



APEIRON ZOH

PRECISION PERFORMANCE



Apeiron's Precision Performance programs are designed to optimize and enhance you in every way that matters. From health and wellbeing to performance and lifestyle, Apeiron leads the industry in its ability to use your genetic and epigenetic data to drive total system enhancement. This is personalized precision performance at its best.

Beginning with in-depth evaluations, we develop a comprehensive profile of who you are and what makes you unique. Using this profile, our team creates an individualized performance plan to guide you from where you are to where you want to be: the most enhanced version of yourself. Following this highly personalized plan, you will be on the path to a life that not only optimizes your potential but alters your genetic expression in order to continually improve you in every domain.

Empowered by Apeiron's partnership, you will take charge of your health, achieve peak physiological and cognitive performance, and experience what it truly means to operate at your best. A description of our program specifics appears on the following pages.





Precision Performance Plus Program

Health and Lifestyle Assessment – An in-depth assessment provides our physicians with a deeper understanding of your current status in a variety of areas to include lifestyle, exercise, personal patterns, stress management, life change scale, mindset, nutrition, and much more. Our exclusive assessment has been refined over the past ten years through clinical use with thousands of clients.

Health Consciousness Scale – This innovative performance-related tool evaluates your current level of awareness regarding key foundational areas of life essential for optimal health and wellbeing. The scale cultivates new self-awareness about conscious and unconscious health beliefs that create or detract from great outcomes. The results capture total environmental exposures that are correlated with individual genomic evaluation and personal bio-marker data.

Quality of Life Inventory – This powerful evidence-based scale assesses the importance of 16 quality of life dimensions and the degree to which you are satisfied with each area of your life. The areas include health, self-esteem, goals and values, money, work, play, learning, creativity, helping, love, friends, children, relatives, home, neighborhood, and community.

Neurocognitive Assessment – Utilizing scientifically validated, digital neuropsychological tests, we evaluate your neurocognitive status. This evaluation covers a range of executive skill processes like simple motor performance, short-term and long-term memory, attention, and focus/concentration. The results enable us to create customized interventions to optimize and enhance cognition.

Precision Performance Genomic Interpretation – Apeiron’s proprietary and completely anonymized genetic testing array leads the industry for genetic lifestyle personalization. We evaluate and provide a report with actionable strategies for more than 500 single nucleotide polymorphisms in the following:

Nutrition	Sleep	Athletic Performance
Supplementation	Hormones	Environment & Detoxification
Stress	Neurotransmitters	Pharmacogenomics

Quantitative Electroencephalogram (qEEG) – This sensitive tool monitors 3D brainwave activity and patterns which reveal how well your brain processes life. It provides a precise starting point for developing optimal brain training strategies that enhance cognition, improve concentration and focus, and give you the ability to enter/exit states of performance at will.

Psychophysiological Performance Profile – The ultimate in measuring performance capacity, this technological assessment provides a powerful window into the nervous system and mind-body complex. It offers insight into how you experience and respond to life’s stressors. We analyze multiple biomarkers, including skin temperature, skin conductance, heart rate variability, respiratory mechanics, electroencephalogram (EEG), and muscle tension. We then provide you with knowledge and strategies to optimize your mind-body systems and leverage stress to your advantage.

Heart Rate Variability (HRV) Assessment – The results of this assessment reveal nervous system and cardiac resiliency, via the length of time (variation) between heartbeats. High HRV is linked to healthier cardiovascular fitness and can be achieved through biofeedback, mindfulness, meditation, sleep and physical activity.

Capnographic Performance Evaluation – This evaluation measures end-tidal carbon dioxide (CO₂) in order to identify and retrain breathing habits that compromise respiration and decrease cognitive and physiologic performance. When breathing habits have compromised reflex-generated CO₂ they can cause, trigger, exacerbate, and perpetuate a wide range of effects (i.e., symptoms and deficits) that often are attributed mistakenly to other unrelated causes. The use of this precise CO₂ analyzing instrumentation is the only effective means to determine if a learned breathing habit compromises respiration and performance.

Human Movement Evaluation – This evaluation includes an analysis of your body structure, posture, anatomy, function, balance, and flexibility. We share practical tips for routines to achieve your desired results. Private coaching is also available.

Neuro Mapping Diagnostics – The Neuro-Bio-Electric Stimulation (NeuBie) technology is FDA-cleared and uses pulsed direct current to assess neuromuscular fitness by mapping the signals between your brain and muscular system. The results guide us in recommending ways to enhance your performance and movement. Optional treatments (not included in the program) accelerate your physiological processes of healing, repair, and regeneration and have unique effects on the nervous / neuromuscular systems.

Total Body Composition Scans – Our body composition testing provides precise measurement of your lean muscle mass and body fat. This highly sophisticated equipment allows us to strategically fine-tune and validate each step in the optimization process.

Bone Density Scan – We evaluate your bone mineral density (i.e., bone strength) to guide us in recommending dietary and lifestyle choices to ensure proper bone density is maintained and/or enhanced.

DUTCH Test (Hormone Profile) – This test assesses hormone breakdown and how it relates to client genetics – to include sex hormones and their metabolites. Additionally, the DUTCH test measures the Cortisol Awakening Response (CAR) to bring an important piece of the hypothalamic-pituitary-adrenal (HAP) axis into focus.

Epigenetics Age Assessment – We calculate your biological age via DNA methylation. This process has been studied extensively and is now recognized as a reliable indicator of biological age. Epigenetic mechanisms play a crucial role in regulating biological processes as diverse as development, learning, metabolism, and the progression of diseases.

Firstbeat Bodyguard - Over a three day period this device will analyze approximately 300,000 individual heartbeats and monitor daily stress peaks and causes as well as sufficiency of daily recovery. Additionally, it will capture sleep quality, energy expenditure and the impact of physical activity on your system.

Comprehensive Labs and Follow-up Labs – Advanced, comprehensive lab testing provides our teams an in-depth analysis of your current bio-markers, health profile, and human performance physiologic status.

Environmental Health Review – We evaluate your interaction with your current environment and its potential to affect you in a variety of ways. Your drinking water, food, quantity and quality of sleep, thought patterns, stress levels, cleaning products, skin products, and transportation choices can impact to your health and well-being. We recommend strategies to adapt to and thrive in a modern environment.

Sleep Review – As sleep is integral to well-being, we evaluate your sleep cycles and work with you to reach optimal rest and recovery.

Physical Examination – Our exam includes a thorough review of your mental and physical health history. We conduct a neurological assessment and evaluation of major systems to include heart, lungs, abdomen, head/neck, and extremities. Additional assessments may be done as tests indicate.

Prescription Management – We manage wellness-based prescriptions to include strategic use of advanced peptides and hormone optimizing treatments.

Performance Coaching Sessions – We offer up to three one-on-one sessions with one of our performance coaches within your care year. We begin with mindset: our sports psychologist will assist in moving your mindset into the human performance state to accelerate your progress. Remaining sessions are determined between you and your Apeiron provider but include nutrition and mindset coaching as a foundation.

Precision Nutrition Review – This session focuses on fundamentals, your unique genetics, epigenetics, and program goals.

Biometric Monitoring – We continue to evaluate your progress via the biometric device provided in your program. This feedback guides you, in real time, along your path toward performance optimization.

Provider Coaching Sessions – Lab reviews, biometric monitoring, and lifestyle guidance are available on a monthly basis throughout the care year. These eleven, 30-minute sessions follow your initial visit and may be virtual or in-person.



APEIRON CENTER

EXPRESS YOUR LIMITLESS