THE LONGEVITY
PORTFOLIO



A PRIVATE GUIDE FOR HIGH PERFORMERS

The Executive Longevity **Brief**

> If you are waiting for conventional medicine to find a problem, you are already behind.

A PHYSICIAN'S GUIDE TO LIVING LONGER, BETTER.

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FOUNDER, THE LONGEVITY PORTFOLIO

Your Health Is Your Most Valuable Asset

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You manage your business with data, strategy, and foresight. You would never wait for a quarterly loss to look at the numbers. Yet most people manage their health exactly that way: they wait for a symptom, a scare, or an abnormal result before anything changes.

The standard annual physical was built to detect disease once it has already arrived. Longevity medicine is built to find risk years earlier, while there is still time to change the outcome.

INSIDE THIS BRIEF

- Why standard care leaves you behind
- The four threats to a long, healthy life
- Why high performers carry more risk
- Five questions to ask yourself today
- Why Dr. Stegall built The Longevity Portfolio
- The Foundation Assessment
- The Signature Program
- How to join the waitlist

THE PREMISE

A rushed physical tells you whether you are sick today. A thorough evaluation tells you where you are headed, and what to do about it.

The Longevity Portfolio is a physician led longevity program created by Dr. Jonathan Stegall, an integrative oncologist who has spent his career caring for people after disease has already been found. Every recommendation is his, personally, informed by the same clinical rigor he brings to cancer care. Nothing about it is generic.

This brief explains why the conventional approach is not enough, what a truly proactive evaluation looks like, and how Portfolio helps people who lead demanding lives protect the years ahead.

Why Standard Care Leaves You Behind

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Conventional medicine is excellent in a crisis. It was never designed for prevention.

- **Reference ranges are built on averages.** "Normal" usually means typical for the general population, and the general population is not healthy. A result can be normal and still far from optimal.
- **Screening guidelines are minimums.** Age based screenings are designed to be cost effective across millions of people, not to give you the most complete picture of your own risk.
- **Key markers are often never checked.** A standard cholesterol panel does not include ApoB or Lp(a). A standard physical rarely looks at fasting insulin, inflammation, or body composition.
- **Disease develops silently.** Heart disease, type 2 diabetes, many cancers, and cognitive decline build quietly for years, often a decade or more, before symptoms appear.
- **Visits are too short.** A 15 minute appointment leaves no time to look at the whole picture.

83%

In one of the longest running studies of executive health examinations, at the Mayo Clinic, **more than 83 percent of the executives examined had a significant, previously unrecognized medical condition**, cancer among them. Not because they were unhealthy people. Because a standard physical was never built to look closely enough.

That gap, between what a rushed physical catches and what a thorough one finds, is the entire premise of Portfolio. By the time a problem is flagged the conventional way, the best window to prevent it has often passed.

The Four Threats to a Long, Healthy Life

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Most serious illness and early death in adults comes from four chronic conditions. Each can be detected early and, in many cases, delayed or prevented.

01

Cardiovascular disease

The leading cause of death in the United States. Plaque builds silently for years, and the first symptom can be a heart attack.

02

Metabolic disease

Insulin resistance often begins long before blood sugar looks abnormal, and it raises the risk of heart disease, cancer, and dementia.

03

Cancer

Earlier detection consistently leads to more treatment options and better outcomes.

04

Cognitive decline

Changes in the brain can begin years before memory problems are noticed, and many risk factors are modifiable.

WHY HIGH PERFORMERS CARRY MORE RISK

Executives, founders, and professionals at the top of their field often carry a unique combination of risk factors:

- Chronic stress and elevated cortisol
- Short or disrupted sleep from travel and long hours
- Irregular meals and alcohol at business events
- Long periods of sitting
- Postponed checkups, because there is never a convenient time

These habits rarely feel urgent day to day. Over years, they quietly add up. The good news: people who are driven and disciplined are also the people most able to change course once they see the data.

Five Questions to Ask Yourself Today

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A quick self check. Be honest; no one else will see your answers.

01 Do I know my ApoB and Lp(a)? ☐ YES ☐ NO ☐ NOT SURE

02 Do I know my fasting insulin, or only my blood sugar? ☐ YES ☐ NO ☐ NOT SURE

03 Do I know how much muscle I carry, and how much visceral fat? ☐ YES ☐ NO ☐ NOT SURE

04 When did a doctor last spend more than 15 minutes on my health? ☐ RECENTLY ☐ NEVER

05 Am I managing my health with the same strategy I bring to my work? ☐ YES ☐ NO ☐ NOT SURE

IF YOU ANSWERED NO OR NOT SURE

You are not alone. Most people, including highly accomplished ones, have never had these questions answered. Standard care rarely asks them.

That is exactly why Portfolio exists: to give you a clear, honest baseline, a physician who actually has time to explain it, and a plan you can act on.

"Every study in this program earns its place because it changes a decision, not because it looks impressive on a results page."

THE PORTFOLIO PHILOSOPHY

Why Dr. Stegall Built Portfolio

Most executive health programs are built to move you through a system. Portfolio starts somewhere else: with a doctor who has spent his career sitting across from people after a diagnosis, wishing he had the chance to catch it sooner.

HIS WHY

Dr. Stegall lost both of his parents suddenly. His father passed from a heart attack one day, quite literally the day, after a normal annual physical had cleared him. His mother's stroke gave no warning either.

Neither loss was supposed to be preventable, and both of them, in different ways, might have been. That is not a story he tells for effect. **It is the actual reason this program exists**, and it shapes every decision in it, down to which tests are worth your time.

ONCOLOGY TRAINED

Thirteen years building The Center for Advanced Medicine, treating cancer patients every day. He has been in the room when prevention did not happen in time.

PERSONALLY INVOLVED

Dr. Stegall reviews every case himself rather than handing you a computer generated report. Your plan is his.

He is not a researcher who studies aging from a lab. He is a physician who wanted to build something that gives more people the chance his own parents did not have. In a real sense, Portfolio is the program he wishes his own family had access to.

Where to Begin

Two ways to start, both built around you.

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PROGRAM 01

The Foundation Assessment

For the person who wants a clear, honest baseline. One visit, one return visit, one complete picture.

- **A full hour to talk before anything is ordered**, so the testing fits your life and your concerns, not a template
- **Comprehensive labs** covering metabolic, cardiovascular, and hormonal health: a full metabolic panel, advanced lipids, HbA1c and fasting insulin, a complete thyroid panel, key vitamins, and a hormone panel specific to you
- **One imaging study chosen with you** based on your risk profile: an echocardiogram if your heart's structure is the question, a carotid ultrasound if we are watching for early plaque, or another study if your history points elsewhere
- **Body composition and bone health**, measured properly with a DEXA scan and bioimpedance analysis
- **A findings visit with Dr. Stegall himself**, and a written plan you can actually use, covering nutrition, movement, sleep, and stress in plain language

WHAT YOUR PLAN COVERS

- Nutrition built for travel and business dining
- Strength and cardio training
- Sleep and recovery protocols
- Stress resilience
- Supplements chosen from your results
- Ongoing monitoring

The Complete Picture

For the person who wants nothing left unexamined.

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PROGRAM 02

The Signature Program

One comprehensive evaluation, with a six month check in included.

This is where Dr. Stegall's oncology background matters most. Alongside everything in the Foundation Assessment, we add full body imaging and the same advanced cancer screening technology he uses with his own patients, because catching something early is the entire point.

- **Everything in the Foundation Assessment**
- **Full body MRI**, so nothing structural is left to guesswork
- **Multi cancer early detection blood screening**, the same technology Dr. Stegall trusts in his oncology practice
- **Biological age and epigenetic markers**, so progress is measurable a year from now, not just felt
- **Testing built around your goals and family history**, decided together in your first conversation
- **A six month follow up with Dr. Stegall** to see, in real numbers, whether what we changed is working
- **A trusted referral** when something calls for a specialist, from a network Dr. Stegall has vetted personally

STAYING THE COURSE

Health is not a single appointment. For people who want to keep going, there are simple ways to stay engaged, with no full membership required:

- A six month check in with repeat labs
- An annual return visit
- Quarterly monitoring with wearable data
- Extra time with Dr. Stegall when you need it

The Portfolio Experience

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01 **A conversation, not a sales call**

Our team asks about your history and what is on your mind, answers your questions, and helps you decide honestly which program fits.

02 **Testing chosen for you**

Labs and imaging are selected around your risk, your family history, and your goals. Never a fixed checklist.

03 **Your findings, from Dr. Stegall**

A dedicated visit to walk through every result and what it means for you.

04 **A plan you can live with**

Clear, written guidance on nutrition, training, sleep, and stress, then follow up to track what is changing in the numbers.

INTENTIONALLY LIMITED

The Longevity Portfolio takes on a limited number of people each month. We would rather do this well for fewer people than adequately for many.

WHO THIS IS FOR

- People who have had a scare in their own family
- Anyone tired of a rushed physical
- Executives and founders whose health is the one thing they have not strategized around
- Anyone who simply wants to know where they stand

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LIMITED MEMBERSHIP

Join the Waitlist

The Longevity Portfolio will open with a limited number of memberships. Join the waitlist to be among the first invited when enrollment opens. A first conversation costs nothing and commits you to nothing.

JOIN THE WAITLIST

drstegall.com/social

This guide is for educational purposes only and is not medical advice. Program details are subject to change.