

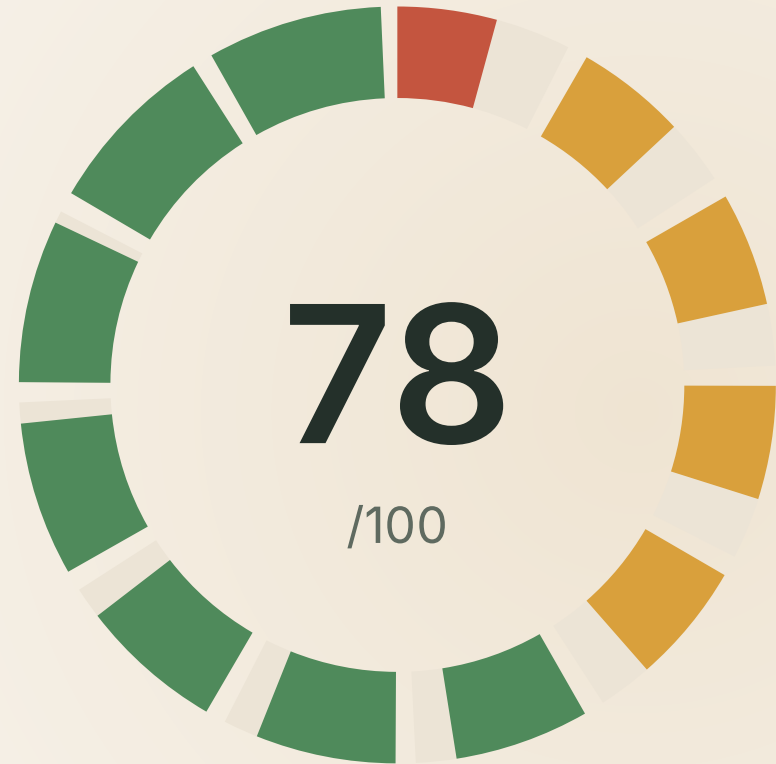


PATIENT APP

The Health Map

A longevity score, a score out of 100 for every assessment, and progress from one assessment to the next: what the patient sees, screen by screen, once her practitioner has signed her results.

Fictional example: Sara Al Harbi, 47, a patient of Jawhar Longevity. Demonstration results and texts. The app is also fully available in Arabic, right to left.



STEP 1

Her space, as soon as she signs in

The patient lands on her space. Her **longevity score** greets her at the top, in a small ring coloured by her results.

One tap opens her Health Map in full.

My space



Your programme is being prepared

Your therapist is preparing your 90-day programme from your Health Map.



Longevity score

[See my health in detail](#)

My Health Map

Your health assessment, read and signed by your practitioner: what is going well and what to improve.

My proposals

The programmes and care your therapist suggests. You accept or decline them.

My programme

Your 90 days of support: this week's actions to tick off, and your sessions.

My before / after

STEP 2 · THE LONGEVITY SCORE

All her health in one ring

Each part of the ring is an **assessment** (blood test, OPS posture, OligoCheck, gut microbiome, sleep, physical activity) or a **health area** of the Health Map. Its coloured length shows its score out of 100.

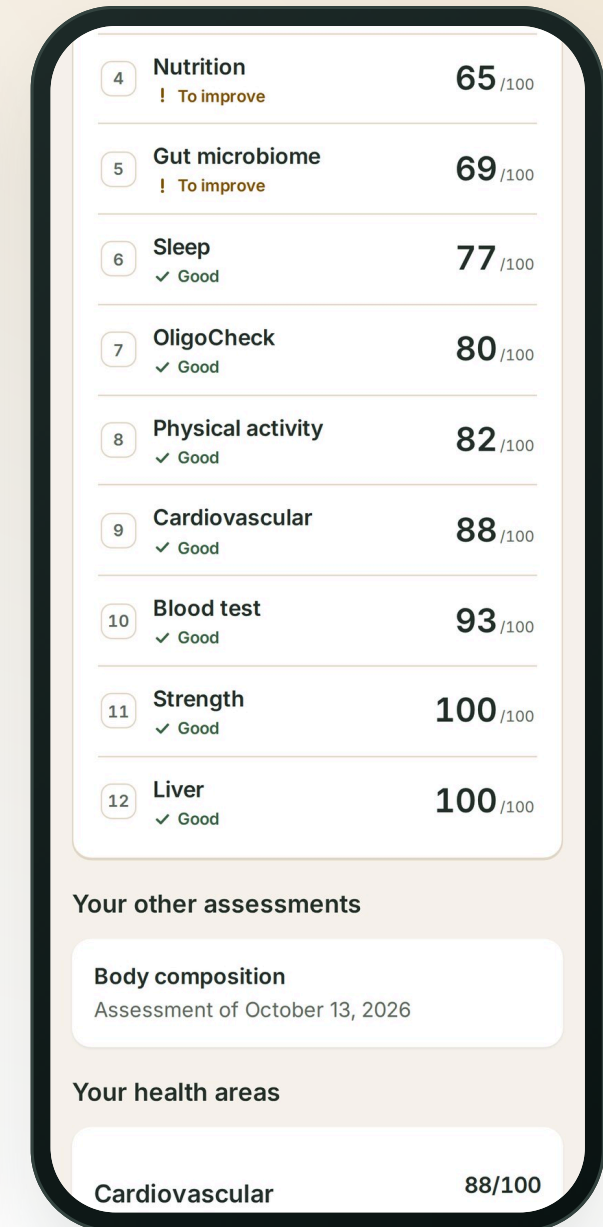
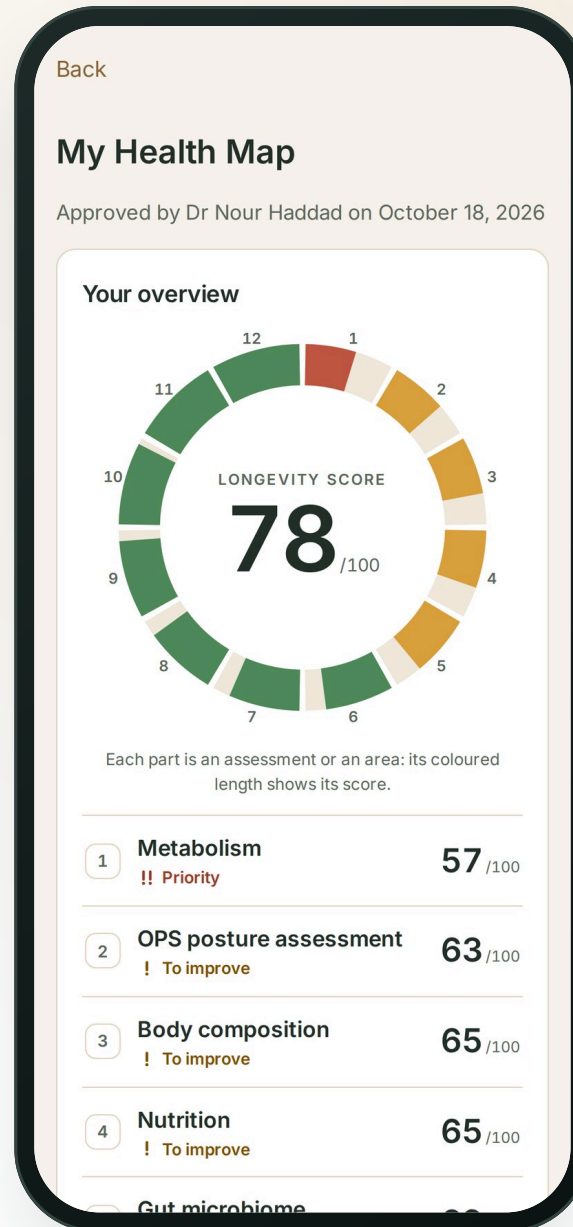
The overall score sits in the centre.
Below, the parts are ranked from the weakest to the strongest.

Good

To improve

Priority

Colour is never used alone: an icon and a word always go with it.



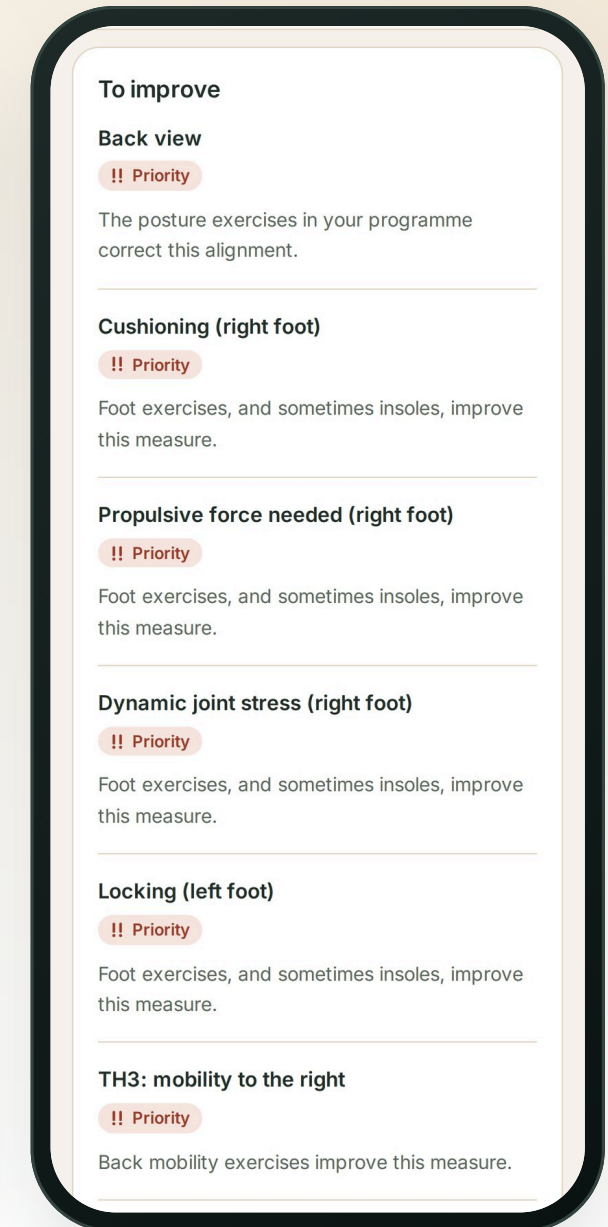
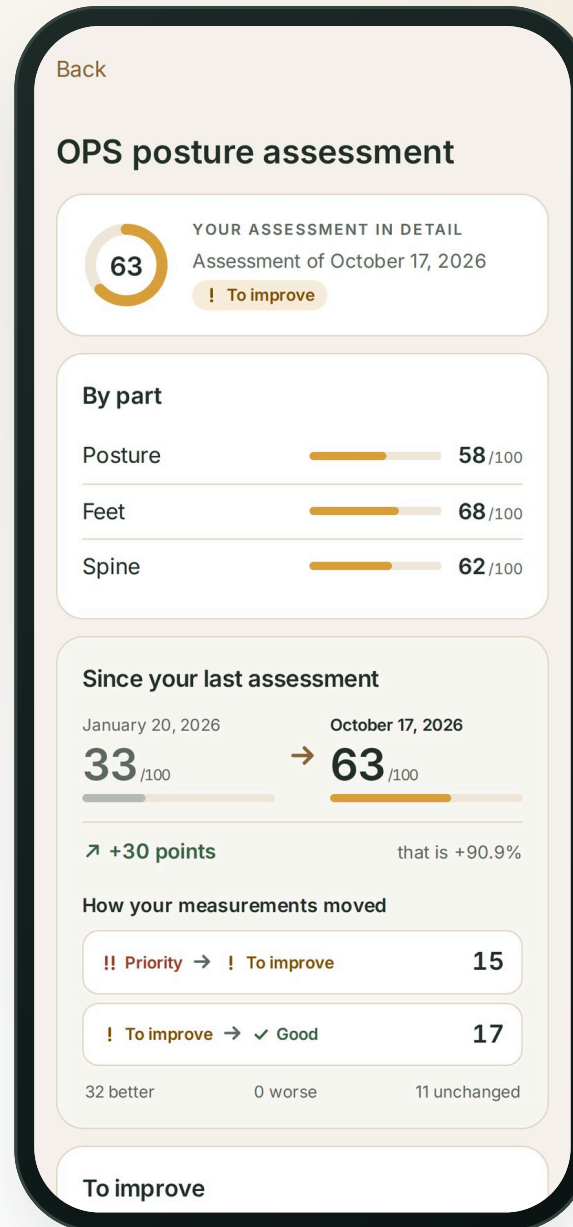
STEP 3 · OPS POSTURE ASSESSMENT

Her progress, measure by measure

Every assessment has its own page and **score out of 100**, broken down by part: posture, feet, spine.

Since your last assessment: 33 → 63, that is **+30 points (+90.9%)**. 15 measures move from red to orange and 17 from orange to green.

Then the “To improve” list (foot cushioning, propulsive force, locking, spinal mobility), each with its advice.



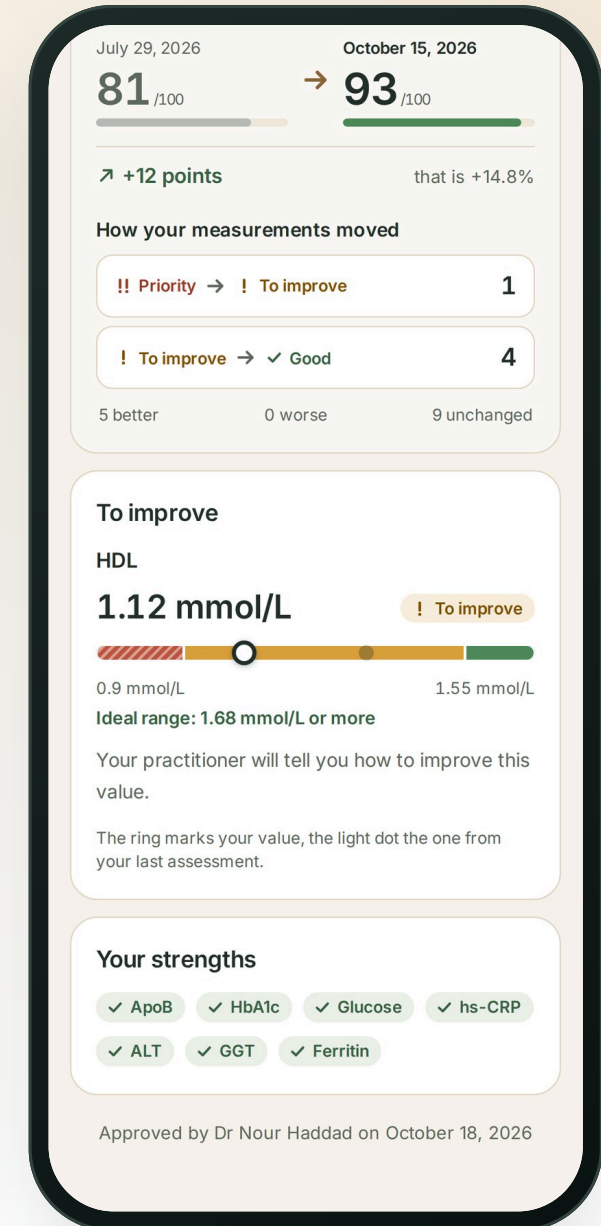
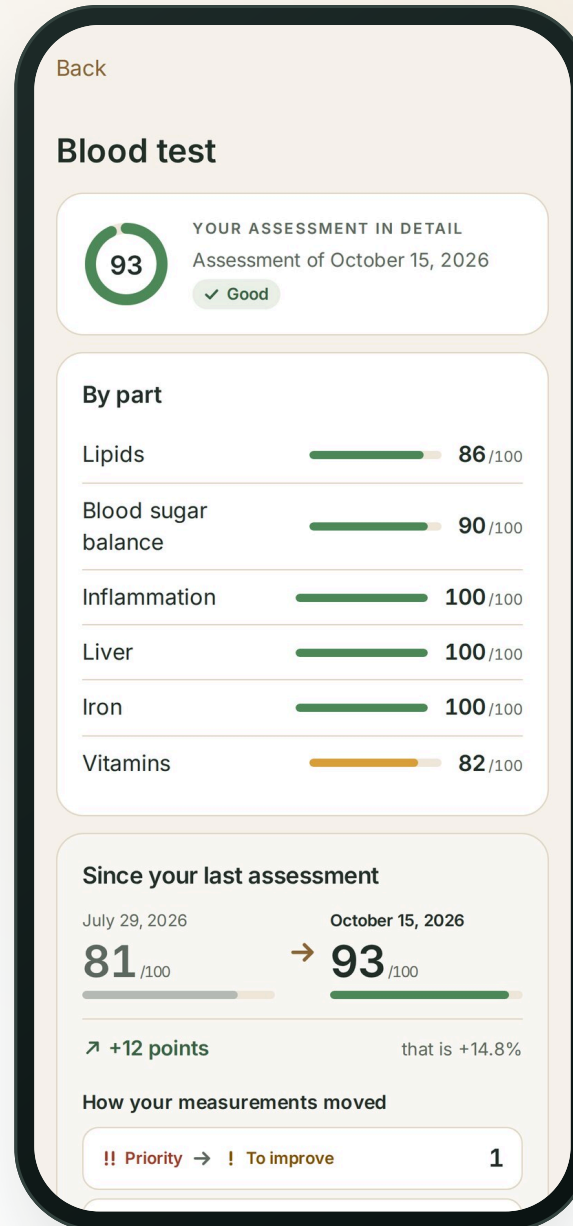
STEP 4 · BLOOD TEST

Before / after, clear to anyone

The blood test is scored by family: lipids, blood sugar, inflammation, liver, iron, vitamins.

From July to October: **81** → **93**, **+12 points**.

Every marker to watch has its **zone bar**: the ideal zone underlined, the priority zone hatched, a solid dot for today and a light dot for last time.

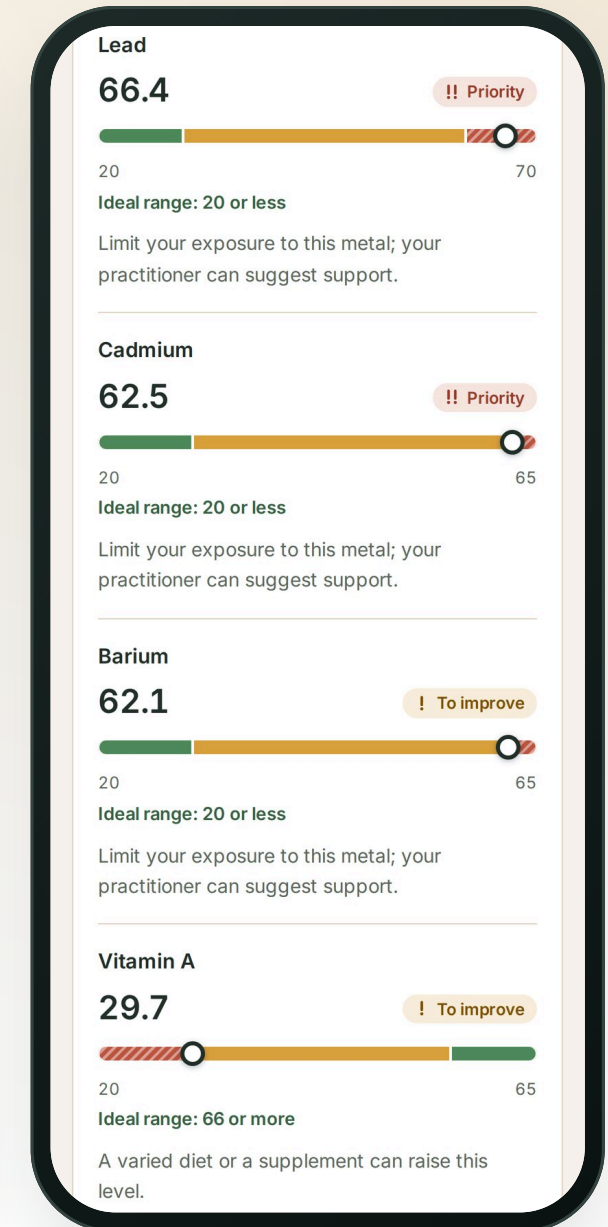
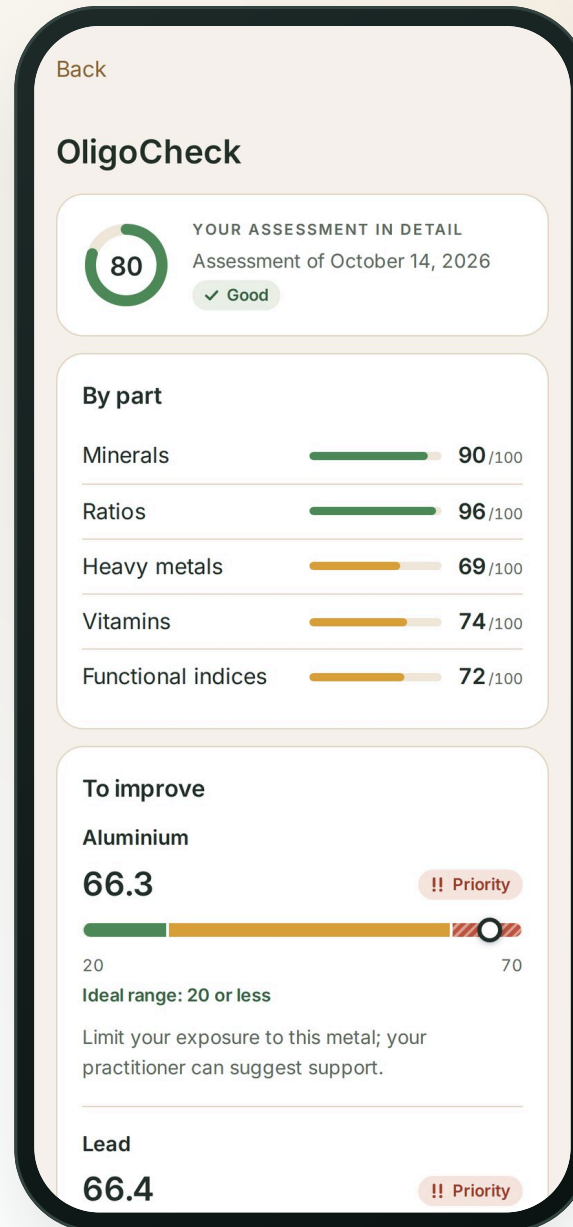


STEP 5 · OLIGOCHECK

Minerals, heavy metals, vitamins

The OligoCheck assessment gets its score part by part: minerals, ratios, heavy metals, vitamins and functional indices.

The metals to watch come first, with their ideal zone and what the practitioner can offer.



STEP 6 · GUT MICROBIOME

The microbiome, function by function

Each function of the microbiome (fermentation, weight management, emotional balance...) is rated optimal, acceptable or to improve, then turned into a score out of 100.

The ones that need attention come first.

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Gut microbiome



YOUR ASSESSMENT IN DETAIL

Assessment of October 12, 2026

! To improve

To improve

Allergies

!! Priority

Your practitioner will adapt your diet to support this function.

Emotional balance

!! Priority

Your practitioner will adapt your diet to support this function.

Fermentation

!! Priority

Your practitioner will adapt your diet to support this function.

Weight management

!! Priority

Your practitioner will adapt your diet to support this function.

Propionate

Propionate

!! Priority

Your practitioner will adapt your diet to support this function.

Gut permeability

! To improve

Your practitioner will adapt your diet to support this function.

Immunity

! To improve

Your practitioner will adapt your diet to support this function.

Vitamins

! To improve

Your practitioner will adapt your diet to support this function.

Your strengths

- ✓ Inflammation
- ✓ Cardiovascular protection
- ✓ Sulphates
- ✓ Sleep and GABA
- ✓ Intolerances
- ✓ Butyrate
- ✓ Type 2 diabetes
- ✓ Diversity

Approved by Dr Nour Haddad on October 18, 2026

STEP 7 · BODY COMPOSITION, TECHNOGYM CHECKUP

As the centre's device gives it

Jawhar Longevity measures body composition with **Technogym Checkup**: wellness age, mobility, balance, strength, cardio and cognition.

These values are shown as the device gives them. They will get their own score, and their part in the ring, once the Mywellness export is connected.

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Body composition

YOUR ASSESSMENT IN DETAIL

Assessment of October 13, 2026

The centre does not score these values yet: they are shown as the device gives them.

Your values

Wellness Age	44
Mobility	83
Balance	71
Body composition	65
Cognition	78
Strength	81
Cardio	67

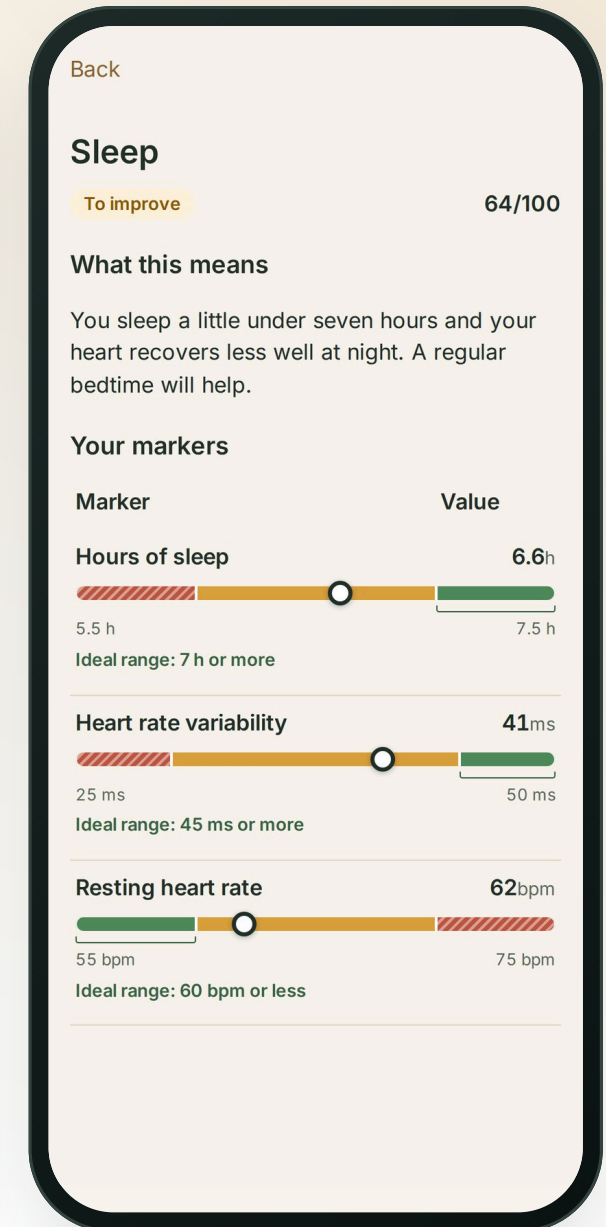
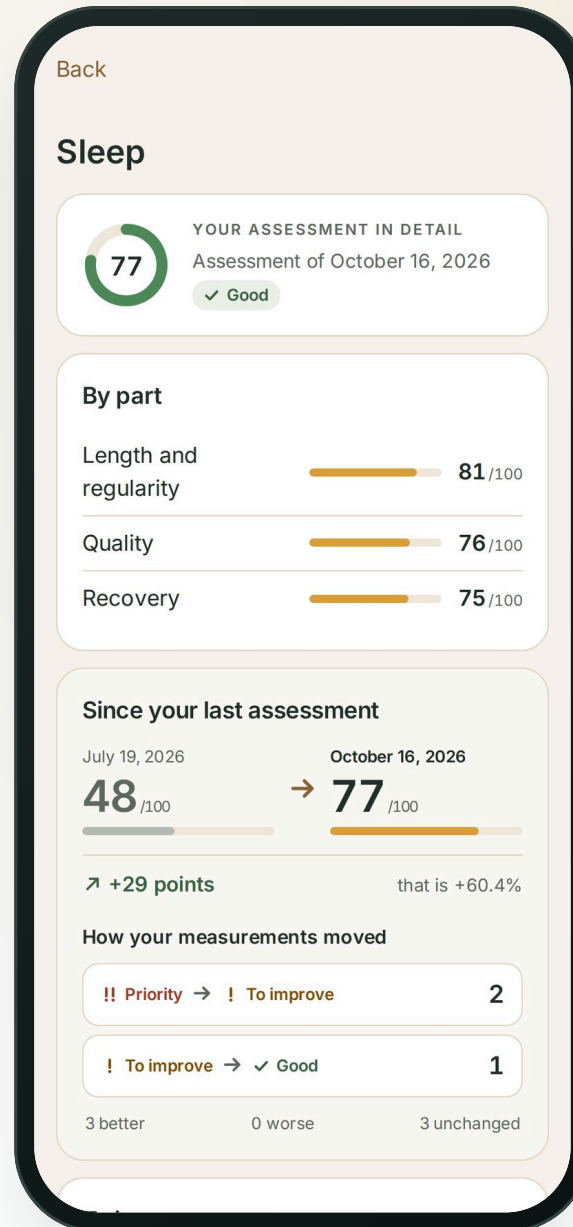
Measured with Technogym Checkup
Approved by Dr Nour Haddad on October 18, 2026

STEP 8 · SLEEP

Sleep, tracked by the watch

The patient's connected watch or ring measures her sleep every night: length, regularity, deep sleep, efficiency and how her heart recovers.

The sleep assessment gets its score and its before / after: **48 → 77, +29 points** in three months. It takes the place of the sleep area in the longevity score.

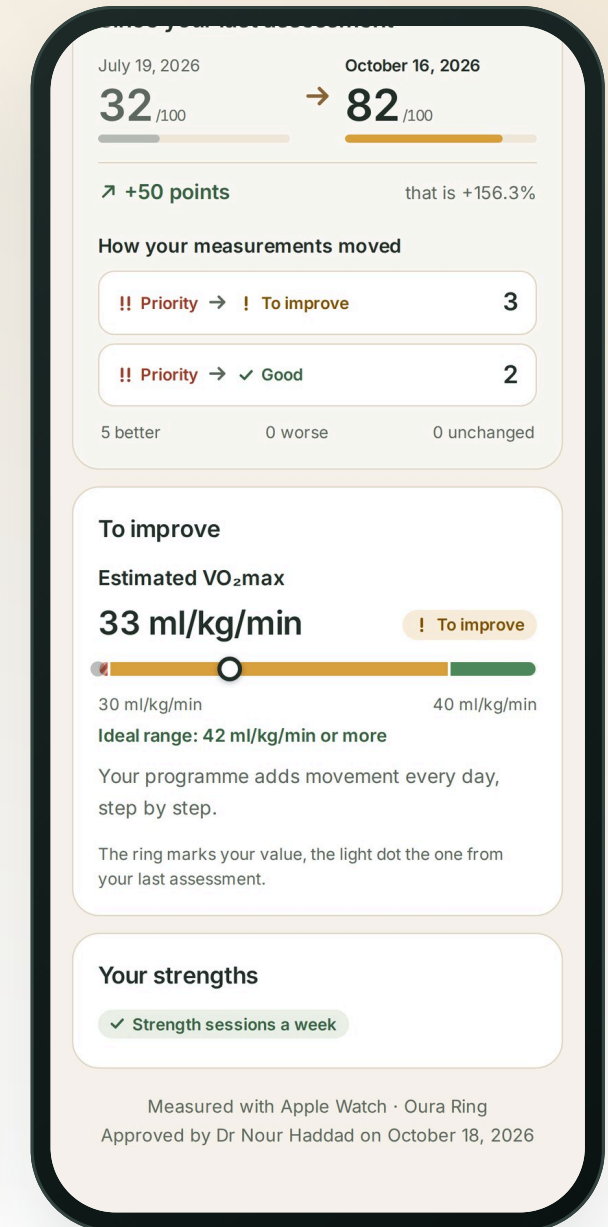
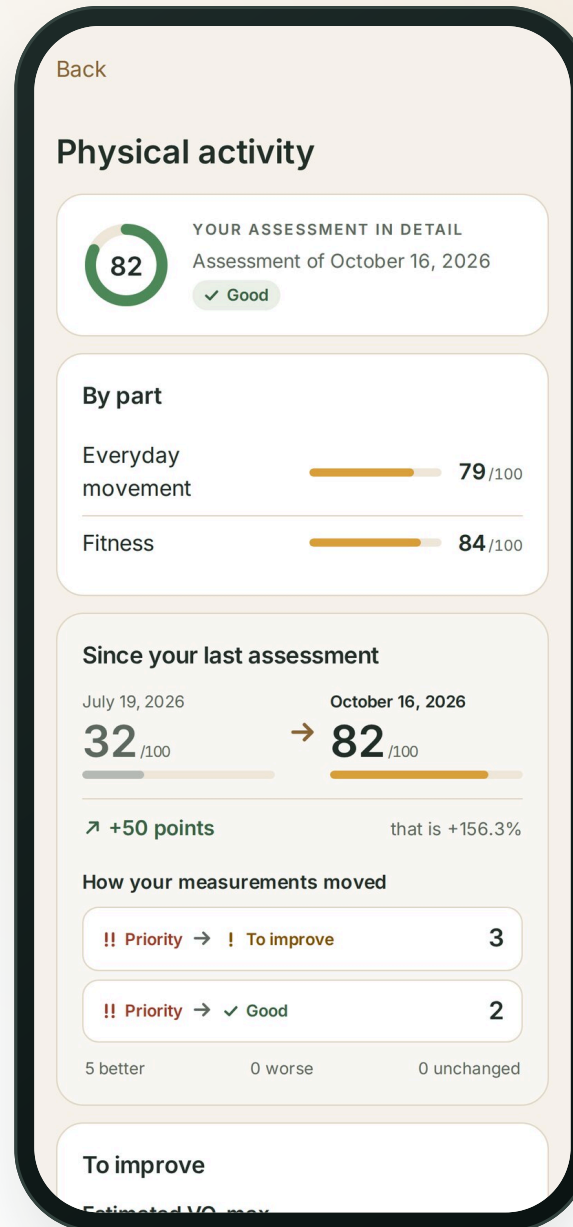


STEP 9 · PHYSICAL ACTIVITY

Every step counts

Steps a day, time sitting, active minutes, estimated VO₂max, strength sessions: physical activity gets its own score out of 100 too.

In three months: **32 → 82, +50 points**.
The measures move from red to orange, then to green.

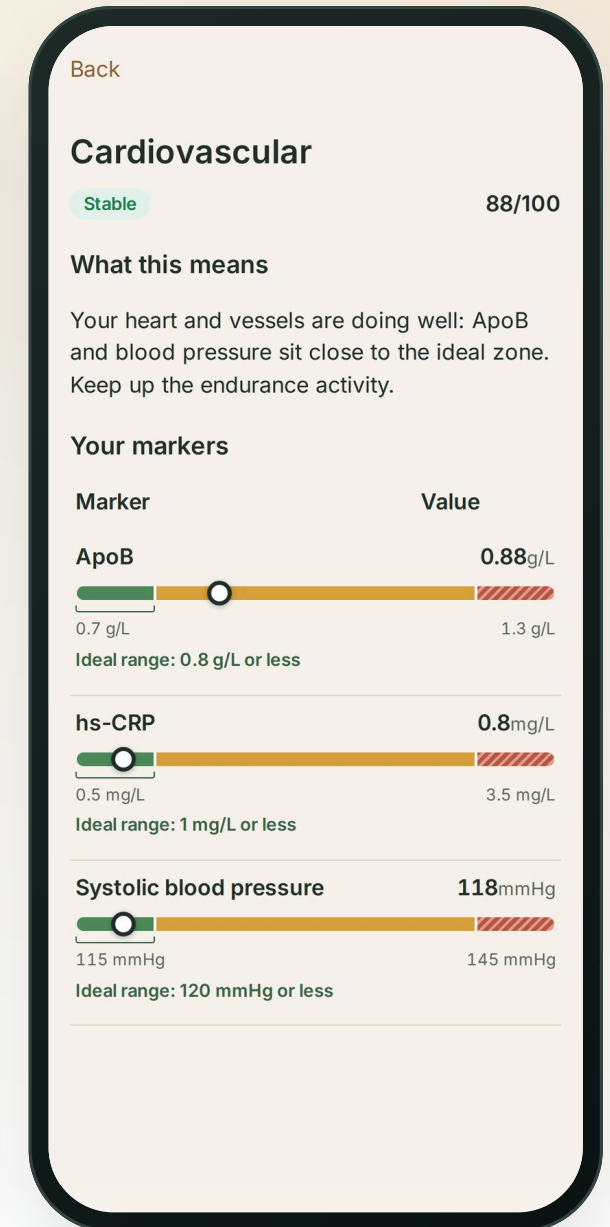
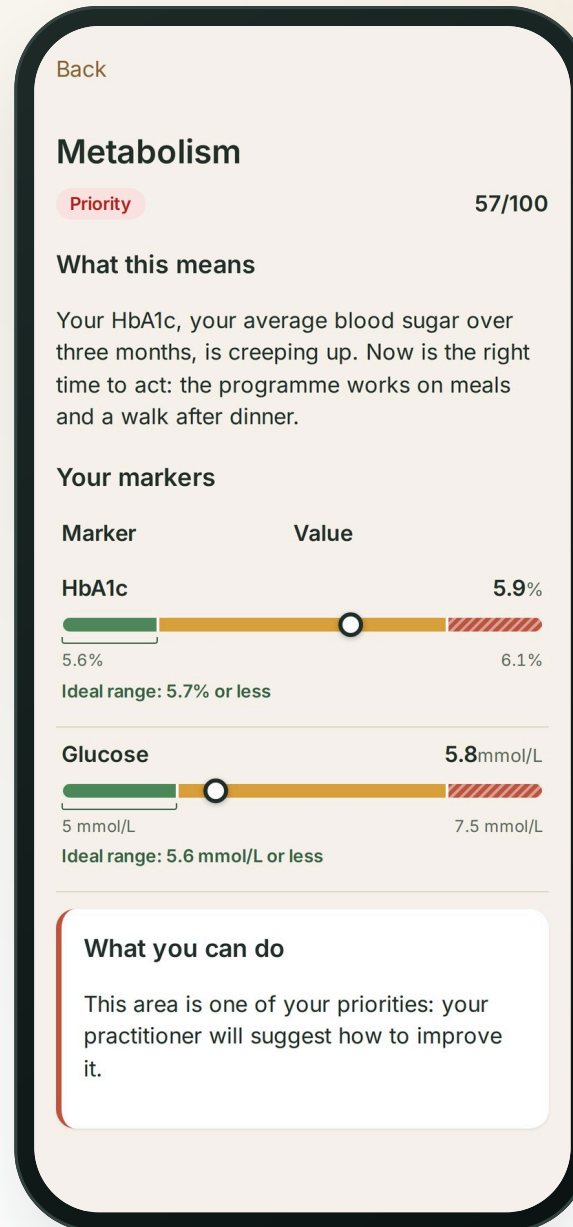


STEP 10 · A HEALTH AREA IN DETAIL

What it means, and what to do

Each health area opens with an explanation written for the patient and reviewed by her practitioner.

Each marker has its zone bar and ideal zone. On a priority area, a **“What you can do”** box leads her to her programme.



WHAT IS NEW

The longevity score

- A **bold ring** that brings the 7 health areas and every assessment together, on the home screen and in the Health Map.
- A **score out of 100 for every assessment**: blood test, OPS posture, OligoCheck, gut microbiome, sleep and physical activity.
- **Before / after** between two assessments, in points and per cent, with the measures moving from red to orange to green.
- **Zone bars** for every marker, with the ideal zone.
- The **name of the practitioner** who approved each assessment.

Each assessment is scored on a grid reviewed by the centre's medical referent.



NEXT STEP

A living Health Map, connected to the centre

- **Supplements:** the recommendation from OligoCheck comes with its dosage. Every day, a reminder asks "Taken? Yes / No".
- **Alerts:** no physical activity or too little sleep for several days, and the patient and her therapist are told.
- **Nutrition:** connected to a meal-tracking app.
- **Exercises:** the therapist prescribes rehabilitation and strengthening exercises on video. The patient follows them, and the sessions she completes join her posture assessment.

In preparation: these screens are not in the app yet.