Meet Your Digital Twin: The Future Of AI And Personalized Health Transcript

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Introduction to the Summit and Guests

Welcome, everybody, to this episode of the Exponential Longevity Summit. I'm your host, Doctor Jeffrey Gladden. And as always, we're here discussing how we're leveraging AI to outlive disease and live young for a lifetime.

And today, I have the privilege to speak with two people that are world leaders in the use of AI in health care. And, we've been collaborating with them.

Client longevity. And the first person is Marty's person, and he's been a trailblazing entrepreneur and CEO. Of several companies currently advancing corporation.

And he'll tell us a little bit about what vantage does. And we also have, Doctor Ryan Vega. Ryan Vega is an MD. He's the chief medical officer of Antioch.

And it's also helping to transform health care, harnessing real time AI for smarter care delivery. And I've been working, with this company, full disclosure for about the last six months.

5 to 6 months, actually developing an app that we're going to be excited to basically introduce to all of you. And so we'll talk to you a little bit about what that app is, how it works out, what it does.

And I think how it shows, money that's never been met before. So with that, gentlemen, welcome to the, welcome to the podcast. We are glad. Pleasure to be with you. Yeah. Thank.

Yeah.

How Vantage Uses Real-Time AI

So talk to us a little bit about, the use of AI, in mission critical applications. Maybe give the audience a little bit of a context of how Advantech is utilizing AI in these contexts.

Okay, well, let me let me start off with the, what vantage is about. So vantage is a company that is using AI to orchestrate things as they occur in real time.

So if we look at the history of computing, basically it's got databases and dashboards and, and maybe an interaction with people when the, when humans request information.

But what we're going to see is a transition, a major transition where systems are going to be built that can monitor what's happening in real time. So it might be a disaster.

For example, in defense, you could also think of use cases with missiles coming your way. Health care is one of the biggest growth areas. And the reason is if you can monitor people and see what's going on, you can intervene and make changes almost immediately.

It could be in an ICU. It could be somebody out in the field who has some kind of negative reaction, or as the glad an app shows, it could be to guide people to a better health situation, education to live longer.

And I know, Jeff, that is exactly what you've been doing for so many years. And you're you're a leader in this field. And with vantage, together we're building applications that can basically help people to live healthier and to live longer.

So what vantage is about is enabling these real time applications to be built super fast using AI, because if you use

like generative AI in particular, and you have all the inputs, specific information about a person and other things such as what's happening to that person in real time, you can make recommendations very quickly.

And again for longer life, or to address critical situations as they occur. Yeah, absolutely. Ryan, do you want to give us your take on that? Yeah. I think one of the most unique aspects of both where vantage sits and where we're seeing the technology, particularly around generative and even a genetic AI advance, is this idea that we're becoming more conversant with the machines and the systems themselves.

And so as a provider, I'm very used to dashboards telling me that this, you know, that the patient may be at risk for, let's say, sepsis or I have a diabetic and I'm looking at a population health metric, and it's telling me this person's getting worse over a period of time.

So I'm sort of used to these dashboards. But really what I always envision, what I've always wanted is a system that communicates with me and contextualizes that particular patient.

Every patient's different, every situation, every environment. They're all very, very unique. And how do you do that at scale? How do you have an application that tells me, hey, this is what's going on with this individual.

Here's what's happened in the last month or what's happened in the last 24 hours. Here's information that's pertinent for you to make a better decision about that patient.

Now sort of imagine what Marty said.

AI as a Personalized Health Wingman

Imagine bringing that to the individual themselves now giving the individual the power to harness artificial intelligence, to be able to understand what's going on with them.

How do they empower themselves to live longer in a way that is both practical and meaningful? And to do that, you have to move past traditional methods of what people think of as generative AI interactions.

I ask a question. You really need a wingman, somebody that's reaching out to you on a daily basis or in every other basis, in the same way you and I text each other and asking, hey, how are you feeling?

What's going on? Really diving deeper to understand you and to be there to support you. And sort of as Marty said, one of the things we do really well within the Vanecek platform is we automate those conversations based on real time streaming data or events, and it makes it feel like the system's alive.

And I think that's really going to move the envelope, both for health care and some of the other areas we're seeing evolve. Yeah, I couldn't agree more.

So the way that I think about Vanecek is that really, vanecek has the ability to aggregate many disparate things and integrate AI into all of those things.

For example, they have the ability to integrate wearables. Wearables that you're familiar with, Wolf ordering, Apple Watch, etc., etc. but they also have the ability to integrate wearables that you're not familiar with, wearables that could, for example, monitor your body temperature and see if you're getting ready to spike a fever.

Or, maybe look at, VO2 Max in certain ways and things like that. So it's able we're able to actually take, instead of just having, a up or an aura ring that sort of spits data at you with the concept here, with this app, is that we're going to basically bring you into the sphere of all five circles of longevity, right?

So you've got life energy, you've got the longevity, which are the drivers of aging themselves. You've got health, you've got performance, and you've got the environments that you reside in.

And when you take all five circles and now we accumulate information about you, whether it's through testing, through conversations we have with you, that all goes into the app.

And now we're building a digital twin of who you are. Right. So now we have a digital twin of who you are. And that digital twin is being updated constantly as you do more labs as we get more data that you submit to us as you tell us how you're doing.

And the idea of the app, rather than being something that simply spits data at you. My concept for this is I want this to function like a best friend, right?

I want this app to become your best friend, your wingman, if you will, as your longevity. Wingman is really the term that we've coined for this. And the idea is that this digital twin of you will be created, based on everything we know about you.

And then that digital twin will be able to morph into your future self. Right? And the future self. And the gliding concept of longevity is that we develop at age 100.

We have a 30 year old body and a 300 year old mind. And so the app is there to coach you into both of those scenarios. You know, being fit, being strong, being healthy and also growing your mind, your capacity to think, your ability to think in a quantum way as opposed to a binary way, developing equanimity, a sense of peace, all the things that go into a 300 year old mind. Right?

So the interesting thing is that your avatar, your future avatar, it shows up on the screen. It'll be your future self coaching you into becoming your future self.

Right? So it's actually you coaching you. And it's a really, really cool thing. And I think one of the other things that I've, that I've discovered in life is that, you know, really, if you get in touch with consciousness and we'll talk about consciousness for a minute, if you get really in touch with consciousness.

And I've done this on several occasions through deep meditation, you realize that it is unconditional love, pure unconditional love. And what does love love to do?

It loves to create and what is the what is the net effect of creation? Why would love want to create? It actually creates joy. And so I think this is actually the model for the future of humanity that we go into each activity where from a loving place we're creating, whether it's a business, a relationship, a new app, whatever it is we're creating to bring joy.

And so in creating this app, we're doing this actually to bring joy into your life. Right? And that's how this app is formulated. So it's not coming at you.

Well, let's just throw data at you and let you try to figure out what to do with this. Like, no, this is your best friend bringing joy into your life, your future self coaching you forward.

And I think in that context, this is how you're actually able to take action on information as it comes in, new data points, etc.. And so that's the concept behind the app that we built.

So yeah, we're excited about it. Let me let me add to that, Jeff. In that vein, tech was formed.

Building the Longevity App and Digital Twin

The company was formed with the goal of helping the world deal with both issues and longevity and lifespan. And we want to save people. And what you're saying is not only basically enabling people to live longer and healthier, but to enjoy life more, and we are totally behind that.

That is the purpose of the company. And one of the other point I want to make is the type of applications that can

be built today. And as an example, the one that we are together building is very futuristic in most people's minds.

They think, wow, it really have an avatar that's talking to me. And the technology is there today and that integrates these technologies and makes it real. Unlike ever before.

So together we are at the bleeding edge of technology here and having avatars, you say talk to you to guide you through life. It's not science fiction anymore.

It is happening. And we're we're you know, I'm very pleased to be working with you, dude. I've seen the application to develop this application to help people.

Yeah, I appreciate that. You know, one of the beautiful things that Advantech does is they can actually give you real time sort of GPS, if you will, information.

So let's say you have the app and you want to know you're in wherever you want to be, and you want to know where the closest running trail is, rather than having to go to another app and open up that app to figure out where the running trail is.

That information can can come to you through this app, right? Or you want to know there are apps that will tell you, okay, this is a this is a restaurant that has, a menu that has foods on it that are consistent with what your dietary preferences are or requirements.

Well, this that will also be able to funnel into this app. So the idea is that with this, with this positional ability to see where, where you are in space and time and see what's around you, it can help coach you into those, you know, realities.

It's like, I want to have lunch. Okay, well, let's go have lunch. Right. So the app actually, it's not just about something you use in your home, in your bedroom or something.

This is a real world thing that helps you navigate life in a way that optimizes health, longevity, performance, etc.. So yeah. Yeah, I think there's two really important facets of what's being created.

The first is everything you're talking about is centering around this concept of agents. So people are really hot on this new wave of AI agents. And so really what the gladdened app is in its current state.

And I'm like, you can't imagine what it will look like even in the future, is it is a ton of different agents that are all being orchestrated in some cases by supervisory agents.

So it's the ability for the application to search the web in real time, to know your GPS location, to combine those two inputs together and make a recommendation also based upon your dietary or your historical goals.

Maybe you're doing ketogenic or you're on the carnivore. Whatever diet you're on, it knows all these things about you. But here's what's really important. There's two things.

And one we can't go into for for the obvious reasons. And the other, I'll sort of kind of go a little bit more in depth. But the first is, well, how do you do that at an individualistic level?

All of the apps on the market that I've seen today, when you start engaging with it, it'll tell you something, you know, let's say Jeff says, hey, I'd like to go workout.

You know, give you this long list of exercises. But Jeff just had his knee repaired two weeks ago. So the apps are really just spitting out very generic information.

They're not tailored ized and individualized to you. That's right. Well, okay. How do you build that? Because what we're seeing on the market today is that a lot of these copilots or systems have gaps in them, where there are flaws

that are enabling you to see everything across an organization.

So we just saw that with one of the hyperscalers or you experience what's called AI leak, meaning that if I'm interacting with a with an agent, that agent may accidentally know something about another person and leak that information.

Well, in the context of what we're building, those two things cannot happen. And so what we're what we're doing that I think is quite unique in the vantage app, in the Glide longevity app with with us is that we have figured out a way to architect it so that every person's information is confidential and walled off.

Yet those apps and those agents are working across hundreds or thousands of activities and even multiple people.

Real-Time Feedback, Privacy, and Scalability

So what does that mean? It means that Jeff could be interacting with an agent about one of his clients or patients. That agent is both interacting, but that patient has consented, or Jeff has consented to enabling him to share that information directly, and no one else will see that.

And Marty can can articulate this far better than I can. That architecture is incredibly difficult if you don't have it already in your platform, and so what that's going to enable us to do is to deliver this highly personalized and individualized experience at scale, while also ensuring things like privacy and confidentiality and preventing the sort of AI leak or the things that we're seeing.

So that I think is really unique. And again, you know, I won't go into details about how we're doing that because that's part of what makes me special.

Yeah, I know I agree with that. That's 100%. So, you know, just as you're listening to this, as the audience understand that the vision for the app is everything that we've said so far.

But it's also it can be it can face two directions. For example, the information that you load in there can be used to coach you. So you see that. But on the back side, if you choose, you could link up with a practice or practitioner or whatever.

And they can also see basically a scoreboard, a scorecard, a dashboard of your information that's digestible, easily digestible by them. So if you want them to have that, they can do that.

So for example, in our practice cloud longevity, we want our clients that we work with in person to have this app. And then for us to be able to see what things that they want us to see, right, so that we can be aware, that's very helpful.

Now for people that aren't direct clients of ours, the idea is that we want to set up at home lab testing for you so you can become a virtual client. And we're not going to be able to practice medicine where we can prescribe hormones and, you know, peptides and some of these kinds of things.

But we can health coach people and make recommendations about supplements and things like that. So, and then also, you know, if you want to sign up for a higher level of it, you can make it bi directional to where we can look at it.

Right. And so there's this is going to be really, really, kind of a game changing thing. And, and I will just add one other thing to that, which is in my practice, we've found that there's no better feed to back than real time feedback.

Like, you know, you go see a doctor, they say, well, eat a little better because your sugar's a little high. We'll see you back in three months. I mean, you know, I mean, it's impossible.

So when the CGM came on the market and those will integrate as well, all of a sudden you were getting real time

feedback. Oh, gosh, I ate a grape. Look what happened.

I get a, you know, a piece of pizza. What happened? And that kind of real time feedback is invaluable to all of us, right? So the app is going to be able to do that for you across many things, I guess relative to who you are.

So it's a it's a beautiful thing. Yeah. Why do you look like you were going to say something. No, I'm just saying that we are we are, making breakthroughs that have not ever been seen in the world.

I mean, you're talking about, you know, people's health. What what could be more important? And yet we're providing them with technology that could give them the types of information you're talking about in real time.

Yeah. I don't I don't think the world even understands what's possible. And I think we're, you know, together we're we're going to be showing that to the world.

I agree I agree with that. And I think, you know, the rate at which AI is progressing, right? I mean, the large language models, I mean, just see what's happened in the last six months.

My gosh, you know, they're not now they're talking about AGI in 2025. You know. And who knows 2025 2026. Right? I think things are happening at such a pace that, it's going to create interesting opportunities.

And I think really great opportunities for health and being healthy and is going to create some challenges too. Right? How do we actually keep everybody working and having meaning and purpose in their lives and things like that too? Right.

So those are the flip side of that. But if you're looking at it through the standpoint, from the standpoint of how do I optimize my health and my life and my and meaning and purpose because that life energy circle in the app is all about the psycho spiritual and meaning and purpose, right?

So the app will be there with you as you go through this. So, so we're super excited. Yeah. I think there's a point. Of good, right. Go ahead Marty. Okay.

One of the point I want to mention is I, one of the things Advantech provides is the ability to evolve very quickly because you just brought up a point, Jeff, which is AI generative AI is advancing so quickly.

And we're going to have other advances that occur too, with spatial intelligence, for example, that could monitor a person's gait and other types of information.

And we'll be able to add these technologies to the app that we're creating together so quickly. So the faster technology advances, it's a huge advantage to both of us building this application.

It's not just what you buy today, but it's an architecture which right and alluded to that enables reliability, scalability and very importantly, agility so that it can be evolved very quickly.

Yeah. That's so critical. I mean this is going to be what I see is the advantage really provides a platform where you can kind of plug and play you, there's a better language model, plug it in, there's a better let's plug it in.

There's a better that. Plug it in. Right. And so that's the beauty of working with you guys.

Democratizing Longevity Through AI

So yeah, it's been great. Yeah. Right. And there's there's a couple of things I think. And Marty took, took exactly my thoughts about how fast things are moving.

So if you also think about I just sort of itself sitting on a shelf, it really doesn't come to life until somebody takes the model and integrates it into an application in develops a new workflow or a new system.

And so we've got all this evolution. And these models are advancing very fast, but it's going to be the applications that really change the way that we experience the world.

In the same way that Amazon or the Netflix benefited from the internet, benefited from this new infrastructure, so to speak, which is kind of the way I really look at AI is it's a tool that's going to enable this next thing.

It will be these applications. But what's really important about what you're doing and what we're doing together is I also see that it's a need to democratize access to things that otherwise wouldn't be accessible.

So how do you take all of this in incredible knowledge that Gladden longevity is developed an experience about what works for individual people. Now combine that with this wearable market that is accelerating, perhaps quite as fast as AI is, and also combined with the fact that you've got generative AI now that that can converse, you know, most people that don't have the ability to come to your clinic or have access to these things are going to be left out.

And part of what we're doing together is it's really actually democratizing this, so that now people all over the world are going to be able to have accessibility to something like this.

And I don't see that as having been possible maybe five years ago. Whereas now the affordability of wearables, the affordability of an application like this, because we can build this thing so rapidly and in agile fashion, I think that's really important.

I think that's something we need to think a little bit more about AI is how do we enable it to democratize access to things like this and benefit more than just those who can access it and really reach those people who truly need it as well?

100%. Yeah. And, you know, the vision for, for us has been to really change the glide path of aging for everyone on the planet. Really. That's really what we're doing. By that I mean changing the glide path.

It's like right now it's an exponential decline, right? And we want to change that to where people can stay young and youthful, living young for a lifetime.

Right. That's really where we're going here. And so we want to democratize not only that mindset, but actually the tools that it takes to be able to do that across cultures and across socioeconomic strata.

And for everyone that's interested to do this. Right. And so having an app like this where we can actually start to do this, and now start to democratize it, this is a massive step for us.

This is like a dream come true for us. It's not always just been about, okay, how many people can come to the clinic? Although, you know, we love seeing people in the clinic, but it's how many people's lives can we touch?

How many people's lives can we change? And I think that is the big promise, if you will, of AI being able to democratize this in a very personalized way on a generic, let's throw some data at you and some generic stuff that maybe 80% or 70% of it's right.

Now, let's give you what's right for you in this moment, at this time. That's what we're talking about. Yeah. And that's hard. One. And one of the key point to make is there is a uniqueness with us working together.

That's a one plus one equals five. I mean, Jeff, you're really leading the world in in longevity in what you're doing. And we are in technology. And then when you put the two together, the offering is quite impressive actually.

Yeah, I agree. Agreed. Not such a pleasure to work with you guys. I really appreciate you taking the time to chat with us here. At the Longevity Summit.

I know everyone is going to really look forward to this. And if you're listening to this, there will be, some other messages that we put out about your ability to actually access the app and sign up for it.

And, we're going to have this up and running as soon as humanly possible. We're working diligently. And, we're recording this in December or late November, actually.

Not quite December, just before Thanksgiving. You'll hear this in January. And, we hope to have the app to you as soon as humanly possible. So thanks for listening.