MD PREDICT / PATIENT OVERVIEW

A clearer picture of your health

Evidence-based prevention and metabolic optimization through advanced lab analysis and physician review.

A proactive approach to preventive care

Traditional healthcare often focuses on detecting disease after it appears. The MD Predict Lab Panels and MD Review Program takes a proactive approach, using recurring testing to look at metabolic, cellular, and organ function and help guide earlier action.

From testing to a personalized plan

01 Lab testing

Quarterly lab panels

→

02 Physician review

Results and goals

→

03 Personalized plan

Recommendations and follow-up

Why test every three months?

One annual lab draw is a snapshot. Short-term factors such as infection, poor sleep, or stress can affect results. Testing every three months helps track trends and check whether your personalized program is creating improvement. Regular monitoring provides feedback to adjust your plan and support long-term progress.

What the panels measure

Insulin resistance

HOMA-IR identifies early insulin resistance, a common driver of chronic disease. Restoring insulin sensitivity supports energy balance, immune health, and cellular repair.

Inflammation

hs-CRP and SII measure inflammation, a contributor to aging and disease.

Biological age

The PhenoAge Calculator compares biological age with chronological age to offer a view of current health status.

These examples are considered alongside other metabolic, thyroid, and vitamin markers to support targeted, personalized recommendations.

UNDERSTANDING YOUR RESULTS

Biological age and comprehensive testing

Lab markers provide context for your physician's review and personalized recommendations.

Understanding your "true age"

Chronological age counts the years you have lived; physiological age reflects how well your body is functioning. Two people of the same chronological age may have different physiological profiles. The PhenoAge Calculator estimates biological age and can help guide interventions intended to slow or reverse aspects of the aging process.

AGE **Chronological age**
Years lived

→

BIO **PhenoAge**
Biological age estimate

WHAT'S INCLUDED

Testing, interpretation, and follow-through

Comprehensive lab markers are reviewed with your goals and priorities to shape practical next steps.

Comprehensive testing

The MD Predict Lab Panels include an extensive range of validated markers, such as:

CORE PANELS	Complete Blood Count Metabolic and Lipid Panels
GLUCOSE & INFLAMMATION	Hemoglobin A1C CRP
THYROID & NUTRIENTS	Thyroid Hormone Vitamin D, B12, Ferritin
OTHER MARKERS	Homocysteine, Cortisol, Insulin Cancer-screening markers for non-cancer patients

Together, these tests offer a picture of metabolic health and highlight areas where meaningful improvements may be possible.

Personalized treatment and ongoing optimization

After reviewing results, your physician designs a plan tailored to your goals, lifestyle, and priorities. Recommendations may include nutrition, sleep, stress, and supplements that are practical and sustainable. The program identifies potential micronutrient gaps and may recommend targeted “longevity vitamins.” When appropriate, evidence-based medications may also be considered to support metabolic and cellular health.

Follow-up visits and repeat labs every 90 days help keep progress measurable and on track.

THE PROGRAM INCLUDES

- Health survey review and interpretation
- Quest lab order for MD Predict Lab Panels (a $1,600+ value)
- Cancer-screening markers for non-cancer patients
- 50-minute physician review and goal-setting via Zoom
- Personalized supplement and prescription recommendations

Supplements and prescriptions are paid separately.

A smarter, preventive model of care

The program combines deeper insight, continuous feedback, and physician guidance. With convenient local lab draws, virtual consultations, and direct prescription support, it brings preventive care into daily life.