





The New Executive Order: Longevity Medicine

As burnout becomes an occupational hazard, a new class of executives is trading grind culture for genomics, biomarkers, and data—not chasing longer careers, but longer and healthier lives.

BY NORA WALSH

For decades, the American office has been defined by a relentless, grind-it-out culture. In this world, ambition is a performance: staying up the latest, sleeping the least, and being the first to reply to an email at 3:00 a.m. These have been the hallmarks of success.

The results of this pace are well-documented. According to Gallup's 2026 State of the Global Workplace report, half of U.S. workers and 40% of employees worldwide report feeling significant daily stress—the highest levels on record. The terminal point of this trajectory is almost always burnout.

And these are the stats for the workforce overall—the average worker. CEOs and executives typically drive themselves even harder. And the effects are often addressed only after a catastrophic health event.

Chronic stress does more than just ruin your mood; it wrecks your body. A 2024 meta-analysis in *Frontiers in Psychiatry* found that elevated cortisol and suppressed immune function can raise the risk of heart disease by 27%. The damage even reaches down to the cellular level. One study revealed that chronically stressed caregivers aged the equivalent of a decade more than their peers living lower-stress lives.

“Longevity medicine has exploded,” says Dr. Frank Lipman, the functional medicine pioneer and founder of Eleven Eleven Wellness. “I’ve been doing this for 40 years, and I’ve never seen an interest level like what we’ve seen in the last few years.”

Today, 57% of consumers say prioritizing “aging well” is more important than it was five years ago, per NielsenIQ. This shift is visible on the wrists of executives everywhere. Wearables like Oura and Whoop now dictate “readiness scores,” using heart rate variability and recovery data to tell users if they are actually primed for the day’s work. It is a massive business; the global wearable market has topped \$84 billion and is expected to double by 2030.

Bolstered by breakthroughs in AI, biotechnology, and genomics, this new field allows leaders to proactively manage their health with precision, fostering a sense of control and confidence.

It is a move away from the reactive nature of traditional medicine toward a data-heavy approach focused on extending “healthspan”—the years we spend in good health—by fixing problems before they become diseases.

THE BIOMARKER BOOM

The standard annual physical is outdated. Today’s high-resolution diagnostics reveal early signs of health issues before symptoms appear. Among the options now available are:

- Prenuvo is a radiation-free whole-body MRI that detects early signs of cancer and other abnormalities.
- Neko uses sensors and imaging to map skin health, cardiovascular risk, and other key biomarkers.
- DEXA scans measure bone density and osteoporosis risk.

- Genetic and epigenetic testing reveals biological age and predispositions to inflammation, poor detoxification, or neurodegenerative disease.

- Continuous glucose monitors (CGMs) offer real-time insight into metabolic health.

- Neuro-mapping technologies are making cognitive health quantifiable for the first time.

- Body composition analysis calculates muscle mass and visceral fat—both key predictors of longevity.

“There are so many biomarkers we can check now that traditional doctors aren’t even looking at,” Dr. Lipman says. “Then you have the therapies—peptides, hormones, hyperbaric oxygen, stem cells. It’s a whole new world.”

Anna Bjurstam has spent three decades in the wellness industry. She co-founded Raison d’Etre and later shaped the global strategy for Six



Senses. She has seen the trend move from simple relaxation to a complex convergence of traditional medicine and nervous system regulation.

Many top-tier hospital programs at places like Princeton and Johns Hopkins provide life-saving data, though their high price tags and exclusivity mean they remain out of reach for most. But even for those who can afford them, data isn't always a cure.

"For many hospital programs, you go in, you get tested, you get a report, and then you're essentially on your own," Bjurstam noted. "The behavior change piece is often missing."

THE IMMERSION OPTION

That gap has given rise to a second category: immersive, hospitality-driven medical wellness clinics and retreats. These models combine clinical insight with long-term lifestyle intervention.

Experts emphasize that for longevity medicine to be effective, diet, exercise, sleep, and stress management must be prioritized. No peptide or IV drip can compensate for poor sleep or chronic stress, making these the foundation of any successful longevity plan.

For executives who need a kickstart, medical wellness retreats like SHA, Clinique La Prairie, and Lanserhof offer complete immersion in a healthy, habit-forming environment. "They're not spa holidays," Bjurstam explained. "They combine diagnostics, protocols, science, and therapeutic programming at a very high level."

When SHA opened in Alicante, Spain, in 2008, it was operating ahead of the curve. Wellness, at the time, was still largely seen as indulging oneself at the spa for relaxation or temporary escape.

"Our conviction was clear," says Alfredo Bataller, CEO of SHA and AB Living Group. "Health should not be understood only as the absence of disease, but as a result of how we live, how we eat, how we manage stress, how we recover, and how meaningful our relationships are. What has evolved is the depth of the science available to support our vision."



International Health Tourism

Sometimes, you need to step out of the office to truly turn the tide on your health. These multi-day retreats are designed for full immersion, providing the space and time necessary to transition from raw data into hard-wired daily habits.

Lanserhof – Longevity Programs

Locations: Lans, Austria; Sylt, Germany

Program Cost: The Four-Day Longevity Check starts at ~\$3,350 (excluding accommodation)

Since 1984, Lanserhof has been a European gold standard for integrative wellness. They don't just run diagnostics; they blend clinical rigor with naturopathic therapies in settings designed for deep restoration. Whether you are there for the four-day check or a longer stay, the focus is on a medically grounded, total-system reset that covers everything from your gut health to your biological age.

SHA Wellness Clinic – Sleep and Gut Health Program

Locations: Alicante, Spain; Costa Mujeres, Mexico

Program Cost: Starting at ~\$4,200

With over two decades of experience, SHA has mastered the art of the immersive medical retreat. Their four- to 10-day programs go deep into biomarker analysis, cognitive testing, and oxidative stress to build a hyper-personalized roadmap for your health. What's impressive is the follow-up: you leave with a Whoop wearable and a plan that integrates clinical insights directly into your daily life.

Tulah Clinical Wellness – Executive Recharge

Location: Kerala, India

Program Cost: Starting at \$9,800

Tulah is a next-generation entrant that proves clinical-grade diagnostics can exist in a retreat setting. Their Executive Recharge is a minimum seven-night commitment that brings together MRI, genomics, epigenetics, and microbiome analysis to identify exactly which systems are aging the fastest. They prioritize targeted, intelligent interventions over generic advice, bolstered by a 10-month follow-up program delivered via their app.

Clinique La Prairie – Longevity Programs

Location: Montreux, Switzerland

Program Cost: \$15,000 – \$50,000

Nearly a century of clinical history informs the work at Clinique La Prairie. Their "Five-Step Longevity Method" is a highly structured, multidisciplinary process that utilizes over 300 biomarkers to map your health. A team of 65 physicians and 25 specialists works to ensure that by the time you leave, you have a precise, actionable roadmap for your nutrition, movement, and recovery that is designed for the long haul.

THE MEMBERSHIP MODEL

For executives looking to begin their longevity journey closer to home, clinics like Next Health, Fountain Health, and the Comite Center for Precision Medicine & Healthy Longevity offer ongoing, personalized care. For many, the entry point is modest—a consult with a nutritionist, a first real look at gut health, or a cortisol panel that finally puts chronic stress into hard numbers. But if you are ready to scale, the longevity is there to scale with you.

Dr. Darshan Shah, a surgeon who turned to functional and longevity medicine after his own autoimmune health crisis, founded NextHealth, an integrated membership model combining lifestyle medicine, functional medicine, hyper-preventive diagnostics, and longevity therapies—From custom IVs and plasma exchange to more experimental treatments like EBOO (extracorporeal blood oxygenation and ozonation), all under one roof.

“The biggest problem with healthcare is that everything is so disjointed,” Dr. Shah said. “You don’t have enough time in the day to piece it all together.” NextHealth was designed to simplify that process by giving patients a single destination to manage their health proactively. “We address the root cause of chronic disease, including gut issues, inflammation and metabolic dysfunction, and then layer in advanced therapies when appropriate.”

Patients undergo quarterly testing across roughly 500 biomarkers spanning metabolic health, hormones, cardiovascular risk, and organ function, alongside body composition analysis and strength testing. “We designed a beautiful center where patients can receive these treatments as part of their membership, creating a more proactive, collaborative approach to their health,” he said.

Bi-coastal executive Sam Bakhshandehpour, President of Merchants at Bilt, is a longtime

NextHealth client and early adopter of longevity medicine. He pairs treatments across providers, using NextHealth and Restore Hyper Wellness for red light therapy, cryotherapy, and NAD IV drips, while relying on Function Health, a preventive health platform, for advanced blood testing. He also undergoes regular Prenuvo and DEXA scans to track body composition and bone density.

The results, he noted, have been substantial. “Morning clarity has been off the charts. I don’t need an alarm to wake up. I feel more regulated, and my decision-making is a lot clearer and calmer. At 50, I honestly feel better than I did at 30.”

Armed with data from wearables like Oura Ring and Whoop, he began to recognize patterns in his own physiology that now influence how he manages his workday. “If my readiness score is low, I know that’s not the day to make big decisions,” he said. “If I’m well rested, I push harder, physically and mentally.”

And he’s not alone. Roughly a quarter of the global population now tracks metrics like heart rate variability, sleep, and recovery, turning abstract fatigue into measurable data.

For executives looking to assess their health, strengthen the fundamentals, or optimize their healthspan through longevity therapies, a growing number of programs now offer a more comprehensive path forward. We identified 10 of the most compelling executive health programs globally, evaluating clinical depth, physician leadership, breadth of diagnostics, integration of longevity science, efficiency, level of personalization, and overall track record.

We asked each program for its costs, but those numbers are hard to apply. Flat fees often come with surcharges depending on the amount of testing and treatment you need. And of course, these costs are not always covered by insurance.

The A-List

The 10 programs below range from single-day executive physicals to multi-year membership models—chosen not for price, but for clinical rigor.

NEXTHEALTH – APEX PROGRAM

Locations: Los Angeles, CA; New York, NY; Miami, FL; Chicago, IL; Nashville, TN; Scottsdale, AZ; Sacramento, CA; Montecito, CA; Seattle, WA; Vancouver, BC
Program Cost: Available upon request

NextHealth treats longevity not as a static, annual audit, but as an ongoing, managed project. By merging advanced diagnostics—including full-body MRI and coronary imaging—with continuous, physician-led care, the Apex Program moves well beyond the traditional physical to address the root causes of chronic illness. It’s a data-heavy, quarterbacked approach that keeps you in the loop long after you leave the clinic, which is precisely why founder Dr. Darshan Shah was recognized as the 2025 Longevity Doctor of the Year.

FOUNTAIN LIFE – APEX ADVANCED PRECISION EXAM

Locations: Houston, TX; Dallas, TX; Naples, FL; Orlando, FL; Westchester, NY
Program Cost: \$11,500 – \$23,500

If you want to know what’s coming before it arrives, Fountain Life is the answer. Their APEX exam is a deep dive into your biological future, leveraging whole-genome sequencing, full-body MRIs, and coronary scans to map your health against the recognized hallmarks of aging. What sets them apart is Zori, their proprietary platform, which takes an avalanche of data and boils it down to actionable, root-cause insights. It is a sophisticated, precision-first approach backed by founders Bill Kapp, Peter Diamandis, Tony Robbins, and Robert Hariri.

MAYO CLINIC – EXECUTIVE HEALTH PROGRAM

Locations: Rochester, MN; Jacksonville, FL; Scottsdale, AZ; London, UK
Program Cost: Starting at \$4,900

The gold standard of executive medicine, Mayo Clinic doesn't need to chase trends; they set them. With a footprint that spans the globe, their executive program is a highly coordinated, one- to three-day deep dive that plugs you directly into the world's most integrated healthcare network. It's the choice for the executive who values the stability of a historic institution but demands the precision of modern predictive genomics and multi-cancer screening.

PRINCETON LONGEVITY CENTER – THE PLC COMPREHENSIVE PREVENTIVE MEDICINE EXAM

Locations: Princeton, NJ; New York, NY; Shelton, CT; Fairfax, VA
Program Cost: Starting at \$5,000

For the executive who operates on a tight schedule, Princeton Longevity Center offers a masterclass in clinical efficiency. In just six to seven hours, you receive a rigorous workup that includes everything from cardiovascular testing and full-body CT imaging to DEXA scans and glucose monitoring. Led by physicians with top-tier academic affiliations, the program pairs these extensive diagnostics with detailed, actionable reporting that tracks your health trends for up to two years post-exam.

COMITE CENTER FOR PRECISION MEDICINE & HEALTHY LONGEVITY – NOF1 PRECISION HEALTH ANALYSIS

Locations: New York, NY; Miami, FL; Palo Alto, CA
Program Cost: \$100,000 – \$200,000 annually

The Comite Center is for the executive who wants a bespoke solution. Founded by Yale-trained endocrinologist Dr. Florence Comite, the Nof1 program treats your health as a single-subject clinical study.

This isn't a one-and-done exam; it is a multi-year engagement involving continuous monitoring of your metabolic, hormonal, and genetic data. The goal isn't just maintenance—it's predictive analytics meant to reverse age-related disorders like heart disease, diabetes, and cognitive decline.

CENEGENICS – OPTIMIZE PROGRAM

Locations: Beverly Hills, CA; Miami, FL; New York, NY; San Francisco, CA; Las Vegas, NV; Denver, CO; Park City, UT; Tulsa, OK; Houston, TX; Dallas, TX; Chicago, IL; Cleveland, OH; Philadelphia, PA; North Carolina, NC; Atlanta, GA; Washington, DC; Jacksonville, FL; Alaska, AK
Program Cost: Starting at \$3,499

With nearly three decades in the field, Cenegenics is a pillar of performance-focused medicine. Their Optimize Program marries deep-dive diagnostics—including whole-body MRI, VO₂ max, and epigenetic analysis—with a practical, coach-led model. The differentiator here is the network of 35+ board-certified physicians and health coaches who ensure that the data doesn't just sit in a file. Actually, it influences your daily nutrition, exercise, and therapeutic protocols.

JOHNS HOPKINS – EXECUTIVE & PREVENTIVE HEALTH PROGRAM

Location: Baltimore, MD
Program Cost: \$2,700 – \$3,200

Rooted in one of the world's most respected medical institutions, Johns Hopkins delivers a highly efficient, hospital-based model. You'll get a comprehensive diagnostic suite—cardiovascular, metabolic, neurocognitive, and beyond—wrapped into a four- to six-hour visit. Because you are within the Johns Hopkins system, the transition from discovery to specialist referral is seamless. It is a benchmark for traditional, academically grounded executive care.

BIOGRAPH EXECUTIVE PHYSICAL

Locations: New York, NY; San Mateo, CA
Program Cost: Starting at \$7,500

Biograph focuses on the “Big Five” drivers of chronic disease: cancer, cardiovascular issues, metabolic dysfunction, neurodegeneration, and physical resilience. This is a concierge-led day that prioritizes continuous intervention over reactive medicine. It's clearly resonating with the tech-forward C-suite—companies like OpenAI, Twitch, and Zipline have turned to Biograph to help their teams quantify and improve their long-term health performance.

DIFFERENT HEALTH – EXECUTIVE HEALTH MEMBERSHIPS

Locations: New York, NY; San Francisco, CA; On-site options available
Program Cost: Starting at \$2,500

Different Health breaks the mold by bringing the clinic to you. A favorite among Fortune 100 teams, their pop-up diagnostic labs turn workplaces into human performance centers. Beyond the initial testing, members get a dedicated physician, personal trainer, and a digital dashboard to track progress. If you need a partner to build lasting habits around sleep, nutrition, and recovery without disrupting your work week, this is a highly practical entry point.

EXTENSION HEALTH – LONGEVITY MEMBERSHIP PROGRAM

Location: New York, NY
Program Cost: \$50,000 – \$250,000 annually

Led by Dr. Jonathan Kuo, Extension Health is at the forefront of the regenerative movement. This isn't just about diagnostics; it's about intervention. The program leverages cutting-edge therapies—including stem cell and exosome treatments, peptides, ozone therapy, and hyperbaric oxygen—to optimize recovery and slow the clock. It is a white-glove, high-touch membership for executives who want to invest aggressively in their healthspan through advanced, interventional medicine. 🌱