



Customized Longevity Planning Report™

Report date: 03/25/2008

Client: Caroline Cane
Advisor: Harriet H. Harrison

Client's median life expectancy: age **92.1**
Percentage longer than average: **38%**

21st Services has evaluated the medical information provided for Caroline Cane, currently age 70.5. Based on our assessment, Ms. Cane's **median life expectancy is age 92.1**, or 21.6 years.

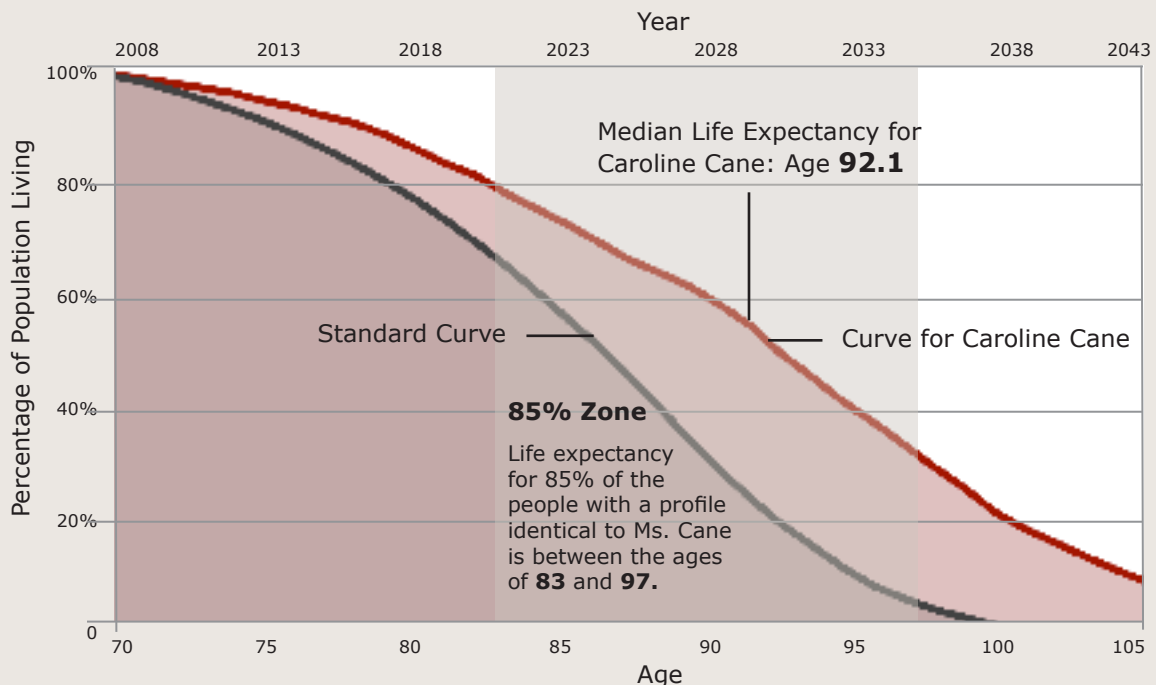
Ms. Cane's median life expectancy is **38% longer** than the median life expectancy for an "average" individual of her age and gender.

Key points:

- *The median life expectancy* is the point at which half of a group of individuals with precisely Ms. Cane's health profile would still be living. It is an average, not a prediction.
- *The red curved line* in the chart below shows how many in the statistical pool of those matching Ms. Cane's health profile are alive in each of the next 35 years. The red line compares to the gray line, which represents a pool of people of Ms. Cane's age and gender who are "average."
- *The 85% zone*: The life expectancy for 85% of the people with a health profile that matches Ms. Cane's is between the ages of **83** and **97**.

For the assessment details, please see the next page.

Customized Longevity Planning Index™



Factors Impacting Longevity for Caroline Cane

Checked on this page are the factors from the medical records of Caroline Cane that had a positive or negative impact on the longevity curve on the preceding page. Also noted, with an **i** symbol, are areas where positive change could extend the life expectancy estimate in the future.

Client: Caroline Cane
Gender: Female
DOB: 9/17/1937
SSN: 006-4-----

Family Medical History

Conditions Pertaining to First-Degree Relations

- Cancer
- Longevity ages 90-97

Social Habits

Legal or Illicit Substance use

- No alcohol use

Exercise, Activity, Social Involvement, Travel

- Active

Risk Factors for Cardiovascular Disease **i**

- Hypertension

Endocrine


- Hypothyroidism

i This symbol signifies that positive changes in these areas could extend the life expectancy estimate in the future. Please see next page.



SAMPLE

Some aspects of your medical history can be influenced by actions you take.

On the previous page, we indicated the factors in your health history that have had an impact on your life expectancy. We noted with an  the factor(s) that you can change to extend your median life expectancy.

21st Services' assessment indicates that you could extend your median longevity to age **93.6**, 1.5 extra years, by making changes in those areas.

Current median
life expectancy:
age **92.1**

Potential median
life expectancy:
age **93.6**

Changes that could extend your life expectancy:

Control hypertension

Hypertension, or high blood pressure, can be improved by increasing physical activity and making changes in diet - emphasizing fruits, vegetables, lowfat dairy foods. Decreasing fats, red meats, sweets and sodium is recommended by the National Heart, Lung and Blood Institute of the National Institutes for Health. If lifestyle changes do not lower blood pressure sufficiently, your physician may prescribe medication.

