



PREVENTIVE AND LONGEVITY MEDICINE

MORE LIFE IN EVERY YEAR.

The Maximum Life is a preventive and longevity medicine practice based in Miami and available to members in multiple U.S. states. Eligibility depends on location and physician licensure and is confirmed before enrollment. We work with you for at least one year, bringing together advanced diagnostic resources, guidance from the medical team, and continuous human support in a model of care shaped around you. Our goal is to help you understand your health more fully, recognize risks earlier, and preserve your capacity, autonomy, and quality of life over time.

Longevity means preserving the ability to live well for longer.

The longevity we pursue is not only about the number of years you live. It is the ability to keep doing what you love, preserve your autonomy, and be present for the people who matter. The medical team helps you understand what you can do today to protect those possibilities over time.

01

Keep doing what you love

Preserve the capacity to move, travel, work, create, and continue the activities that bring pleasure and meaning to your life.

02

Live independently for longer

Protect your health and functional capacity so you can move through the years with greater independence, confidence, and participation.

03

Be present for the people who matter

Create more opportunities to share time, plans, and experiences with the people you love.

04

Feel the difference every day

Pursue greater energy, balance, and well-being so longevity can be felt in daily life.

These intentions guide the care. Each person's path and results vary, so the plan is followed and adjusted over time.

Our founder's personal experience shaped a more human and connected model of care.

After moving to the United States, Priscila developed an autoimmune disease and began a long search for answers. Even while surrounded by medical professionals, she felt she had to coordinate opinions, symptoms, and decisions on her own, without anyone seeing the full picture.

Meeting Dr. Frank Lipman changed that experience. The way he listened, connected different aspects of her health, and stayed close over time showed that medical excellence and genuine attention do not have to be separate. Priscila created The Maximum Life from that conviction, and today Dr. Lipman is the company's Chief Medical Officer.

01 CARE BEFORE SOMETHING BECOMES URGENT

Our goal is to recognize risks before they become problems, act on what can be changed, and strengthen what supports your health over time. Preventive care can help reduce disease risk and preserve performance, physical capacity, and autonomy for the future.

02 BRING THE RIGHT PEOPLE TOGETHER

No professional or institution is the best at everything. The team helps identify the right physicians, specialists, and partners for each need and keeps the different stages connected as part of the same care.

03 PERSONAL, HUMAN SUPPORT THROUGHOUT YOUR CARE

A result or recommendation becomes useful only when you understand what it means and know what to do next. Coordination, organization, and follow-through are therefore part of the care, including between appointments.

Care becomes more precise as the team gets to know you better.

We begin by understanding the present through your history, context, and diagnostics selected by the medical team. From there, decisions connect to your goals, the team helps put them into practice, and what the team learns from how you respond makes the care more individualized.

01

DECODE

BUILD A COMPLETE PICTURE

Your history, goals, and diagnostics selected by the medical team create a baseline. Biomarkers, genetics, imaging, body composition, cardiorespiratory capacity, and sleep or recovery data are included when they help answer a clinical question.

02

DESIGN

DESIGN A PLAN AROUND YOU

With the baseline in place, the medical team connects the findings to what you want to preserve, improve, or return to doing. Priorities reflect your body, routine, and current moment instead of beginning with a generic protocol.

03

DO

TURN THE PLAN INTO ACTION

A plan on paper matters only when it becomes possible in real life. The team coordinates testing, protocols, and specialists, answers questions, and supports you through the next steps needed to carry out what was agreed.

04

DEEPEN

UNDERSTAND HOW YOUR BODY RESPONDS

You learn to recognize how your body responds to changes and protocols recommended by the medical team. Symptoms, habits, data, and new results show what is working and what needs to be adjusted across nutrition, movement, sleep, recovery, or, when clinically appropriate, hormones and peptides.

Advanced diagnostics, selected for a clear clinical purpose.

We are living through a convergence of medicine, technology, and diagnostic resources that did not exist or were not widely accessible until recently. The Maximum Life brings together carefully selected partners and puts these resources to work in an individualized assessment. The medical team selects what may deepen the understanding of your health, interprets the results in context, and uses them to inform decisions about your care plan.

IMAGING AND COMPOSITION

- DEXA for bone density and body composition
- Brain or whole-body MRI
- Cardiac imaging and calcium scoring

GENETICS, AGE, AND SYSTEMS

- Genetics and genomics
- Biological age, epigenetics, and Systems Age
- Neurocognitive function assessment

BIOMARKERS AND HORMONES

- Biomarker, nutrient, and hormone panels
- Gut microbiome and environmental toxicants
- Expanded hormone assessments
- Multi-cancer early detection blood testing, when clinically appropriate

PERFORMANCE AND MONITORING

- VO₂ Max and resting metabolism
- Continuous glucose monitoring
- Sleep assessment and wearable data

Not every diagnostic is part of every program. Selection depends on your history, goals, level of care, availability, and the medical team's clinical judgment.

Nutrition

Movement

Sleep

Recovery and resilience

Connection and purpose

Inner-life practices

LEVELS OF CARE

Three levels of care for different starting points.

Continuum, Core, and Elite are three annual levels of care. Each follows the same principle: understand the full picture, set individual priorities, support execution, and adjust the plan over time. At every level, the optional Sollis Health layer can add access to urgent and emergency care and coordination with the member's primary care clinicians, when appropriate and authorized.

CONTINUUM

STARTING AT \$5,500 PER YEAR

Begins with your existing health history and test results, including records from outside the United States. The medical team organizes that information, identifies relevant gaps, and recommends additional diagnostics only when they may change the understanding or the plan.

CORE

STARTING AT \$12,200 PER YEAR

Establishes a broader longevity baseline by combining diagnostics, interpretation by the medical team, and follow-through during the year for people who want to go beyond a one-time checkup.

ELITE

STARTING AT \$24,300 PER YEAR

Provides the greatest diagnostic depth and the most closely coordinated follow-up, with priority access and logistics organized around the member's routine.

A CONNECTED NETWORK

THE BEST CARE DOES NOT ALWAYS HAPPEN IN ONE PLACE, BUT IT SHOULD REMAIN PART OF THE SAME CONVERSATION.

Clinical, diagnostic, and technology partners may become part of the care when they help answer a question, make a next step possible, or maintain continuity.

SOLLIS HEALTH

Urgent and emergency care

PRENUVO

Advanced imaging

PNOË

Cardiorespiratory capacity and metabolism

GENOMETRICS

Genetics and genomics

GALLERI

Multi-cancer early detection

BRILLIANT BIOME

Gut microbiome

OURA

Sleep and recovery

WITHINGS

Connected devices

FULLSCRIPT

Supplements recommended by the medical team

Partners are not a menu. Availability and clinical indication vary; the medical team integrates them only when appropriate.

TO SEE WHETHER IT FITS

A first conversation helps us understand your goals and explain how care could work in practice.

The team presents the current annual program options, explains what each includes, and discusses the level of support that best fits your current needs. You do not need to decide anything before you understand how the model works.

themaximum.life/overview

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Bay Harbor Islands, Florida

The Maximum Life provides longevity and health optimization services and does not replace primary, urgent, or emergency care. We do not guarantee specific outcomes; individual results vary. All clinical decisions are made in consultation with a licensed physician and based on your unique context. The Maximum Life is a management and technology company. Medical services are provided by licensed medical entities.