A Personalized Wingman For Your Longevity Journey Transcript

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Introducing the Glide and Longevity App

So I'd like to introduce you to the Glide and Longevity app. This is an app that we've developed with a company. That basically called Advantech that can create a platform for us.

And what we're doing with this app, as we really want to go forward with a deep understanding of each client, right. And that's so important to actually deeply know a person before you start making recommendations.

A Loving AI Wingman for Longevity

The the intent of this app is not just to provide information to people, however, it's actually to function as a best friend or really a wingman. We call it a longevity wingman, and we want the app to have a loving tone, to be empathetic, encouraging, and at times challenging.

And I think this is something that's missing in most applications. Most of them are just information. You go in, you check the information, but there's no emotional connection to it.

And I think I offers us the opportunity to develop that. And clients will take personality profiles to upload. You can upload your labs or clinical assessments or medications or supplements.

And the AI will look at all of this and we'll be able to, actually make sense of it.

Personal Data, Wearables, and Biometric Analysis

And we're collaborating with other, groups around all of this. So this app, think of it as amalgamating many things that are currently being done individually.

In other words, will be able to integrate with all the wearables. We'll be able to integrate with another company's app that can do some of the back end pieces of, AI integration, but it will come forward through the, you know, through the personality, if you will, of this wingman approach.

And so we'll be able to do biometric analysis. All the wearable information will be included. It'll help people to architect each of the four environments that we've talked about.

And it will allow them to actually, you know, say, look, I'm going to, Philadelphia. I need to find a hotel that has a sauna and a cold plunge. And I want to be, make sure it has a good gym.

Travel, Local Services, and Lifestyle Support

And I want to make sure I can, you know, lower the temperature in the room down to 65 degrees. It will help you access that. Where's the local grocery store where I can get some fresh produce?

Where's a healthy restaurant? Close to me. Right. I need a pharmacy. Where's a pharmacy? Close to me. I use this brand of pharmacy. Help me to find that.

So it will be a wingman in the sense that it can help you navigate your whole journey. And so it'll also be HIPAA compliant. It can function as an EMR electronic medical record, and it will also be able to interface with practitioners and clinics so that it will be bi directional.

You can see the clinic and see what they offer in the clinic if you choose to engage with them, can also look back

and see who it is you are and what you're bringing to them.

HIPAA Compliance and Clinic Integration

And the app will actually, be able to organize your data in a summary format where if you choose to engage with them, they can get a they can get a quick look at who you are, what's going on, and be able to assist you in that way.

So we're super excited about this app. It should be launching very soon. And if it's not launched already, I'm dictating this in November. The, the summit will be in January.

We hope to have a working prototype in December, so it'll be very close. At the time of the. At the summit.

Launch Timeline and Closing Outlook

But be on the lookout for this, and I think you'll find it to be an incredibly useful, and helpful wingman to you in your in your journey for exponential longevity.