longevity lab

CORPORATE HEALTH PROGRAMMES

'Make workforce health a business priority.'

Workplace assessments, private blood testing and practical guidance to better the wellness of your workforce.

148.8 million

THE SCALE OF SICKNESS ABSENCE

ONS estimate, published May 2026

UK working days lost to sickness or injury in 2025. **4.4 days lost per worker**, on average.

ONE COMPANY TIER. OPTIONS FOR EVERY PERSON.

A health benefit with a practical next step.

For your people

Health Profiles, results and practitioner reports stay private. Company funding does not give employers access to medical results.

For your business

Practical access to health support, clear per-person costs and planned reviews. Set goals for attendance and staff wellbeing, then track progress.

A workplace masterclass

Targeting better energy, sleep and long-term health.

Included for company bookings of 10+ people.

ABSENCE, PRODUCTIVITY & PRACTICAL SUPPORT

The cost of poor workforce health.

Lost days, reduced output and staff turnover carry a business cost. The scale of the problem makes employee health a boardroom concern.

£51 billion

Estimated annual cost of poor employee mental health to UK employers. Includes absence, reduced performance while working and staff turnover.

Deloitte, 2024 report (2022/23 estimate)

22.1 million

Estimated working days lost to work-related stress, depression or anxiety in Great Britain in 2024/25.

HSE: working days lost, 2024/25

WHAT TARGETED SUPPORT HAS ACHIEVED

35%

fewer sickness-absence days

Occupational-health consultations, advice and referrals for **418 high-risk Finnish employees** in a 12-month randomised trial.

Average sickness-absence days

384 included in the analysis. 19.3 versus 29.9 days: the 35% reduction is calculated from the group averages, rounded.

Taimela et al., 2008: randomised trial

2.6

more effective work hours a week

Telephone outreach and treatment support for **604 employees with depression** delivered **2.6 additional effective work hours a week** versus usual care in a randomised trial, across six- and 12-month reviews.

Effective hours combine continued employment, hours worked and self-rated performance.

Wang et al., 2007: JAMA trial

Selected trial results relate to the interventions and employee groups described. Track your company's own absence records and staff feedback to assess progress. Individual medical results stay private.

CHOOSE ONE TIER FOR YOUR COMPANY

Choose your support.

More biomarkers, deeper guidance and more frequent reviews as you move up. Your company tier sets the blood panel and level of support.

Testing + included support	*Silver* Written guidance	*Gold* Director feedback	*Platinum* Extended reviews
Blood biomarkers per tested person	*14* Nutrient panel	*25* Baseline	*47* Ultimate
Health assessment + private report	☑	☑	☑
Workplace masterclass (10+ people)	☑	☑	☑
Assessment + blood-testing cycle*	9 months	6 months	3 months
Rounds in a 12-month programme	2 rounds • •	3 rounds • • •	5 rounds • • • • •
Private director review after each round	Not included	30-min video	60-min review**
6-month programme available	Not included	☑	☑
12-month programme available	☑	☑	☑

Platinum: 47 biomarkers, 22 more than Gold (88% more) and 33 more than Silver. Ultimate includes a personalised wellness plan covering nutrition, exercise and lifestyle interventions. Blood tests are charged separately; assessment-only places remain available.

* Assessments repeat at the shown interval. Participants choosing blood tests repeat these too, with panels agreed and charged separately. Start and end-of-term rounds are included: Silver 12 months = 0, 9; Gold 6 / 12 months = 0, 6 / 0, 6, 12; Platinum 6 / 12 months = 0, 3, 6 / 0, 3, 6, 9, 12.

** Platinum includes one extended review per director per round, online or in person by arrangement. Director reviews are built into the programme before discounts: Gold £65; Platinum £120 per director, per round. Extra workplace review visits add at least £400 plus travel.

CHOOSE AND FUND PLACES PER PERSON

Choose your level of testing.

Tier blood tests are priced below before discounts. Assessment-only places are also available.

YOUR 20-MINUTE HEALTH ASSESSMENT

Blood pressure and pulse; height, weight, waist and body composition; a review of health, lifestyle, sleep and stress. Blood collection fits within the appointment when booked. Director results reviews take place separately.

SILVER BLOOD TEST

£219

pp per blood-testing round

Nutrient Deficiencies: 14 biomarkers covering key vitamins and minerals, blood counts, cholesterol and blood sugar. Broader nutrition guidance.

Plus £49 assessment and allocated delivery.

GOLD BLOOD TEST

£249

pp per blood-testing round

Essential Health: 25 biomarkers covering nutrition, inflammation, liver and metabolic health. Broader nutrition guidance.

Plus £49 assessment, delivery and tier director feedback.

PLATINUM BLOOD TEST

£649

pp per blood-testing round

Ultimate Longevity: 47 biomarkers, including specialist nutrients, omega balance and thyroid antibodies. Includes a personalised wellness plan covering nutrition, exercise and lifestyle interventions.

Plus £49 assessment, delivery and tier director feedback.

£49 **Health assessment pp, per round.** Written report and broader guidance. Assessment-only places available.

£400 **Minimum on-site day fee.** Shared across participants; charged again for each visit. Travel is additional.

VOLUME + COMMITMENT DISCOUNTS

5%	10%	15%	+5% for 6 months +10% for 12 months Combined cap: 20%
10-24 people	25-49 people	50+ people	

Discounts apply to assessments, blood tests and included consultations, excluding delivery fees and travel. Pay upfront or monthly under the same fixed term and discount rate.

A WORKED EXAMPLE

20 people. 1 programme.

A 12-month commitment with a **15% discount**: 5% for 20 participants plus 10% for the term. One assessment day per round, online director feedback and one included workshop.

5 Directors with blood tests	*5* Colleagues with blood tests	*10* Assessment-only places

12-MONTH ASSESSMENTS + SUPPORT

All ten blood-tested participants use the panel for the company tier. Blood tests are additional; the figures below include assessment-day fees.

Company tier	Company total	Staff / assessment-only pp	Director pp
Silver	**£2,466**	£123.30	£123.30
Gold	**£4,527.75**	£184.95	£350.70
Platinum	**£8,715**	£308.25	£818.25

INITIAL BLOOD TESTING: 10 PEOPLE, AFTER DISCOUNT

Silver	Gold	Platinum
£1,861.50	*£2,116.50*	*£5,516.50*
£186.15 per blood test	£211.65 per blood test	£551.65 per blood test

Blood tests are additional to the programme totals above. Repeat panels are agreed and charged separately. Travel and extra workplace review visits are additional; an extra review visit starts at £400 plus travel.

REQUEST AN ITEMISED COMPANY PROPOSAL

Let's plan your company programme.

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