

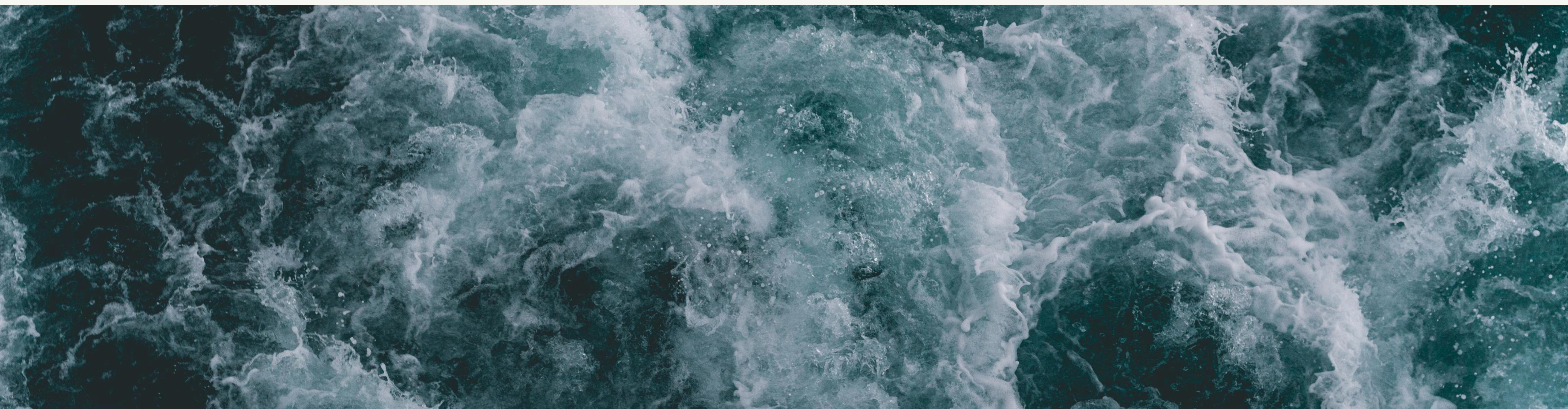
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SETTING THE NEW STANDARD FOR AGING



At XONE

We are redefining what it means to age.

Our ultra-personalized approach to health care, powered by precision medicine, helps you feel your best today while safeguarding your health for tomorrow. Through advanced diagnostics and real time monitoring we tailor care to your unique needs, identifying risks before they become problems. With proactive continuous support that evolves with you, to ensure you stay healthy, active, and able to enjoy what matters most.





"I've climbed Grouse Mountain in Vancouver many times with family and friends. Every ascent is challenging but rewarding—much like life itself.

At the start, we're filled with energy and excitement, but as the climb steepens and fatigue sets in, doubts arise. What keeps us going is a mix of physical strength, mental resilience, and the support of those around us. With every step, we push forward, driven by the promise of the summit. When we finally reach the top, the struggle fades, replaced by a deep sense of accomplishment, and the view makes it all worth it.

This journey mirrors the approach we take at Xone Precision Medicine. We believe that health is not just about managing problems when they arise, but about proactively caring for yourself, mind and body, so you can live fully today, and with confidence for the future. Our mission is to help you identify risks early and provide personalized insights, so every step you take is toward a healthier, more fulfilling life."

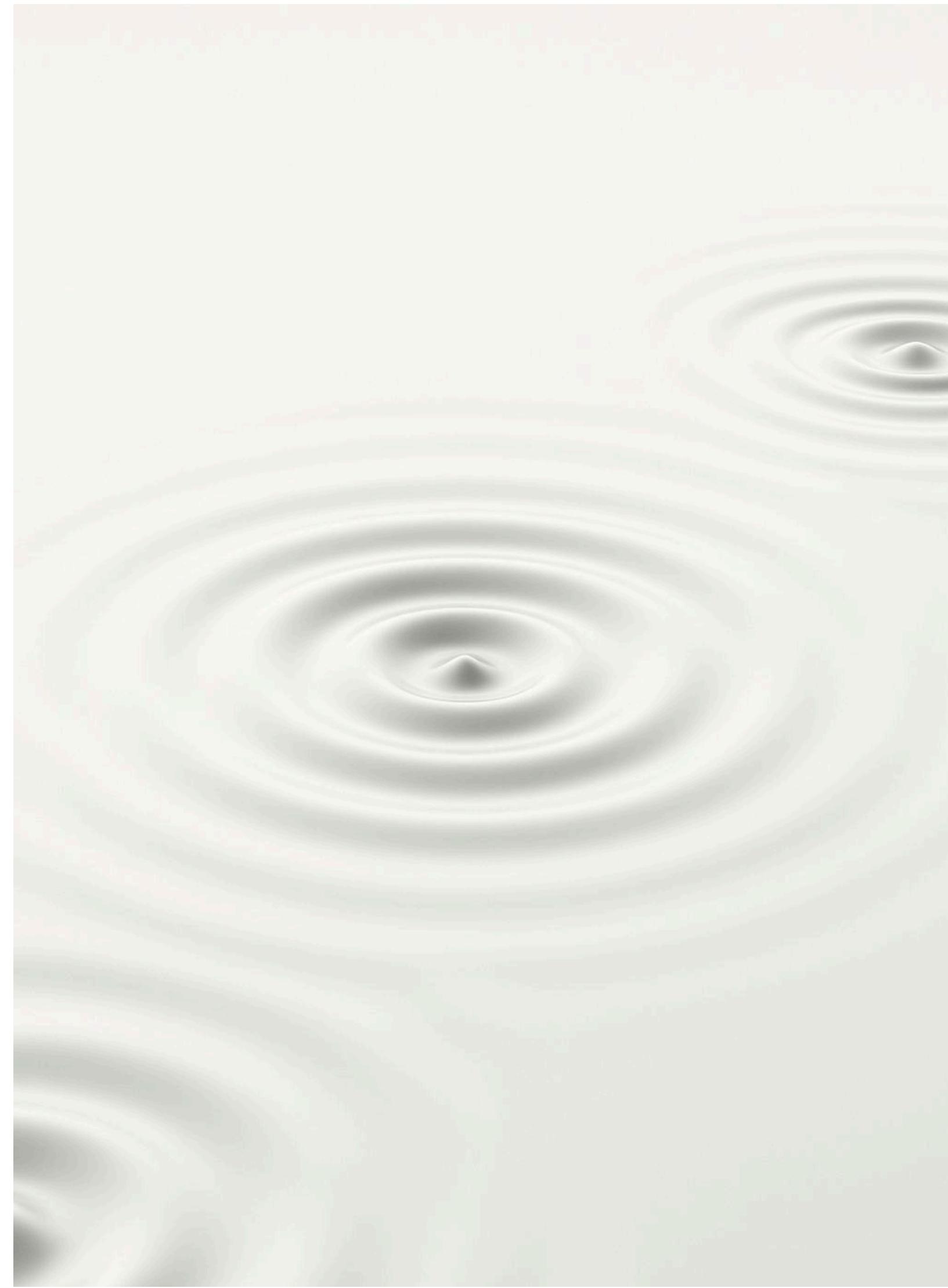
Warmly,
Dr. Rohan Bissoondath
Co-Founder, XONE Precision Medicine



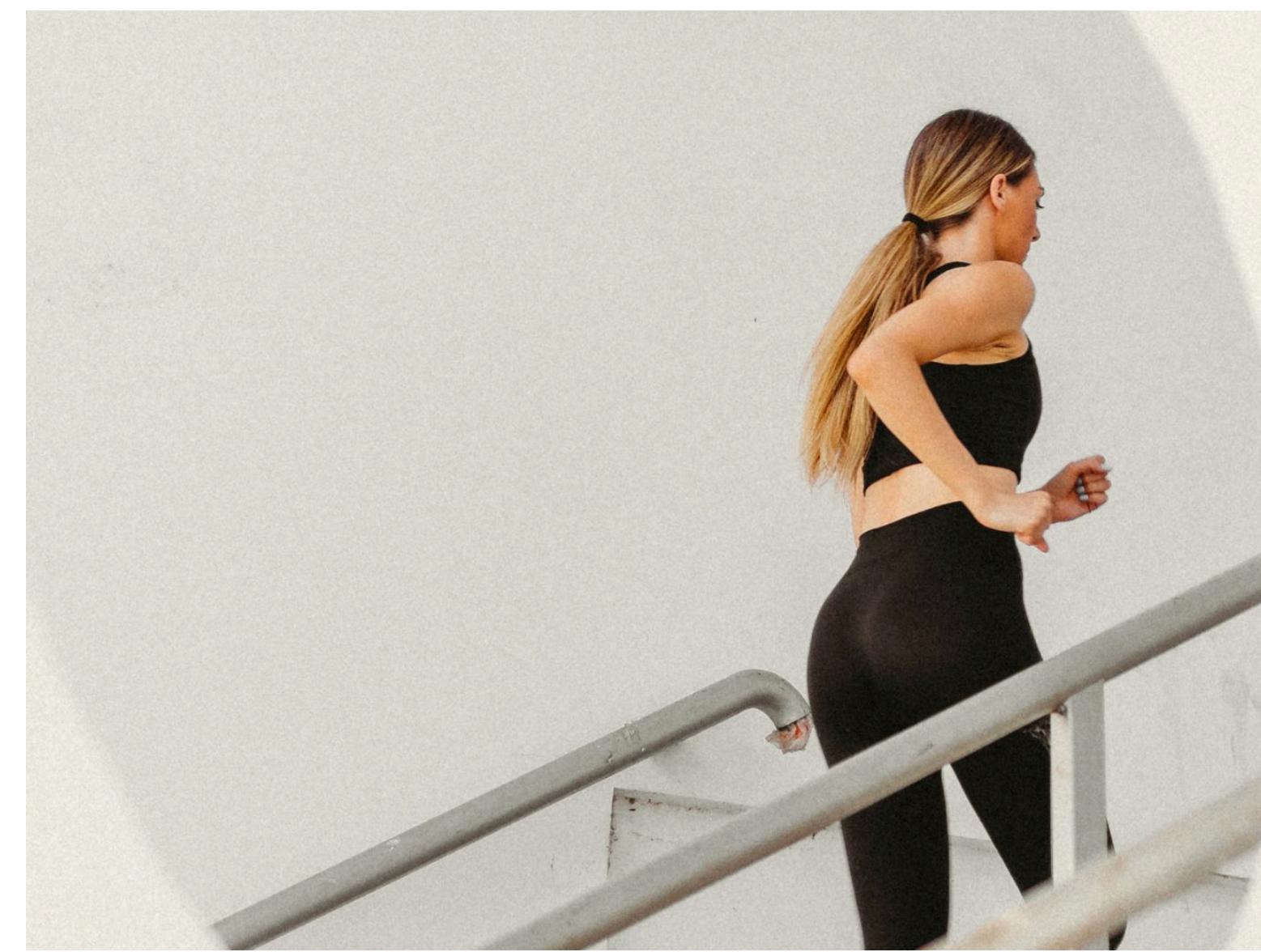
About us:

- At XONE, we go beyond reactive medicine and traditional disease risk screening. Our cutting-edge precision medicine program is designed to optimize your health today and safeguard your future.
- The XONE Method—a comprehensive approach combining medical, fitness, nutritional, and cognitive assessments, we build your Longevity AI Profile, a dynamic, data-driven profile that maps your health strengths, risks, and opportunities for improvement.
- Using real-time insights, we deliver personalized, evolving recommendations for lifestyle, medical care, and performance optimization, ensuring you maintain peak health and longevity for years to come.

What Sets Us Apart



Cutting-Edge Science: We leverage the most advanced diagnostic tools available today, ensuring you benefit from the latest breakthroughs in precision medicine. Our commitment to innovation keeps you ahead of emerging health trends, so you can focus on living your best life while we handle the science.



Why XONE

We exist to change how people experience aging.

Modern healthcare is built to treat disease once it appears.

At XONE, we look upstream — identifying early signals, underlying risks, and root causes long before symptoms emerge.

Our mission is to give you a deep, precise understanding of your biology by mapping genetics, metabolism, inflammation, body composition, cognition, and lifestyle patterns.

This allows us to detect risk early and guide you with clear, personalized, data-driven actions that strengthen both your healthspan and lifespan.

Modern medicine excels at managing symptoms.

XONE identifies and treats the underlying drivers of aging, before they surface.

Through advanced diagnostics, continuous monitoring, and AI-supported insights, we bridge the gap between lifespan and healthspan. We turn decades of biological data into a strategy that helps you stay ahead of disease, maintain vitality, and take control of your long-term health.

XONE 360 Precision Assessment



The XONE 360 is your baseline for the next decade of health decisions.

It shows you where you are today, what's driving your biology, and what risks are quietly developing beneath the surface.

This comprehensive evaluation includes a personal consultation with our Medical Director, in-depth health investigations, advanced diagnostic imaging, the XONE Performance Longevity Assessment, and a detailed nutrition analysis.

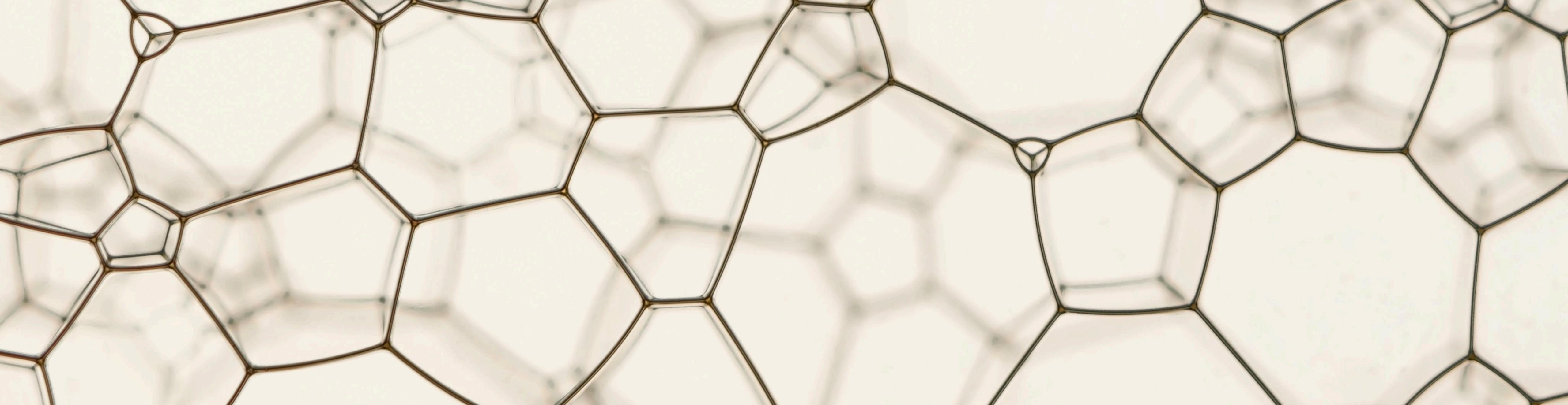
The result is your personalized Longevity Plan: a step-by-step guide that turns your diagnostics into meaningful direction, helping you understand what to do next, why it matters, and how to take control of your future health.

Personal Longevity Plan:

Our Multidisciplinary team undertake a full review and produce your 360 Precision Report: synthesising and integrating all your data, identifying priority areas for action, and recommending lifestyle changes.

Clients are invited to continue with the XONE Memberships, choosing the Core Membership or the Inner Circle. These annual programs offer ongoing care, deeper testing, and advanced insights, giving you the tools to optimize your health, unlock performance, and build a stronger future.





Your XONE 360 Precision Assessment marks the beginning, not the end, of your longevity journey. Our memberships extend your care into an ongoing, high-touch relationship designed around data, diagnostics, and continual evolution.

Choose between two tiers of commitment to your long-term health:

- Core Membership — a structured, annual precision health program with follow-up testing, coaching, and physician-led reviews.
- Inner Circle Membership — an elevated tier offering deeper diagnostics, exclusive access to advanced testing, and private member experiences curated by our founders.

At every level, you remain connected to the same multidisciplinary team that knows your biology best, ensuring your plan adapts as your life and data evolve.

XONE Core Membership



XONE Precision Bloodwork

Advanced biomarker testing reveals your metabolic, cardiovascular, hormonal, and inflammatory health, refining your strategy, detecting subtle shifts early, so your plan evolves with precision and longevity in mind.



Body Composition Analysis

Routine DEXA scans precisely monitor bone density, muscle mass, and visceral fat, showing how your training and nutrition are transforming your health from the inside out.



XONE Performance Longevity Assessment

3D motion capture, strength diagnostics, and VO₂ Max testing deliver precise, actionable insights into how you move, perform, and recover. Our data-driven insights detect imbalances, minimize risk, and unlock lasting performance gains for a healthier future.



Nutrition & Metabolic Insight

Continuous Glucose Monitoring (CGM) and AI-powered nutrition tracking translate your food choices into real-time data.

This enables precision dietary guidance, supporting stable energy, improved metabolism, and long-term resilience.



Cognitive & Mental Health Screening

Cognitive & Mental Health Screening Cutting-edge neurocognitive testing evaluates memory, processing, and brain resilience. Paired with multi-omic data, this enables early detection of neurological risks and delivers personalized strategies to sharpen your mind.



Wearable & Continuous Monitoring

Wearable devices provide 24/7 feedback by integrating blood pressure, sleep, nutrition, and recovery data—seamlessly syncing to your personal longevity dashboard. This keeps you and your care team continually connected for proactive, data-driven care.



Health Coaching & Support

Ongoing access to health coaches and specialists ensures accountability and momentum between assessments.

Every recommendation is monitored, refined, and adapted as your biomarkers, goals, and performance evolve.

XONE Inner Circle Membership

The Inner Circle is for those seeking a more supported, convenient precision longevity experience. Building on the Core Membership, it adds advanced diagnostics, at-home services, and closer access to our team.

By bringing more testing, coaching, and personalized care directly to you, the Inner Circle makes it easier to stay engaged, informed, and supported throughout the year. This deeper partnership offers more touchpoints, comprehensive data, and the ease of in-home care, helping you make lasting, meaningful health improvements.

XONE Inner Circle Membership

Inner Circle members receive every XONE specialty program as part of their membership—Cardiac Prevention, Metabolic Health, Cancer Screening, Cognitive Health, and Hormone Optimization. Your full diagnostic picture is integrated into one unified plan, without add-ons or separate programs.



At-Home Testing & Concierge Care

Private, in-home blood draws and biomarker testing delivered by our medical team for seamless, convenient data collection, without disrupting your day.



Personalized Culinary Nutrition Experience

In-home sessions with our nutrition expert, blending biomarker-informed guidance with practical, hands-on cooking to build sustainable, enjoyable routines.



Exclusive Member Experiences

Automatic access to intimate XONE events, longevity classes, and expert-led sessions that combine science, community, and meaningful connection.



In-Home Fitness Testing

Select VO₂ Max, strength, and movement assessments brought directly to you, offering clinical-grade insights in the comfort of your home or preferred environment.



Scientific & Cultural Access

Opportunities to join the XONE team at select global health and longevity conferences, gaining firsthand exposure to emerging research and innovation.



First Access to Innovation

Receive early access to new diagnostic tools, molecular tests, and technology integrations as they become available — your program evolves with science.



Investment in Your Longevity

Membership is intentionally limited to ensure highly personalized attention and continuity. It's a long-term partnership focused on extending both your healthspan and quality of life.

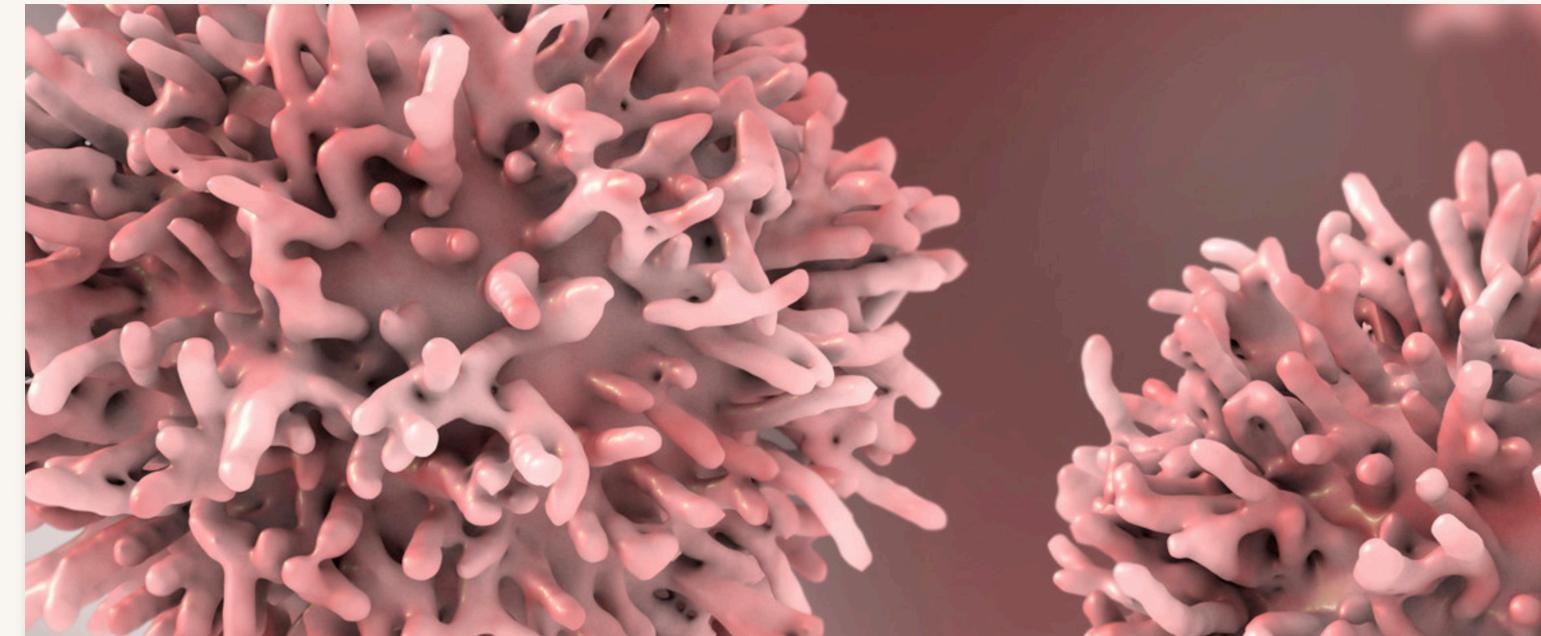


Once your XONE 360 is complete, you can explore specific areas of your health in greater detail through our Precision Programs. Members benefit from preferred pricing, added support, and flexible access to a la carte services. Programs can also be purchased individually, offering complete freedom to choose the depth and focus that aligns with your needs.



Cardiovascular Screening and Prevention Program:

A deep cardiac risk evaluation combining advanced biomarkers, imaging, and vascular assessments to identify early atherosclerosis, inflammation, and preventable cardiovascular risks long before symptoms arise. Provides a personalized, physician-guided plan to protect heart and vascular health over the long term.



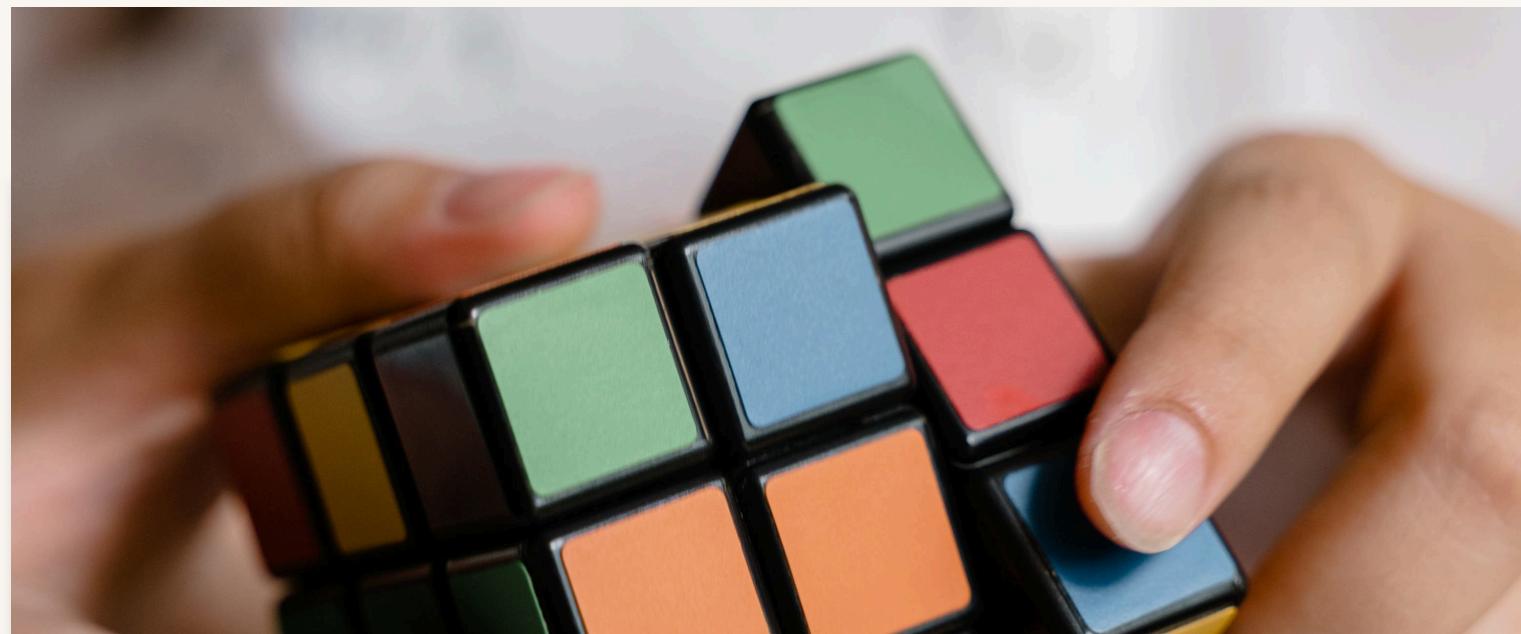
Cancer Screening Program:

An early-detection program integrating blood-based markers, imaging, and liquid biopsy risk-profiling to identify silent warning signs of common cancers at their most treatable stages. Designed for proactive surveillance based on personal and family risk.



Metabolic Health Optimization Program:

A detailed analysis of glucose control, insulin dynamics, cardiometabolic and mitochondrial health, liver health, visceral fat, and metabolic risk drivers. Identifies subtle metabolic changes and early insulin resistance years before conventional testing detects problems, allowing for proactive, targeted intervention.



Cognitive/Dementia/Alzheimer's Screening and Prevention Program:

A comprehensive evaluation of cognitive risk factors, including inflammation, metabolic and vascular drivers, sleep, stress, and neurological markers. Designed to detect early changes and build a personalized plan to protect memory, mood, and long-term brain health.



Hormone Optimization Program:

A full-spectrum evaluation of sex hormones, thyroid, adrenal, and related markers to understand how hormonal patterns impact energy, body composition, mood, and aging. Delivers a precise, physician-guided optimization plan tailored to your biology.

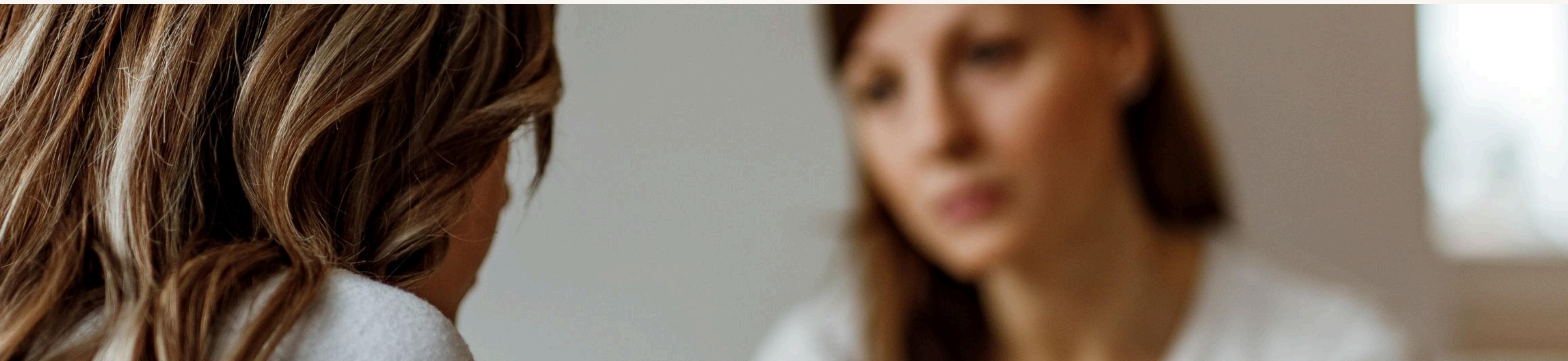
“At XONE,

we have carefully woven together our collective knowledge and experience to create something that is not only transformative, but deeply personal. Our vision has always been to offer more than just a medical service—to build a space where your health is nurtured, your potential realized, and where the journey toward well-being is one you walk with purpose and confidence.

We warmly invite you to discover what we have created here. With every step, you will find a partnership grounded in trust and a commitment to uncovering what is possible for your health. We look forward to welcoming you to XONE, and to the path that lies ahead.”

Sincerely,

Dr. Rohan Bissoondath and Nalini Bissoondath
Co-Founders, XONE Precision Medicine





Your future health starts today, reach out to our team to book a consultation.
Interested in pricing? [Explore our price list.](#)
For further information please contact:

[587-897-9101](tel:5878979101) or email care@xoneprecision.com.

Visit our website at xoneprecision.com