

# What is I-M Health?

## How old are you really?

35, 45, maybe 55 years old. You might have been born 55 years ago, but your body may have another age altogether, a far more accurate, biological age.

Your biological age relates to your general health, and how the different parts of your body are ageing. Biologically, you may be 5 or even 10 years younger than your chronological age, and you can unlock this vital information with an I-M Health test.

The I-M Health test illustrates the rate at which certain parts of your body are aging, taking into consideration your chronological age. Furthermore, it enables you to monitor your overall health, which may facilitate the prevention and treatment of any problem areas found.

When you have finished the test, the I-M Health system provides two printed reports. They include a powerful graphical representation of your results, explanation of the tests, and advice and guidance for any problem areas. The report is then yours to take away for future reference.



# Why do the I-M Health test?

I-M Health measures levels in your body called biomarkers and general health indicators. Biomarkers, over time, can tell you and your health care professional how well you are ageing based on specific test results.

Any problems that are detected can be addressed by your medical/health care professional.

General health indicators are also measured. These standard assessments take into account your current state of health, and are gathered from the results of blood, urine, physiological and cognitive tests.

I-M Health provides a detailed questionnaire that focuses on areas such as medical history, lifestyle, diet, exercise, and other important areas. This information allows the medical/health care professional to accurately evaluate your health history.

## It's for everyone...



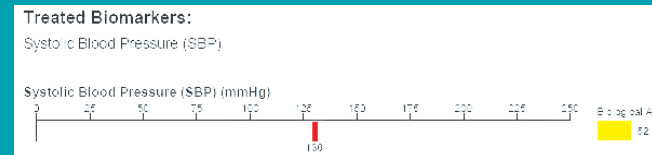
[www.imhealth.com](http://www.imhealth.com)

# How does I-M Health Work?

The I-M Health system enables the user to input more than 100 pieces of your physiological and biochemical data. Within minutes, a unique report will graphically show your results.

This information gives your medical/health care professional a comprehensive picture of your current state of health, and enables them to give you the most appropriate guidance and advice.

When the test is completed you will receive two reports. The first report provides a body map, outlining your biological age in relation to parts of your body; a scatter graph and a line graph showing the minimum and maximum values for your test with your result highlighted on the line; and your biological age in colour and numbers, (or a green or red dot relative to your result, the green dot showing that you are within the range and the red dot showing you are outside the range).



The second report contains the advice and guidance provided by your medical/health care professional. This includes a graphical representation of your results, the advice for the problem, doctor and patient notes, and a description of the item for which advice is written.

The reports are designed to be kept for future reference and appointments, so that comparisons can be made with any additional test results.

Regular measurement with I-M Health allows you and your health care professional to monitor the effectiveness of any changes you implement, including lifestyle, diet, exercise and nutrition, as well as the effects of hormones or drugs that you may choose to use.

I-M Health was developed using the latest software technologies and scientific medical data, to create a system for the practice of preventative medicine and diagnosis of health problems.

# What will I gain from using the I-M Health system?

I-M Health measures up to 29 different biomarkers within your body. Markers include dental, smell, blood, urine, physical and cognitive tests.

A complete record of your health is kept in a central location on a high security database, enabling your medical/health care professional to recall any past tests with ease. As time passes, you will be able to view biological conditions at different stages of your life.

The unique visualisations of I-M Health allow you to see where certain parts of your body are ageing. Viewing coloured visualisations on a body map enables a far better understanding of your overall state of health.



Armed with your personal medical data, your medical/health care professional can provide a tailor made programme that suits your individual and unique requirements.

I-M Health features make it possible for you to understand quickly and easily how to preserve your long term health, and hence achieve a better quality of life.

For the first time, I-M Health allows your medical/health professional to work with you to develop a holistic programme that is supported by published clinical science.

You receive a full report of all your test results including the advice and guidance provided by your medical/health professional. You can then determine whether your programme is having the desired results.

***By employing the latest advancements in medical science, I-M Health is giving individuals the means by which they can pro-actively monitor their health, and maintain a degree of control over disease prevention.***