

longevitydocs.

Status: Analysis



**certified
longevitydocs.**

The world's first credential in longevity medicine.
Built by Physicians, for Physicians.



LONGEVITY MEDICINE IS ALREADY HERE

Longevity medicine is the personalized, evidence-based practice of modifying the root mechanisms of aging: biological, cognitive, and psychosocial, before they become disease. It extends healthspan, not just lifespan. Using advanced diagnostics, precision interventions, and technology-enabled monitoring, it translates measurement into action across every medical discipline.

Your patients are already asking for it. The question is whether your physicians are ready to lead or follow?

Three Market Signals



Patient demand is accelerating.

Patients are seeking actionable strategies to extend their healthy years. They arrive informed by podcasts, wearables, and direct-to-consumer lab testing. They expect their physicians to match that knowledge.



The science has reached clinical readiness.

Biological age testing, epigenetic clocks, multi-omics, senolytics, GLP-1 receptor agonists, and AI-powered diagnostics are entering mainstream practice. The field is no longer speculative, it is clinical, technical, and operational.



The physician gap is real.

Every company building in longevity medicine hits the same wall: you can find doctors, but you can't find doctors trained in longevity medicine. Brilliant clinicians trained to treat disease; not to optimize healthspan. Certified *longevitydocs.*™ (CLD) closes that gap.

"Longevity medicine is the next frontier in healthcare. Patients demand personalized, preventive strategies to stay healthier, longer. Physicians must be ready. The Certified *longevitydocs.*™ (CLD) credential equips doctors with the science, tools, and clinical frameworks to lead in aging biology, diagnostics, and health optimization. Doctors around the world already make this choice."

— Dr. David Luu, Founder, *longevitydocs.*

THE WORLD'S LARGEST LONGEVITY PHYSICIAN NETWORK

Longevitydocs.™ is the world's largest physician network in longevity medicine. We unite physicians, industry, and institutions to build the trusted global infrastructure that makes longevity medicine the new standard of care.

1,200+

Physicians

50+

Countries

1

Platform



Medical Education

World's first longevity medicine certification



Clinical Research

Real-world evidence & clinical trials infrastructure with leading institutions



Summit

Annual gathering of longevity medicine leaders



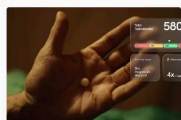
Awards

Recognizing excellence in longevity practice

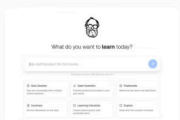


News & Analysis

Weekly insights on science, clinical practice, and market signals



The Longevity Care Battle: Physician vs Digital Platform
#82 Weekly Longevity Medicine Intelligence
FEB 15 - DAVID LUU



Welcome to Hippo: AI learning Assistant for longevity medicine
#81 Weekly Longevity Medicine Intelligence
FEB 8 - DAVID LUU



From Barber To Longevity Doctor
#80 Weekly Longevity Medicine Intelligence
JAN 25 - DAVID LUU



Professional Network

Global community of vetted longevity physicians. Growing every week, engaged into collaboration, referrals and advancing the field



LONGEVITY INTELLIGENCE

Hippo AI: Built on the CLD curriculum to support clinical decision-making.

PROGRAM AT A GLANCE

Credential	Certified <i>longevitydocs.</i> ™ (CLD)
Eligibility	Licensed physicians only (MD, DO, MBBS or equivalent)
Format	100% online, self-paced, via dedicated LMS
Duration	Designed for 6–9 months · Up to 12 months maximum
Volume	100+ hours · 10 core modules · 50 units · Capstone project
Delivery	Online learning platform, Pre-recorded video lectures, downloadable resources, quizzes, clinical case discussions
AI Companion	Access Hippo 24/7, your AI co-pilot for longevity medicine
Live components	Monthly faculty-led sessions (clinical pearls, case discussions, interactive Q&A) · Monthly cohort connection calls · Open office hours with CLD staff
Assessment	Unit-level quizzes + clinical case studies · Final examination · Capstone project (peer-reviewed strategic plan)
Cohort model	Cohort-based enrollment, limited seats, first-come first-served. New cohorts open regularly.
Tuition	\$10,000 USD per physician.

Designed for practicing physicians. The self-paced format means your physicians continue seeing patients while they train. The estimated weekly commitment is 3 to 5 hours to complete in 6 - 9 months. All live sessions are recorded for asynchronous access across time zones.

THE CLD EXPERIENCE

CLD provides the structure, rigor, and clinical credibility to integrate longevity medicine into practice while remaining independent of industry influence or prescriptive mandates.

Best-in-class curriculum

100+ hour structured curriculum across 10 modules plus capstone.

Longevitydocs Club membership

Access to physician community spaces, newsletter, WhatsApp discussion channels, and ongoing peer exchange.

Personalized leadership & education support

Dedicated 1:1 goal-setting with the CLD Head of Education to align career pathway, learning strategy, pacing, and accountability.

Tuition benefit (12 months)

20% tuition benefit on select *longevitydocs.* offerings: live and virtual Masterminds, the annual Cannes summit, and curated Jeffersonian-style Table dinners.

Hippo AI learning assistant available 24/7

AI-powered study tool built on the CLD curriculum. Quizzes, flashcards, case scenarios, deep explanations, and summaries. 1 year subscription.

Monthly cohort connection forum

Structured opportunities to connect with your cohort, share experiences, and build professional relationships with peers advancing the field.

Office hours & learner support

Open office hours for program-related questions, logistics, and guidance. Direct access to *longevitydocs.* CLD team to ensure learners are reaching their full potential.

THE CLD CURRICULUM — PART 1

MODULE 01 — FOUNDATIONS

Establish a solid scientific and clinical base for practicing longevity medicine.

Explore the origins of the field, East vs. West paradigms, healthspan vs. lifespan definitions, lifestyle and intervention models, outcome metrics, and the evolving regulatory and technological landscape.

MODULE 02 — BIOLOGY OF AGING

Gain a deep understanding of the cellular and molecular mechanisms of aging.

Covers the hallmarks of aging, longevity pathways (mTOR, sirtuins, AMPK, Klotho), inflammaging, mitochondrial dysfunction, telomere attrition, and translational science bridging bench to bedside.

MODULE 03 — TESTING & DIAGNOSTICS

Master the latest tools to assess biological age and health status.

From advanced biomarker panels and epigenetic clocks to omics profiling (proteomics, metabolomics, genomics), imaging (DEXA, CIMT, coronary CT), wearable data integration, continuous monitoring, and functional testing.

MODULE 04 — SPECIALTY INTEGRATIONS

Translate longevity strategies into organ and system-specific protocols.

Learn to personalize interventions for cardiovascular, metabolic, hormones, immune, brain, gut, skin, and musculoskeletal health; connecting aging biology to clinical decision-making in each domain.

MODULE 05 — LIFESTYLE INTERVENTIONS

Learn to prescribe evidence-based lifestyle protocols that enhance healthspan.

Covers precision nutrition, fasting and caloric restriction strategies, movement prescription, sleep optimization, stress resilience, environmental health, and behavioral change frameworks.

THE CLD CURRICULUM — PART 2

MODULE 06 — THERAPEUTICS

Stay ahead with emerging therapeutics in longevity medicine.

From senolytics, peptides, and nutraceuticals to hormone optimization, regenerative strategies (PRP, exosomes, stem cells), hyperbaric oxygen therapy, medical aesthetics, plasmapheresis, and bioelectrical devices.

MODULE 07 — TECHNOLOGY & AI

Explore how emerging technologies are transforming diagnostics and care delivery.

Covers AI applications in diagnostics, aging trajectory modeling, telemedicine, wearable data integration, platform-based patient monitoring, EMR optimization, remote care delivery, and IP productization for longevity practices.

MODULE 08 — RESEARCH & CLINICAL TRIALS

Gain the tools to contribute to the scientific advancement of longevity medicine.

Covers real-world evidence, clinical trial design, IRB and consent protocols, collaboration with industry and academia, publication pathways, and becoming a Principal Investigator (PI).

MODULE 09 — ETHICS, LAW & REGULATION

Understand the ethical and legal frameworks shaping this fast-moving field.

Covers FDA pathways, international regulation (US, EU, Asia, directly relevant for clinics operating across jurisdictions), malpractice risk in innovation, and ethical dilemmas in life extension and commercial longevity.

MODULE 10 — PRACTICE LEADERSHIP

Learn how to grow, position, and lead a longevity-focused practice.

Covers business architecture, clinic models (concierge, hybrid, fee-for-service), financial structuring, membership and subscription models, branding, media training, and building thought leadership within the medical community.

CAPSTONE PROJECT

A culminating project designed to help you apply CLD material in a way that is meaningful and relevant to your own practice or specialty.

Physicians design a longevity integration plan relevant to their actual practice setting; directly applicable to clinic implementation.

LEARN FROM THE PHYSICIANS & SCIENTISTS DEFINING LONGEVITY MEDICINE

The CLD faculty is composed of leading physicians and scientists who are at the forefront of longevity medicine; practicing clinicians scaling longevity care worldwide alongside top researchers from Stanford, Mayo Clinic, and the Buck Institute pioneering the science behind it.



Dr. Frank Lipman

Pioneer in integrative and functional medicine. 40+ years of clinical experience. NYT bestselling author of 7 books. Founder, Eleven Eleven Wellness Center, NYC.



Dr. Darshan Shah

Board-certified surgeon. Founder of Next Health, the world's largest Health Optimization and Longevity clinic. 20,000+ surgical procedures. Host of the Extend podcast.



Dr. Giovanni Campanile

Harvard-trained cardiologist. Quintuple board-certified including interventional cardiology and integrative medicine. Former cardiologist to President George H.W. Bush.



Dr. David Furman

PhD in Immunology. Director, Stanford 1,000 Immunomes Project. Associate Professor & Chief of AI Platform, Buck Institute for Research on Aging. 25+ patents.



Dr. Saranya Wyles

Mayo Clinic dermatologist and researcher. MD/PhD. Director, Regenerative Dermatology and Skin Longevity Laboratory. NIH-funded pioneer of SenSkin and 3D bioprinted skin models.



Dr. Steven AR Murphy

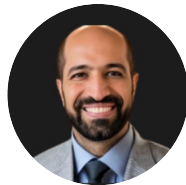
Board-certified internist. Yale and Mount Sinai trained. 10-time Castle Connolly Top Doctor. Pioneer in genomic and regenerative medicine. NYC and Greenwich, CT.

LEARN FROM THE PHYSICIANS & SCIENTISTS DEFINING LONGEVITY MEDICINE



Dr. Pradeep Albert

Diagnostic radiologist and regenerative medicine pioneer. Founder, Longerton University. President, American Academy of Stem Cell Medicine. 40,000+ regenerative procedures. UN speaker.



Dr. Sajad Zalzal

Board-certified family physician. Co-Founder & CMO, AgelessRx. Licensed in all 50 states. Lead investigator, PEARL trial — world's first large-scale rapamycin aging trial. XPRIZE Healthspan winner.



Dr. Matt Dawson

Emergency medicine physician. Former associate professor, University of Kentucky. CEO & Co-Founder, Wild Health, a genetics-based precision medicine platform.



Dr. Amy Killen

Board-certified emergency physician turned longevity and regenerative medicine leader. Co-Founder, Humanaut Health. Specializes in women's health, hormone optimization, and stem cell therapies.



Dr. Neil Paulvin

Board-certified in family medicine, anti-aging and regenerative medicine. Manhattan-based. Specializes in peptide therapy, sports medicine, and biohacking. Treats Fortune 500 executives and Olympic athletes.



Dr. Alan Katz

Double board-certified in Hyperbaric and Emergency Medicine. National Medical Director, Hyperbaric Medical Solutions. Integrative oncology. Co-author of Lifespan Decoded.

LEARN FROM THE PHYSICIANS & SCIENTISTS DEFINING LONGEVITY MEDICINE



Dr. Stephan Stefanovic

German-Swiss gynecologist. Professor at University of Heidelberg. Director of strategic development and CEO of multiple longevity centers. Harvard executive education.



Dr. Sahil Chopra

Internal Medicine (UCLA), Pulmonary & Critical Care (Loma Linda), Sleep Medicine (Harvard). Co-Founder & CMO, Empower Sleep. Pioneer in data-driven personalized sleep care for longevity.



Dr. Rikin Patel

Board-certified in Physical Medicine & Rehabilitation. Cornell and NYU trained. Fellowship in Sports Medicine and Pain Medicine. Expert in orthobiologics and physical longevity.



Dr. Jay Luthar

Triple board-certified: Internal Medicine, Lifestyle Medicine, Integrative Medicine. Boston-based integrative primary care physician.



Dr. Cynthia Keller

Pediatrician, 25 years. Founder, Centered in Wellness. Specializes in longevity medicine, tick-borne illness, and autoimmune disease.



Dr. Melissa Loseke

Founder & Medical Director, Re-New Institute. 20 years in pain management, hormone optimization, regenerative medicine, and peptide therapy.



Dr. David Lipman

Health and human performance specialist. Medical Doctorate with honours in Exercise Physiology. Consults for health-tech startups and elite sporting teams. Focus on wearables and longevity data.

HIPPO: AI ASSISTANT

Every Certified *longevitydoc.* now has Hippo. An AI learning assistant grounded in the CLD knowledge base. Designed to help physicians learn faster, deeper, and more confidently.

What Hippo Does

Longevity-specific knowledge

You were trained in pathology. Hippo teaches through aging mechanisms, healthspan, and prevention; the way longevity medicine actually works.

Fill the gaps

Your patients are asking about GLP-1s, rapamycin, Lp(a). Hippo closes the gap between what they're reading and what you can confidently answer; in five minutes, from the CLD curriculum.


Shorten the implementation time

Reading a concept is one thing. Applying it Monday morning is another. Hippo equips you with the confidence and specificity you need.







Available Features



What do you want to **learn** today?

Ask anything about the CLD course... 

Press Enter to send - Shift+Enter for new line

 Quiz Session Test your knowledge with multiple-choice questions	 Open Question Practice explaining concepts in your own words	 Flashcards Memorize key terms and definitions
 Summary Get key takeaways on any topic	 Learning Checklist Create a learning plan with actionable items	 Explain Deep dive into complex concepts

- Quiz sessions — Clinical reasoning questions
- Open questions — Case scenarios with feedback
- Flashcards — Biomarkers, mechanisms, interventions
- Learning checklists — Track your progress
- Explain — Break down any concept
- Summary — Get key takeaways fast

Wherever you're learning, Hippo's there.

WHAT YOU WALK AWAY WITH UPON COMPLETION

Credential & Recognition

- Certified *longevitydocs*.™ (CLD) credential
- Verified digital badge (shareable on LinkedIn, clinic website, physician profiles)
- Listing in the *longevitydocs* Global Directory



Clinical Tools & Ongoing Access

- Clinical toolkit: downloadable protocols, assessment tools, and templates for immediate use
- Faculty-led Q&A access
- Early Access Mastermind and Summit Invitations (tickets not included)
- Hippo AI learning assistant access
- Connection to a global physician network across 50+ countries

Outcomes Summary

Clinical confidence in longevity medicine. Practice-ready tools you can implement immediately. A strong foundational framework; not a rigid playbook. Recognition as a Certified *longevitydocs*.™ Physician. Ongoing connection to the physician community shaping the future of longevity medicine.

The CLD is a voluntary professional certification for education and professional development. It does not grant, expand, or modify the legal rights, scope of practice, or licensure of any physician. Physicians are responsible for practicing in accordance with the laws and regulations of their jurisdiction.