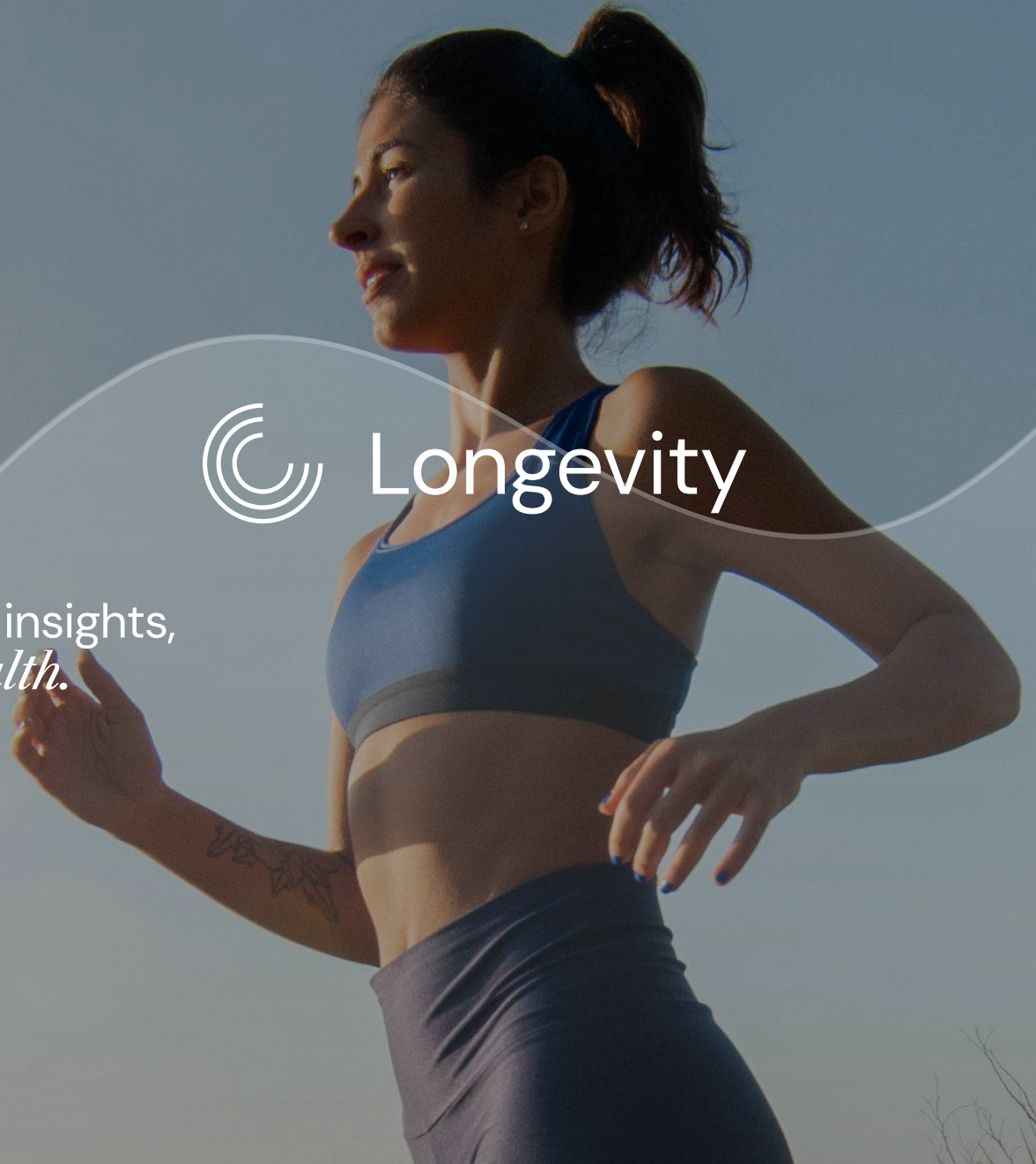


# LOOVA

Discover a new approach to gain insights,  
tracking and *optimising your health.*



## Longevity



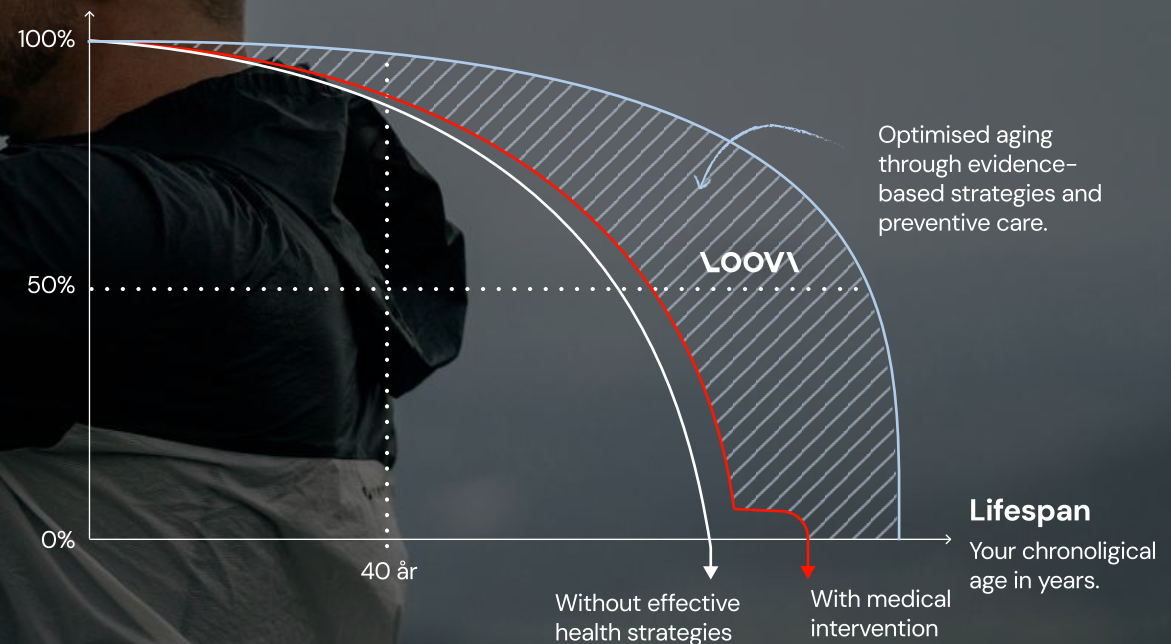
# Live better, longer.

**With Loovi you'll learn what your body needs to feel and perform at its best.**

Enjoy more years of being healthy, strong, and active—free to pursue what you love the most without limitations.

## Healthspan

Your physical and cognitive abilities directly influence your quality of life.



- ✓ Blood analysis and tests
- ✓ Personalised health plan
- ✓ Your dedicated Loovi health team
- ✓ Follow-ups and optimisation



# What's included in the Longevity Program?

Here you can read about what's included in Loovi's Longevity Program.

Designed to extend your healthspan, the Longevity Program is purpose-built for those who are looking to optimise performance now and keep strong for years to come.

# 53%

av Loovis medlemmar  
upplever en ökad energinivå.

- ✓ **Blood analysis** including video call with a physician every six months.
- ✓ **Personalised health plan with a tailored fitness program and dietary recommendations.** Designed by your Loovi team of doctors, personal trainers, physiotherapists, and nutritionists.
- ✓ **Your health plan is updated every 8 weeks** based on your blood test results, physical capacity, and personal goals.
- ✓ **Video call with your personal trainer** after each update.
- ✓ **Physical evaluation and follow-up** every 8 weeks for continuous progress tracking (optional).
- ✓ **Supplement recommendations** based on your blood analysis and specific health goals.
- ✓ **Loovi Accountability Coach** – up to 10 minutes every week.
- ✓ **Flexible setup** – Designed for your gym, home, when traveling or tailored to a specific sport.

# A team committed to your unique needs and health data

**Not your average health service.** With Loovi, you have access to a dedicated team of specialists who help you understand, track, and optimise your health.

Through regular testing and follow-ups, you and your Loovi team can adjust your health plan at any time, whether your needs or goals change.

Fysio-  
terapeut

Personal  
trainer

Physician

Nutritionist



# A health plan tailored to your unique goals and challenges

**Everyone is unique:** Loovi helps you create a bespoke health plan with exercise programs and diet recommendations, based on your goals and test results.

- ✓ Medical analysis and advice from a physician

Get help interpreting your blood work and answer questions about your health. You decide what information you want from your tests. If you need to follow up on any results with your healthcare provider, we'll make sure you know what to do.

- ✓ Fitness program designed to fit your schedule and goals

Maybe you want to get the most out of the time you already invest in your fitness routine. Or have the physical ability to run a 10k when you're 90. Whatever your target, Loovi's personal trainer will build a program to take you there.

- ✓ Dietary recommendations for an easier everyday routine

Is your body missing vital nutrients? Loovi's dietary guidance makes it easy to get your nutrient levels in check.

# Blood analysis

The blood test covers key health categories, including organ function, complete blood count, and inflammation markers. Monitor vital biomarkers to prevent health issues: from blood lipids and blood sugar to vitamin levels and hormone status.

## DNA-analysis for deeper insights

Understand your genetic predispositions to prevent health issues or optimise results at a detailed level. The DNA analysis is included in the Performance program and can easily be incorporated into other programs upon request.

Liver Health



Kidney Health



Heart Health



Blood Count



Prostate



Inflammation



Vitamins &amp; Minerals



Metabolic Health



Testosterone



DNA



# 77%

of Loovi members improved their blood lipids after following Loovi's personalised action plan for less than 6 months.

## How does the test work?

01. We help you book an appointment at one of Loovi's partner clinics
02. You take a regular blood test
03. Once the analysis is complete, you'll have a digital consultation with your Physician, who will help you interpret the results and answer any questions you might have



# Aerobic Capacity / VO2max

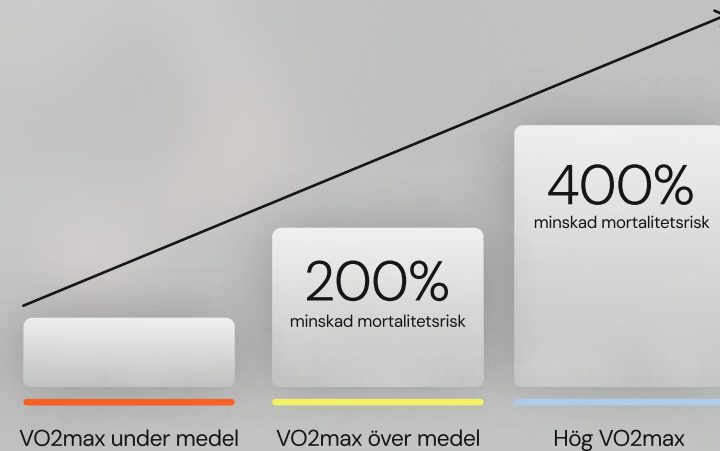
VO2max measures your body's maximal ability to absorb oxygen during intense exercise. A high VO2max is linked to:

- ✓ Reduced risk of cardiovascular disease and overall mortality
- ✓ Improved physical performance and long-term health

## +22%

Average VO2max increase after following Loovi's personalised health plan for less than four months.

Minskad mortalitetsrisk kopplat till VO2max



Läs mer: [Så är VO2max kopplat till minskad mortalitetsrisk](#)

## How does Loovi test VO2max?

Our convenient VO2max test can be completed by you, using Loovi's platform.

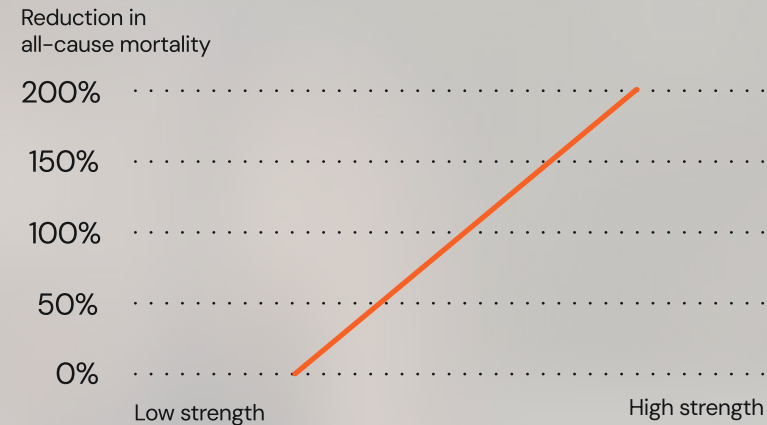
01. Follow the step-by-step instructions.
02. Enter your results in the platform.
03. Loovi analyzes your data and delivers a personal report.

# Strength

High muscle mass is linked to physical performance and improved metabolic health. Higher levels of muscle mass are also associated with:

- ✓ Reduced risk of chronic diseases such as heart disease, type 2 diabetes, and obesity
- ✓ Decreased risk of injury and falls
- ✓ Better quality of life and enhanced daily functionality

Association between strength and reduced all-cause mortality risk



[Read about: How strength is connected to a reduction in all-cause mortality risk](#)

## +28%

Average increase in muscle strength after following Loovi's personalized health plan for less than four months.

## How does Loovi test strength?

An easy and effective strength test is available through Loovi's platform.

01. Follow the step-by-step instructions.
02. Enter your results in the platform.
03. Loovi analyzes your data and delivers a personal report.



# Mobility

**How you move today will shape your mobility tomorrow.** Good flexibility in your joints reduces injury risk, improves posture and balance, and can even help lower stress, anxiety, and depression.

✓ Improved posture and balance

✓ Reduced risk of muscle and ligament injuries

✓ Increased functional capacity in every day life

# 60%

of Loovi members experienced a boost in energy levels after following their personalised plan.

## How does Loovi test mobility?

A simple and effective test you can do on your own is available via Loovi's platform.

01. Följ steg-för-steg-instruktionerna
02. Rapportera resultatet i plattformen
03. Loovi analyserar resultaten och levererar en personlig rapport

A woman with dark hair tied in a bun is running, seen from the back. She is wearing a blue sports bra. The background is a clear, bright blue sky. The word "LOOVI" is overlaid in large white letters.

# LOOVI

[loovi.se](https://loovi.se)

[PRIVACY POLICY](#)

[info@loovi.se](mailto:info@loovi.se)