favorable range. A low waist-to-hip ratio suggests relatively lower visceral fat, and your occasional social and cognitive engagement shows you are already supporting both physical and mental resilience in meaningful ways.

Areas for Improvement

To better align your biological age with your chronological age, prioritizing longer, more consistent sleep would greatly enhance recovery from your intense training. Gradually reducing smoking and cutting back from frequent heavy drinking will strongly benefit your heart, lungs, and skin. Improving diet quality and making social connection more regular can further support stress reduction and long-term vitality.

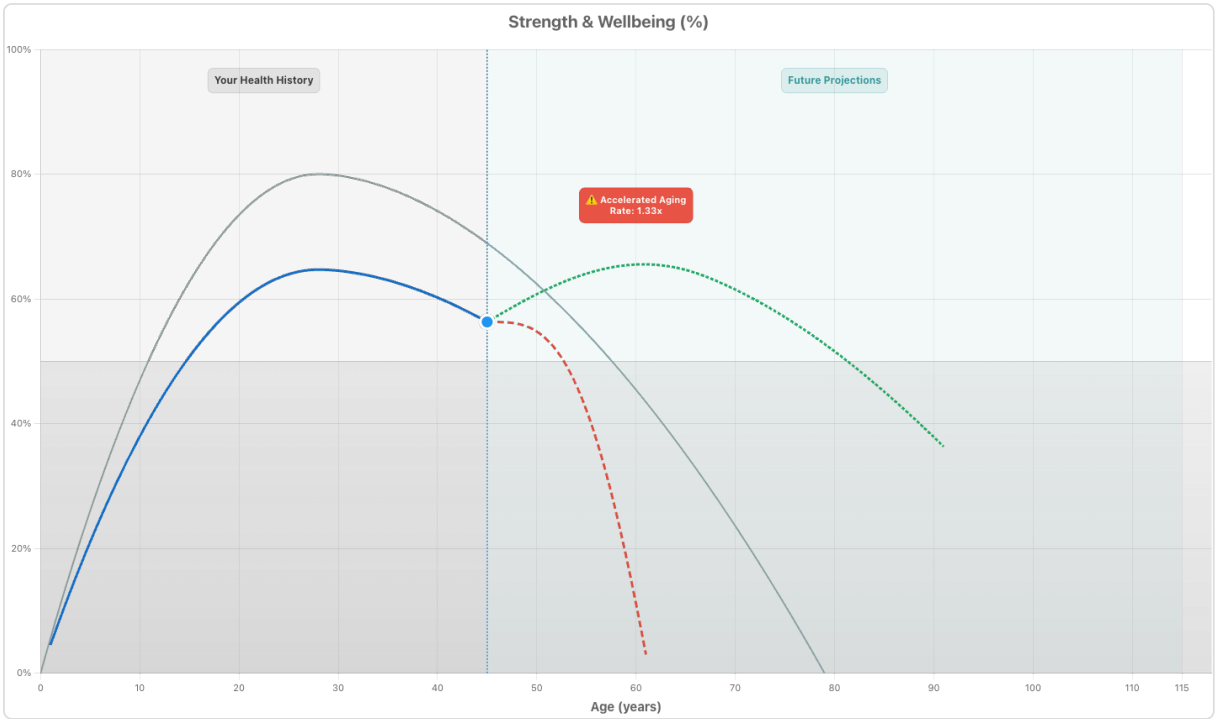
Personalized Insights

Insight 1: Your **very high physical activity** and healthy BMI are powerful assets, but pairing them with **very short, irregular sleep** may be accelerating your higher biological age by limiting recovery and hormone balance.

Insight 2: Your **low-risk WHR** shows solid metabolic foundations, yet your **frequent alcohol use and regular smoking** directly conflict with your longevity goals by driving vascular aging and skin decline.



Health Trajectory - Future Scenarios



Current Status

Your biological age of **60.0** vs chronological age of **45** indicates aging faster than expected (rate: 1.33).

Pessimistic Scenario

Without changes, accelerating decline could reduce healthy years to age 61. Address key factors now.

Optimistic Scenario

With perfect adherence to recommendations, 29% improvement possible, extending to age 88. Transformation is achievable.

These projections are based on the information you provided and are intended for general wellness guidance only. They do not constitute medical advice or diagnosis.



Analysis

Chronological vs. Biological Age

The Aging Processes

Your **45 years** chronological age is simply the count of birthdays - it never moves backward. Your biological age of **60 years** reflects how your cells, tissues, and organ systems are functioning right now. Unlike chronological age, biological age is dynamic and can improve or worsen depending on your daily choices and exposures.

Inside your cells, several key aging processes are constantly in motion. Telomeres - the protective caps at the ends of your chromosomes - gradually shorten as cells divide, and this can be sped up by smoking, poor diet, and chronic stress. Oxidative stress occurs when unstable molecules called free radicals outpace your antioxidant defenses, damaging DNA, proteins, and cell membranes. Inflammation, especially when low-grade and persistent, further irritates blood vessels and tissues. Over time, some cells become senescent - they stop dividing but do not die - and start secreting inflammatory signals that accelerate aging in nearby cells.

The good news is that these processes are not fixed. Regular movement, high-quality sleep, stress reduction, and nutrient-dense foods rich in antioxidants can reduce oxidative stress and inflammation, support healthier telomere dynamics, and help your body clear senescent cells more efficiently. Your body has powerful repair systems built in; by aligning your lifestyle with them and phasing out harmful exposures like smoking, you can shift the balance away from damage and toward regeneration, gradually improving your biological age profile.



Modern Research and Traditional Wisdom

Blue Zones research highlights that long-lived populations combine **natural daily movement** with sufficient sleep, strong social ties, and minimal tobacco and alcohol use; your impressive training aligns with their movement patterns, but short sleep, smoking, and higher alcohol intake pull you away from the low-inflammation lifestyle seen in these regions.

Studies show sleeping under 6 hours per night is linked to higher cardiovascular risk and faster biological aging, especially when combined with smoking and heavy drinking; traditional wisdom echoes this by valuing deep nightly rest and moderation as the base of sustained strength.

Lifespan and Healthspan

Lifespan is the total number of years you live. Healthspan is the number of those years you live with energy, independence, and good function. Healthspan is what determines how long you can do what you love without major limitations. With a biological age of **60 years** at a chronological age of **45 years**, your current trajectory suggests that age-related issues could appear earlier than ideal, potentially shortening the high-quality portion of your life even if total lifespan remains long.

The same factors accelerating your biological aging - especially suboptimal diet, inconsistent sleep, stress, and **Smoking Status** - are closely tied to risks like cardiovascular disease, reduced physical resilience, and slower recovery, which can limit healthspan. The upside is that your strong physical activity base and healthy body composition give you a powerful platform for change. By upgrading nutrition, stabilizing sleep, managing stress more intentionally, and working with a health practitioner or longevity-focused coach to address your specific health challenges and smoking, you can meaningfully improve your odds of extending not just how long you live, but how long you live well.



Overall Lifestyle Score

Your overall lifestyle pattern is mixed, with both protective and risky elements, so your current lifestyle score would be **could improve**. Your standout strength is your **very high physical activity**, which strongly supports fitness and metabolic health.

The most urgent opportunity is your **very short, inconsistent sleep**, which is likely undermining recovery, cardiovascular health, and longevity despite strong training habits.

BMI and Waist-Hip Ratio

Your BMI of **22.6** sits in the healthy range, supporting good weight balance. Your WHR of **0.9** is classed as low risk, suggesting relatively favorable fat distribution around the hips and waist.

Your WHtR of **0.51** indicates increased cardiometabolic risk: your waist is slightly more than half your height. This signals central adiposity per NICE guidance and is an opportunity to reduce abdominal fat despite an overall healthy BMI.

Longevity Influences

Your longevity trajectory reflects a mismatch: strong factors like **healthy BMI** and **high physical activity** are being offset by cardiovascular strain and recovery deficits, contributing to a biological age of **60** at 45 and an aging rate of 1.33.

The priority factor driving accelerated aging is your **cardiovascular stress load** (high blood pressure, very high resting heart rate), strongly worsened by **severely restricted sleep**. Targeting these together offers the biggest potential to slow your aging rate.



Impact on Your Biological Age

Your aging rate of **1.33** means that for every calendar year that passes, your body is currently aging about 1.33 biological years. This is why your biological age of **60 years** has drifted ahead of your **45 years** chronological age. Put simply, your system is running too hard in the background, and wear is accumulating faster than we would like.

Your habits explain much of this gap. High **Physical Activity**, a healthy **Body Mass Index**, and a favorable **Waist-to-Hip Ratio** are strong protective anchors for heart, muscle, and metabolic health. In contrast, suboptimal diet choices, inconsistent sleep, and the impact of **Smoking Status**, along with concerns about **Balance Ability** and **Skin Health**, are pushing your biological age upward by increasing inflammation, oxidative stress, and vascular strain.

If current patterns continue, your future trajectory is a continued widening of the gap between how old you are and how old your body feels and functions. The encouraging news is that your strong exercise foundation means that improvements could pay off quickly. Prioritizing nutrient-dense meals, regular high-quality sleep, structured stress management, morning or late-afternoon light exposure instead of harsh midday sun, and a decisive move away from smoking could gradually slow your aging rate toward 1.0 or below and reduce your biological age over the coming years.



Objectives

Leverage your WHY

Your biological age of **60** with a **15-year** age shift is a signal, not a life sentence

It is your body asking for a course correction so your health challenges and goals can finally align with how you want to live.

This report invites you to choose between drifting into accelerated aging or consciously reversing course.

When your WHY is clear - being present, strong, and independent for years to come - every daily choice becomes an act of empowerment.

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HOW: Becoming That Person

Lasting change comes from who you see yourself as, not from willpower alone

Instead of forcing new rules, you become the person who protects their future health, building on strengths like your **very high physical activity** while correcting areas like **sleep** and **diet**.

Think of your lifestyle as an 88-key piano - right now you are playing only a few familiar keys.

A short walk after meals, a more stable breakfast, or a consistent wind-down time are small votes for your new identity, steadily nudging your biological age closer to your chronological age.

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With WHO

At **45**, with **occasional** social connection, your circle strongly shapes your norms

If people around you normalize poor sleep, rushed eating, or smoking, it is easy for your current reality to repeat itself.

Begin by finding just one or two allies - a walking partner, a classmate, or a friend also wanting better health.

Some relationships may resist your changes, and that is okay; you can quietly model new choices

A compassionate network, including practitioners, helps you recover quickly from slip-ups and stay anchored in who you are becoming.

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WHERE: Your Environment Matters

The spaces you live and work in either pull you toward or away from your goals

Your **very high physical activity** is a strength, but a **below average diet** suggests your environment may default to convenience foods

A few targeted shifts can create most of the change you need.

Make healthy choices the easy choices: keep water on your desk and sugary drinks out of sight, place nuts or fruit where you once kept snacks, and decide your go-to better option for restaurants.

Visible cues like comfortable shoes by the door or a yoga mat laid out can turn movement into the path of least resistance.

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WHEN: The Time Factor

At **45** with a biological age of **60** and an aging rate of **1.33**, your body is currently aging faster than the calendar.

This may feel confronting, but it also means there is significant room to slow, and even partially reverse, this trend.

Given your **very short sleep**, **below average diet**, and **very high activity**, your system is under strain.

Aggressive changes or overtraining can backfire

Treat this as a lifelong journey: over the coming months, prioritize slightly better sleep, food quality, and balanced movement, ideally with a holistic practitioner helping you pace and interpret your body's feedback.

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Actionable Recommendations

About these recommendations and taking action

Bob, these personalized suggestions translate your results into focused next steps. Always review changes with your healthcare practitioner, especially if you take medications. Small, consistent actions will compound over months and years to reshape your biological age trajectory.

1. **Priority 1: Repair sleep as your core longevity lever.** Protect a 7-hour sleep opportunity by setting a fixed wind-down time, dimming lights and screens 60 minutes before bed, and keeping your bedroom cool and dark.
2. **Priority 2: Stabilize blood sugar with simple food upgrades.** For most meals, build a plate around protein, colorful vegetables, and healthy fats, and reduce ultra-processed snacks that currently drive your **below average diet**.
3. **Priority 3: Balance intense training with recovery.** With your **very high activity** and **poor sleep**, schedule at least 1-2 lighter days weekly focused on mobility, stretching, and low-intensity movement.
4. **Priority 4: Support your nervous system and smoking cessation.** Pair any efforts to stop **smoking** with daily breathwork, short nature walks, or guided relaxation to give your body alternative stress relief pathways.
5. **Priority 5: Anchor your circadian rhythm with morning light.** Aim to get natural outdoor light between 6-8 AM most days, even for 5-10 minutes, to improve sleep quality, hormone balance, and recovery.

**NB:**

Your **healthy BMI**, **favorable WHR**, and **very high physical activity** provide a strong base to build on. Health transformation is rarely linear; expect progress, plateaus, and adjustments. Trust your body's intelligence as you implement, observe, and refine these steps.



Summary & Conclusion

A Moment to Celebrate

Bob, your willingness to look closely at your health is a powerful step. Your biological age of **60** compared with your chronological age of **45** reflects a **15-year** age shift and an accelerated aging rate of **1.33**.

Key metrics show a **healthy BMI of 22.6**, a **low-risk WHR of 0.9**, and an **elevated WHtR of 0.51**. Strengths include your **very high physical activity**, **healthy weight**, and **favorable waist-to-hip ratio**. Top priorities are addressing **very short sleep**, **smoking**, and **below average diet** so your health challenges do not overshadow your goals.

Overall, your trajectory can be meaningfully improved by aligning recovery, nourishment, and environment with the effort you already invest in training.

NB:

Bob, a **15-year** age shift is not a verdict; it is a clear dashboard light inviting change. Your strong movement habits and healthy body composition show you can follow through when it matters. Over the coming months, let your goals for long-term strength, clarity, and joy guide small, sustainable upgrades in sleep, food, and stress care.

Consider retaking this assessment in 3-6 months to measure your progress and fine-tune your plan. You do not have to navigate this alone - skilled support is available at each step as you move toward the healthier future you envision.



*"**Bob**, a 15-year biological age gap is a powerful wake-up call, but with your strong activity foundation, small focused shifts in sleep, stress, and daily habits can meaningfully bend your aging curve in the right direction."*



Next Steps

Book a Free 10 min Chat

1. With experienced Holistic and Natural Health Practitioner, Matthew D'haemer (Naturopath).

Book Free Chat

Book a Full Consultation

2. With experienced Holistic and Natural Health Practitioner, Matthew D'haemer (Naturopath).

Book Consultation

COMING
SOON

Learn more about Matthew D'haemer - Holistic Health Naturopath:
<https://www.matthewdhaemer.com/>



Your Assessment Inputs

Body Measurements

Height	176 cm
Weight	70 kg
Waist Circumference	90 cm
Hip Circumference	100 cm
BMI	22.6 (Healthy Weight)
Waist-Hip Ratio	0.9 (Low Risk)
Waist-to-Height Ratio	0.51 (Increased Risk)
Systolic Blood Pressure	160 mmHg
Diastolic Blood Pressure	95 mmHg
Resting Heart Rate	125 bpm

Cardiovascular Health Analysis

Your blood pressure of **160/95 mmHg** falls in the high range, indicating significant cardiovascular strain and a clear need for prompt medical review and sustained management.

Your resting heart rate of **125 bpm** is markedly elevated, which is concerning even with very high training levels and may reflect overtraining, high stress, inadequate recovery, or underlying cardiovascular or thyroid issues.

Physical Assessment

Sit-to-Stand Test	2 / 5 (8-12 reps (low performance))
Breath Hold Test	1 / 5 (15-29 seconds (short duration))
Balance Test	0 / 5 (Less than 10 seconds (poor balance))
Skin Elasticity	0 / 5 (More than 30 seconds (very low elasticity))



Lifestyle Factors

Physical Activity	5 / 5 (Very high (intense training 4+ times/week))
Sleep Duration	1 / 5 (4-5 hours (very short sleep))
Sleep Quality	2 / 5 (Occasionally (inconsistent quality))
Stress Levels	3 / 5 (Sometimes stressed (occasional stress episodes))
Social Connections	2 / 5 (Occasionally (sporadic interaction with friends/family))
Diet Quality	2 / 5 (Below average (occasional healthy meals, frequent unhealthy choices))
Alcohol Consumption	1 / 5 (10-14 drinks per week (frequent heavy drinking))
Smoking Status	1 / 5 (Regular smoker (smokes on most days))
Cognitive Activity	2 / 5 (Occasionally (sporadic cognitive activities))
Sunlight Exposure	1 / 5 (Irregular exposure when convenient (no routine))
Supplement Intake	2 / 5 (Occasionally (1-2 times per week))
Overall Health Assessment	3 / 5 (Very Good (75-89%))

Overall Health Analysis – for Practitioners

Bob, your overall health profile currently aligns with a biological age of **60**, meaning your body is aging faster than your calendar age. You have a healthy BMI, favorable WHR, but increased central fat by WHtR, alongside significantly high blood pressure and a very elevated resting heart rate that cannot be ignored.

Your top strengths are **very high physical activity** and a **healthy BMI/WHR profile**. Key opportunities are your **cardiovascular health (BP and resting HR)** and **sleep duration and quality**. Addressing these with medical input and lifestyle adjustments can meaningfully reduce your biological age and improve long-term resilience.

Your Health Goals

test



Your Health Challenges

test



Disclaimer - Terms and Conditions

WELLNESS JOURNEY NOTICE

Our Health & Longevity Reports offer guidance on your personal wellness journey. These reports reflect insights based on the information you've shared with us, but they're meant to complement—never replace—the wisdom and care of health practitioners.

A PARTNERSHIP IN WELLNESS

Your HealthDataLab report serves as a conversation starter with your healthcare team. While our AI-powered tools analyse your self-reported information to provide personalised insights, these insights require interpretation by qualified professionals who understand your unique health story.

HOLISTIC PERSPECTIVE

Remember that true wellness embraces the whole person. Our assessments offer one perspective on your health journey, but they cannot capture the full

complexity of your individual biology, life circumstances, or health history.

ACCURACY CONSIDERATIONS

Your report's accuracy depends on:

- The information you've provided
- The inherent limitations of our assessment models
- The evolving nature of health research

Our Health Calculator and assessments are designed for informational and educational purposes only. They provide general indications of health based on self-reported data and cannot detect, diagnose, or treat medical conditions.

A COMMITMENT TO YOUR JOURNEY

While we believe in the value of our insights, we cannot guarantee specific health outcomes. Your body's wisdom and your intuition are vital companions to any health data or recommendations.

DATA PRIVACY & SECURITY



YOUR INFORMATION

We respect your privacy deeply:

- Health data you enter is processed in real-time and not stored permanently
- Only account information (name, email) is securely stored for communication
- All data transmission utilises industry-standard security measures
- We implement reasonable technical, administrative, and physical safeguards
- No online system is completely immune to security risks despite best efforts

DATA SECURITY PRACTICES

To protect your information, we:

- Employ encryption for data in transit and at rest
- Regularly update our security protocols
- Restrict access to personal information to authorized personnel only
- Partner with service providers who maintain similar security standards
- Conduct periodic security assessments

PRIVACY RECOMMENDATIONS

If you have privacy concerns, consider:

- Using a nickname rather than your full name

TERMS & CONDITIONS

- Creating an email address that doesn't contain your real name
- Providing only information you're comfortable sharing
- Understanding that information transmitted online always carries some risk despite our security measures

YOUR DATA RIGHTS

You maintain control of your account information and have the right to:

- Access your account data
- Request corrections to inaccurate information
- Delete your account data
- Restrict processing of your data in certain circumstances
- Raise concerns about our data practices

DATA BREACH NOTIFICATION

In the unlikely event of a data breach affecting your personal information:

- We will notify you promptly in accordance with applicable laws
- Our notification will include the nature of the breach, affected information types, and steps we're taking
- We will work diligently to address the situation and prevent further unauthorised access
- You will receive guidance on protecting yourself following the incident



USING OUR SERVICES

By using HealthDataLab's tools and receiving our reports, you're acknowledging these limitations and agreeing to use this information responsibly—with professional guidance when making significant health decisions.

THIRD-PARTY SERVICE PROVIDERS

HealthDataLab may engage trusted third-party service providers to support our operations:

- These providers may have limited access to your information solely to perform services on our behalf
- We require these providers to maintain confidentiality and security standards comparable to our own
- While we carefully select our providers, we cannot be held liable for their actions beyond our reasonable control
- You acknowledge that data transmitted to or stored by third-party providers is subject to their respective security practices

CONSULTATION REQUIRED

Always consult qualified healthcare professionals before:

- Making significant changes to your diet or exercise routine
- Altering your medication or supplement regimen
- Pursuing new treatments based on report insights
- Making major lifestyle changes that could impact your health

INFORMATION SHARING

Our reports are designed for your personal use. While sharing insights with your healthcare providers is encouraged, please respect our intellectual property by not reproducing or distributing the reports for commercial purposes.

YOUR RESPONSIBILITY

We invite you to:

- Approach these insights with both openness and healthy skepticism
- Consult qualified practitioners before making significant health changes
- Listen to your body's wisdom alongside any recommendations
- Use common sense when interpreting health information
- Remember that each person's optimal path to wellness is unique

LIMITATIONS OF LIABILITY

While we strive for excellence in our services, HealthDataLab cannot be held liable for:

- Health outcomes resulting from following report recommendations
- Decisions made based on calculator outputs or report insights
- Inaccuracies resulting from incomplete or incorrect self-reported data
- Any direct, indirect, incidental, consequential, special, or exemplary damages
- Lost profits, data loss, business interruption, or personal injury
- Damages exceeding the fees paid to us (where permitted by law)

DATA SECURITY LIABILITY LIMITATIONS

With respect to data security specifically, you acknowledge and agree that:

- Despite our reasonable security measures, no data transmission or storage system is 100% secure
- We cannot guarantee absolute security of your information
- HealthDataLab's liability for data security incidents is limited to the maximum extent permitted by law
- We are not responsible for circumvention of any privacy settings or security measures
- Our maximum liability related to data incidents shall not exceed the amount paid by you to HealthDataLab in the 12 months preceding the incident (where legally permissible)

FORCE MAJEURE

HealthDataLab shall not be liable for failures or delays resulting from circumstances beyond our reasonable control, including but not limited to:

- Cyber attacks, malicious intrusions, or security breaches by sophisticated third parties
- Acts of nature, war, terrorism, riots, civil unrest, or epidemics
- Actions of government authorities or regulatory changes
- Failures of internet connectivity, hosting providers, or third-party service providers

AMENDMENTS TO TERMS

We may periodically update these terms to reflect improvements in our services or changes in regulations. We encourage you to review this information occasionally. Continued use of our services after changes to these terms constitutes acceptance of the updated terms.



INDEMNIFICATION

You agree to indemnify, defend, and hold harmless HealthDataLab and its officers, directors, employees, agents, and affiliates from and against any claims, disputes, demands, liabilities, damages, losses, costs, and expenses, including reasonable legal fees, arising out of or in any way connected with:

- Your access to or use of our services
- Your violation of these terms
- Your violation of any third-party right
- Any claim that information you provided caused damage to another party

By receiving this report, you acknowledge that you understand its purpose as a wellness tool, not a medical diagnostic. HealthDataLab's assessments are designed to complement professional care and support your personal wellness journey.*

These Terms and Conditions are governed by the laws of the jurisdiction in which HealthDataLab operates, without regard to its conflict of law

SEVERABILITY

If any provision of these terms is found to be unenforceable or invalid under any applicable law, such unenforceability or invalidity shall not render these terms unenforceable or invalid as a whole. Any such provision shall be deleted or modified to the minimum extent necessary to make it enforceable while preserving the intent of the original provision.

OUR PROMISE

HealthDataLab is committed to supporting your health journey with integrity. Our reports are created to inspire and inform—offering a meaningful snapshot of your current health landscape and potential pathways toward enhanced vitality.

principles. Any disputes arising from these terms will be adjudicated under this legal framework and shall be subject to the exclusive jurisdiction of the courts in that jurisdiction. Any cause of action you may have with respect to your use of our services must be commenced within one (1) year after the claim or cause of action arises.*

For questions or concerns: office at healthdatalab dot com