



A DECADE OF EXCELLENCE AND RESPECT FOR LIFE



JIVITA  
PRECISION MEDICINE FOR LONGEVITY



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For more details and information, kindly get in touch with our  
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JIVITA

PRECISION MEDICINE FOR LONGEVITY

*Your Path to Longevity through Predictive,  
Preventive & Personalized Medicine*



## JIVITA: REDIFINING 'HEALTH' AND 'CARE'

At Sir H. N. Reliance Foundation Hospital, we believe that healthcare should do more than just treat illness — it should empower you to live longer, healthier, and with greater vitality. Guided by our core value of Respect for Life, we introduce **JIVITA** — a revolutionary Wellness Program designed to predict, prevent, and personalize your health journey.

In a world where early detection is the key, JIVITA leverages Cutting-edge Diagnostics, Genomic Science, and Advanced Imaging to uncover hidden risks before they become challenges. Our mission is not only to extend your lifespan but also to enhance your health span — ensuring you enjoy life to its fullest potential.





## WHY CHOOSE JIVITA?

### Redefining Preventive Healthcare

Traditional health check-ups focus on detecting existing conditions.

**JIVITA** goes further - identifying potential risks **before symptoms appear**, allowing you to take proactive control of your well-being.

By integrating **Genomics, Advanced Imaging, and Comprehensive Metabolic Analysis**, we offer a 360° view of your health, tailored uniquely to you.





## SCOPE OF ASSESSMENT



## GENOMIC INSIGHTS: UNLOCK YOUR DNA

- **Whole Exome Sequencing (>20,000 genes)**  
Identify inherited risks, predispositions to cancers, cardiovascular diseases, metabolic disorders, and neurodegenerative conditions.





## ADVANCED IMAGING: SEEING BEYOND SYMPTOMS

- **3T Whole-Body MRI with Brain & Cardiac Focus**  
Radiation-free, non-invasive imaging for early detection of tumors, organ health, neurological conditions, and cardiac function.
- **Cardiac MRI & CT Coronary Calcium Scoring**  
Detects early signs of heart disease before clinical symptoms arise.
- **Open MRI Options** for guest comfort.

## CARDIOVASCULAR HEALTH ASSESSMENT

- **ECG, 2D Echo, Holter Monitoring**  
Comprehensive evaluation of heart rhythm, structure, and potential risks.





## METABOLIC & NUTRITIONAL ANALYSIS

- **Metabolomics:** Detect hidden metabolic imbalances predicting disease progression.
- **Gut Microbiome Profiling:** Personalized dietary recommendations to reduce inflammation and restore balance.
- **Insulin Sensitivity Testing:** Early detection of diabetes risk.
- **Comprehensive Blood & Urine Panels** for predictive insights.

## BONE HEALTH

- **Bone Density Scanning (DEXA):** Assess risk for osteoporosis and related conditions.





## THE JIVITA EXPERIENCE: YOUR PERSONALIZED JOURNEY

At JIVITA, we believe that knowledge is only powerful when translated into meaningful action. That's why your journey doesn't end with diagnostics — it evolves into a personalized path towards optimized health and longevity.





## PRE-ASSESSMENT CONSULTATION

Your journey begins with a comprehensive health and family history survey. This allows us to customize your assessment based on your unique genetic makeup, lifestyle factors, and medical background.



## VITA ASSESSMENT DAY

Experience a seamless, concierge-led process through advanced genomic testing, state-of-the-art imaging, and metabolic profiling — in a serene environment designed for your comfort.



## COMPREHENSIVE REPORT & EXPERT REVIEW

Within 8 weeks, receive a consolidated report reviewed by our Functional Medicine Expert & Wellness Coach, with a personalized action plan covering genomic findings, imaging insights, and metabolic markers.



## PRECISION INTERVENTIONS: TURNING INSIGHTS INTO ACTION

Based on the outcomes of your assessment, you will be enrolled in precision wellness programs designed to proactively address your unique risk areas. These personalized programs include curated longevity therapies—ranging from calibrated nutrition plans and targeted supplements to evidence-based wellness interventions—all crafted by leading specialists. The goal is not just to prevent disease, but to optimise vitality, extend healthspan, and elevate your quality of life.





## PERSONALIZED PROGRAMS INCLUDE:

- **Metabolic Reset Program:** Focused on reversing insulin resistance, optimizing lipid profiles, and managing weight.
- **Cardiac Optimization Protocol:** Designed for early-stage cardiovascular risks, enhancing heart health through supervised rehabilitation, nutrition, and fitness.
- **Neurocognitive Enhancement Plan:** Targeting early markers of neurodegeneration with brain health therapies, cognitive training, and neuroprotective nutrition.
- **Gut Health & Anti-Inflammatory Diet Therapy:** Restoring microbiome balance and reducing systemic inflammation.
- **Liver Detox & Fat Reduction Program:** Addressing early signs of fatty liver or metabolic syndrome.
- **Longevity & Lifestyle Optimization:** A holistic approach combining personalized fitness, stress management, sleep enhancement, and nutraceutical support.
- **Aesthetic & Wellness Integration:** For those flagged with bone health concerns or aging markers, integrating dermatology, dental care, and musculoskeletal strengthening.



Each program is continuously monitored and adapted to ensure measurable improvements, aligning with your long-term health goals.

At JIVITA, we don't just identify risks – we empower you with the therapies, tools, and expert guidance to act on them, ensuring you lead a healthier, longer, and more fulfilling life.





## COMPLIMENTARY HOLISTIC CONSULTATION

As part of your JIVITA experience, you will receive **one complimentary consultation** with our integrative wellness experts. This includes access to services such as Yoga, Pilates, Breathwork, and Allied Therapies, aligned with your personalized longevity goals.



## YOUR PERSONALIZED JOURNEY WITH A SAARTHI

At JIVITA, every guest is paired with a dedicated **Jivita Saarthi** - your personal health guide through every step of the journey:

- **Pre-Test Coordination:** A day prior, your Saarthi will call to confirm your schedule and guide you on preparations.
- **Two-Day Advance Touchpoint:** Guests receive a welcome call two days before arrival, covering preparation and wellness planning.
- **Navigation & Assistance:** From registration to diagnostics, your Saarthi is by your side, ensuring comfort and clarity.
- **Post-Report Engagement:** One month after your assessment, your Saarthi will reconnect for a consult with the Jivita Medical Team.





## WELLNESS PACKAGES TO CHOOSE FROM

JIVITA offers three tiers of personalized wellness journeys:

- **Wellness** - Foundational Preventive Care
- **Wellness+** - Enhanced Diagnostics with Holistic Integration
- **Wellness++ (Coming Soon)** - Global Lab Insights, Regenerative Therapies, and Elite Longevity Optimization





## YOUR NEXT STEPS

Once your assessment is complete, your JIVITA report will provide a comprehensive roadmap. Based on your results and goals, you can opt into one of our curated wellness tiers, or work with our specialists to create a bespoke preventive plan.



## YOUR PREPARATION GUIDE: DO'S & DON'TS BEFORE YOUR JIVITA ASSESSMENT

To ensure a smooth, accurate, and comfortable experience, we request our guests to kindly follow the below guidelines. Your JIVITA Saarthi will also walk you through these before your visit.



## DO'S

### Fasting Guidelines

Maintain a 10-12 hour fasting period before your blood tests (water is permitted).

Diabetic guests: Kindly take your medications *after* blood collection.

Avoid alcohol at least 24 hours prior to your tests.

### Before Specific Tests

*Mammogram:* Refrain from using deodorants or talcum powder on the day of your scan.

*PAP Smear:* Not advisable during menstruation.

*DEXA Scan:* Avoid calcium supplements 24 hours prior.

*Eye Exam:* Avoid contact lenses for 24 hours and bring your eyeglasses.

*Audiometry:* Please bring your hearing aids, if used.

### Bring Along

Your current medications list.

Any previous health records (especially if outside RFH).

Comfortable attire; avoid jewelry as much as possible.

Gym shoes if you prefer using your own during the treadmill test.



### Imaging Considerations

*CT/MRI:* Inform us about pacemakers, implants, or allergies to contrast agents.

### Pulmonary Testing

Avoid using inhalers on the day of the test.

No smoking 12 hours prior to pulmonary assessments.

### Other Key Notes

Pregnancy: Please notify our team for radiology-related precautions.

Dietary Needs: Share your food preferences or restrictions in advance.

Language Needs: Let us know if a translator is required—we're happy to assist.



## WHAT TO EXPECT DURING YOUR JIVITA JOURNEY

Your JIVITA assessment is carefully designed over two immersive days to ensure every dimension of your health is explored, understood, and addressed.



## DAY 1: DIAGNOSTICS & CORE CONSULTATIONS

### Radiology & Imaging

- Carotid Ultrasound • Ankle-Brachial Index (ABI) • USG Thyroid • Chest X-ray
- DEXA Scan (Bone Density) • Mammogram (for women) • Whole Body MRI
- Brain MRI or CT • Coronary Artery Calcium Scoring (CT) or Cardiac CT

### Cardiology & Rehab

- Electrocardiogram (ECG) • 2D Echocardiogram • Cardiac Stress Test
- Neurocognitive Testing • Comprehensive Fitness Evaluation • Gait & Posturography

### Pulmonary & General Health

- Spirometry • Six-Minute Walk Test • Tuberculosis Test

### Specialty Assessments

- Dental Evaluation • Eye Check (Visual Acuity, Dilated Eye Exam, LipiFlow)
- ENT Consultation & Audiometry • Otoscopy • Gynaecological Evaluation (for women)
- HPV Testing • Cytology & PAP Smear

### Physician Consults

- Internal Medicine • Cardiology • Rehabilitation





## DAY 2: COMPREHENSIVE SPECIALIST ENGAGEMENTS

- Dietitian Consultation • Psychiatrist Evaluation • Aesthetics Consult  
• General Surgery / Urology • Orthopedic Review • Neurology  
• Gastroenterology • Pulmonology • Endocrinology • Functional Medicine Review

This two-day personalized itinerary is designed for optimal comfort, minimal wait times, and maximal insight into your current and future health. Your **JIVITA Saarthi** remains your single point of contact to help you navigate each step of the way - from scheduling to reporting to aftercare planning.



# FREQUENTLY ASKED QUESTIONS



## Empowering You with Knowledge for a Healthier Tomorrow

At JIVITA, we believe that informed decisions are the foundation of proactive healthcare. Below are answers to some of the most common questions our guests ask. Should you have any additional queries, our dedicated Jivita Saarthi is always available to assist you.



### 1. What can I expect during my MRI experience as part of JIVITA?

Your MRI experience is designed with comfort and precision in mind. The advanced **3T MRI scan** typically takes **90-100 minutes**, including short breaks. You will lie comfortably while specialized imaging coils capture detailed visuals of your body, brain, and heart.

To ensure a relaxing environment, we offer noise-cancelling headphones with your choice of music and calming visual projections. If you are prone to claustrophobia, mild sedation can be arranged to make the experience seamless and stress-free.

## FREQUENTLY ASKED QUESTIONS



### 2. What advanced imaging technology does JIVITA use?

We utilize state-of-the-art **3 Tesla (3T) MRI scanners** and 384 Slice Dual Source CT Scanner equipped with the latest hardware and software for enhanced detection accuracy and reduced scan time. For guests requiring additional comfort, our **Open MRI** options eliminate the constraints of traditional closed systems.

Our imaging protocols provide comprehensive insights, including:

- **Quantitative brain analysis** for early signs of dementia and neurological conditions.
- **Detailed cardiac assessments** evaluating heart structure and function.
- **Whole-body scans** capable of detecting early-stage tumors and organ health concerns.
- **Metabolic evaluations**, such as liver and body fat analysis.

All procedures are non-invasive and radiation-free.





### 3. How does JIVITA differ from an annual or executive health check-up?

While routine health check-ups focus on detecting existing conditions, **JIVITA** is designed to predict, prevent, and personalize. By integrating **genomics**, **advanced imaging**, and **metabolic profiling**, we offer a comprehensive view of your health risks—long before symptoms appear.

JIVITA complements your annual check-ups by providing insights into over **150+ potential health risks**, including cancers, cardiovascular diseases, metabolic disorders, and neurodegenerative conditions.



### 4. Why does the JIVITA report take 8 weeks to deliver?

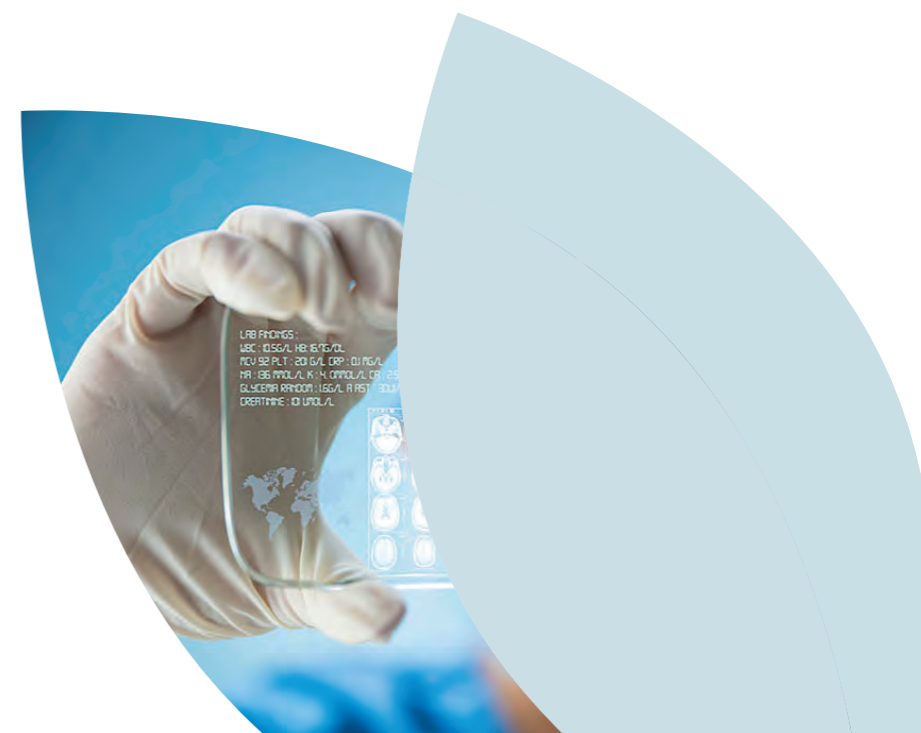
Your **JIVITA Report** is a culmination of complex genomic analysis (sequencing over 20,000 genes), advanced imaging interpretations, and biochemical correlations. This multidisciplinary review by our team of specialists ensures accuracy, depth, and actionable insights—delivered within approximately **8 weeks**.



### 5. What are the benefits of an Annual JIVITA follow-up?

- Track subtle health changes (if any) over time with a personalized baseline.
- Early identification of genetic predispositions before clinical manifestation.
- Tailored lifestyle and preventive strategies based on your unique genomic and phenotypic profile.
- Valuable genetic insights that may benefit family members and future generations.

Annual follow-ups empower you to stay ahead of potential risks through continuous monitoring.





6. How is my privacy and data protected?

We uphold the highest standards of **data privacy and security**. Your medical information, including genomic data and imaging results, is shared **only with you**. No data will be provided to employers, insurers, or third parties without your explicit written consent.

De-identified data may be used for research purposes, but it will never contain personal identifiers.



7. Who owns my JIVITA health data?

You retain full ownership of your medical records and testing data. **JIVITA** adheres to legal retention protocols but will only use de-identified or coded data for research, should you consent.



8. Are there any restrictions for undergoing a JIVITA assessment?

Yes, to ensure safety and efficacy, certain conditions apply:

- **MRI Restrictions:** Guests with pacemakers, certain implants, or metallic foreign bodies may not be eligible.
- **Whole Exome Sequencing:** Individuals with prior stem cell transplants may not qualify.
- **Coronary Calcium Scoring:** Not recommended for individuals under 35 years.
- Pregnant women and those with acute medical illnesses are advised to defer assessment.
- JIVITA is designed for adults **18 years and older**.

Our clinical team will conduct a thorough pre-assessment to confirm eligibility.





### 9. How does JIVITA help if I have a family history of diseases like cancer or heart disease?

JIVITA is specifically designed to identify genetic risks associated with hereditary conditions. Through genomic analysis and advanced imaging, we can potentially detect early indicators of cancers, cardiovascular diseases, diabetes, and neurodegenerative disorders—allowing for proactive management and prevention.



### 10. Will my results impact my family members?

Genetic findings can reveal inherited risks that may also apply to your immediate family. With your consent, these insights can guide preventive care for parents, siblings, children, and future generations.



### 11. How is my personal physician involved in the process?

With your approval, we can share your JIVITA report with your family physician to integrate findings into your ongoing healthcare plan. If your physician is unavailable or requires support, our expert team will guide you through the results and can recommend specialists from our network for continued care.



### 12. What happens if significant findings require immediate attention?

If urgent concerns arise, your **JIVITA Physician** will contact you promptly. We will facilitate Super-speciality Consultations with leading experts within our hospital for swift evaluation and care planning.





### 13. Is genetic counselling included?

Yes, both **pre- and post-test genetic counselling** is provided to ensure you and your family fully understand the implications of your results. These sessions can be conducted in-person or virtually and include personalized recommendations for you and, where applicable, your family members.

If you have further questions or wish to schedule a consultation, our concierge team is here to assist you at every step.



### 14. Should I take any precautions before my tests?

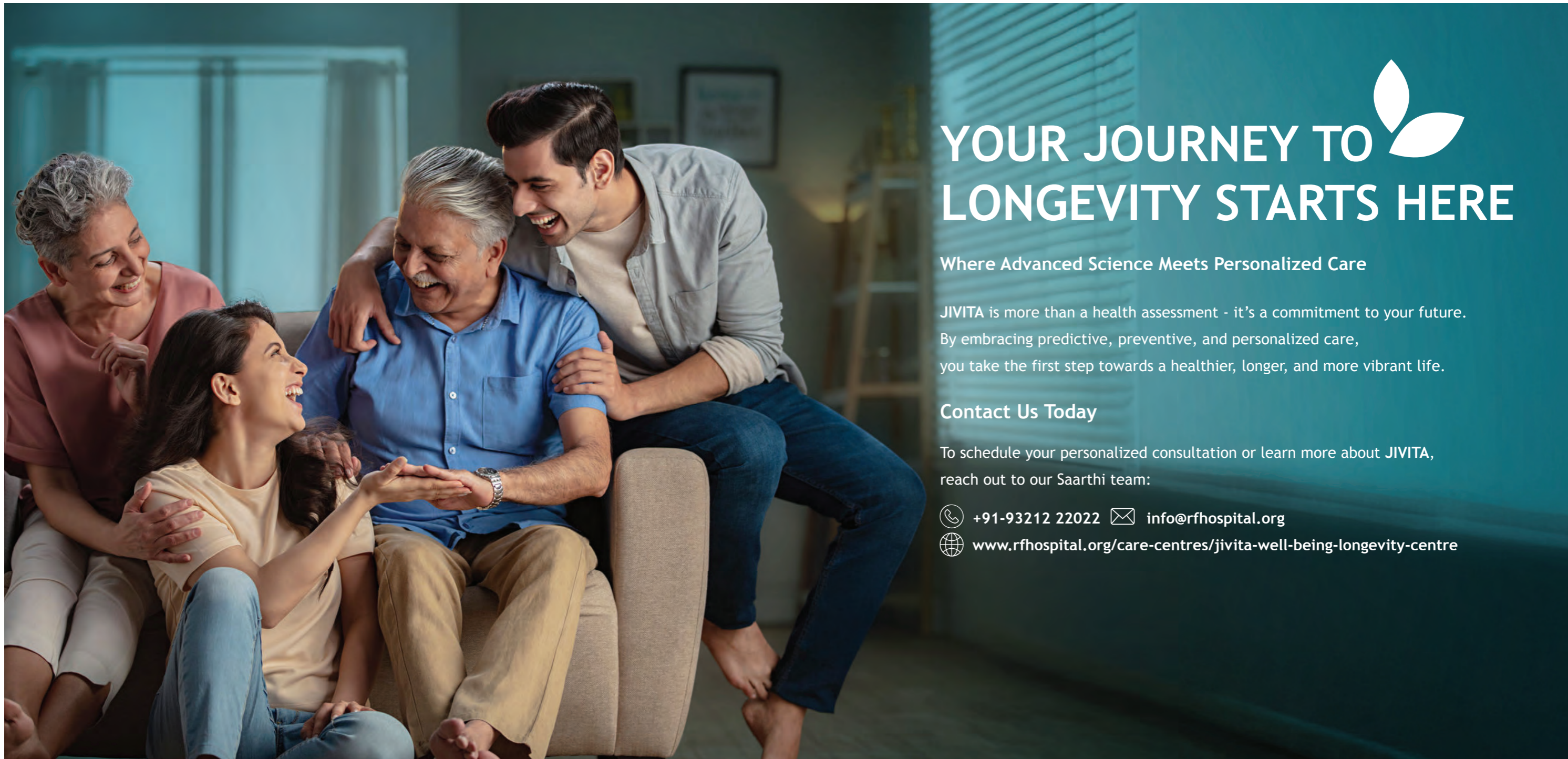
Yes. Your Saarthi will guide you on fasting, hydration, medications (if any need to be paused), and general well-being steps to follow pre-assessment.



### 15. Will I receive reminders before my visit?

Yes. Expect a wellness call two days before your appointment, followed by a confirmation call the day before for final test coordination.





# YOUR JOURNEY TO LONGEVITY STARTS HERE

Where Advanced Science Meets Personalized Care

JIVITA is more than a health assessment - it's a commitment to your future. By embracing predictive, preventive, and personalized care, you take the first step towards a healthier, longer, and more vibrant life.

## Contact Us Today

To schedule your personalized consultation or learn more about JIVITA, reach out to our Saarthi team:



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[www.rfhospital.org/care-centres/jivita-well-being-longevity-centre](http://www.rfhospital.org/care-centres/jivita-well-being-longevity-centre)



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