

Upgrade Program Health Plan

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Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Our health permeates every aspect of our life. It affects our emotional well-being, relationships, work, finances, productivity, and essentially every other area of life. Don't ignore your health. Invest in it.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) to co-design and execute this plan alongside you.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally low to moderate confidence in plan
- Based on ~500 hours of direct research, 20+ years of unstructured personal optimizations, and coaching 10+ clients to intentionally improve their health

Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Maximize healthspan and lifespan
 - a. Maximize day-to-day health, wellbeing, and energy
 - b. Minimize risk of disease, illness, and disability

2. Minimize healthcare costs over your lifetime
3. Achieve optimal body mass index and body fat levels
4. Improve appearance
 - a. Increase self-esteem and self-confidence

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Health Rating: How would you rate your health, on a 1-10 scale?
- Biological Age
- Chronological Age
- [Life Expectancy Test](#)
- [Healthy Life Expectancy Test](#)
- Weight
- Body Mass Index (BMI)
- Blood Pressure Level
- Blood Sugar Level

Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Healthspan
2. Lifespan
3. Well-being
4. Self-esteem
5. Happiness
6. Leisure
7. Relationships

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value.

- Time costs: 1 - 10,000 hours
- Financial costs: \$0 - \$10,000,000 dollars (e.g., doctors, medical researchers, labs, assessments, courses, books, etc.)

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- Benefits: \$X in extremely large objective and subjective benefits (e.g., longer life expectancy, emotional well-being, reduced healthcare costs, increased productivity, etc.)

Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

Key People

- Do the work on your own
- Outsource some or most of the work to experts (e.g., doctors, specialists, other healthcare professionals, etc.)
- Go to a residential healthcare facility to be treated intensively by a team of healthcare professionals (e.g., health concierge facilities, rehab, etc.)
- Outsource some or most of the work to assistants

Key Timings

- Make incremental changes every day until you reach your desired level of health
- Make as many changes as you can over a set period (e.g., one month, six months or one year)
- Make changes as intensively as you can until you've reached your desired level of health

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your [mental model](#) of your health
 - a. Create a visual representation of it from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
 - c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the [assessments](#), [tools](#), and [resources](#) below
3. Ensure you have high-quality health care, if applicable

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4. Secure a high-quality primary care physician you trust¹
5. Consult with your primary care physician to help you customize this plan for your specific needs²
6. Decide your desired healthspan and lifespan
7. Determine your biological age (e.g., [TruDiagonistic](#), GrimAge³, etc.)
8. Calculate your expected lifespan by doing any of all of the below and averaging the results
 - a. Try a [health focused instrument](#) (requires free registration)
 - b. Try a [broadly focused instrument](#) (requires free registration)
 - c. Try a [life focused instrument](#)
 - d. Consider DNA methylation focused instruments if they are available near you (requires lab work)
9. Adjust your expected lifespan by your estimate of the likelihood of global catastrophe or [extinction](#)
10. Schedule annual health checkups for the rest of your life (e.g., [InsideTracker](#), [WellnessFX](#), local hospital or lab, etc.)
11. Get full lab workups to determine if you have any diseases, illnesses, nutritional deficiencies, etc.
12. Consider getting your full genome sequenced⁴
13. Investigate family health history (e.g., consider [23andMe](#)⁵)
14. Thoroughly investigate any anomalies from annual health checkups and genome sequence
 - a. Secure 3+ opinions from qualified practitioners and researchers (e.g., [CrowdMed](#))
 - b. Vigorously pursue any appropriate treatment
15. Stay up-to-date on vaccines
 - a. Consult with your primary care physician before any international travel
16. Get your eyes checked by an optometrist once a year
17. Practice good oral hygiene
 - a. Get your teeth checked and cleaned every 12 months⁶ by a dentist
 - b. Brush very gently in the morning and evening for two minutes
 - i. Use an electric toothbrush with rotational force
 - ii. Use appropriate toothpaste
 1. Use fluoride (1,500 parts per million) and baking soda in your toothpaste (also consider calcium carbonate and zinc citrate)

¹ Thoroughly test their epistemics, knowledge of medicine, and value-alignment to you. They should be intellectually humble yet curious, able to speak fluently and accurately about many areas of medicine at random, and demonstrate genuine compassion for you.

² Please note that long-term health is not something you should DIY.

³ [DNA methylation GrimAge strongly predicts lifespan and healthspan](#)

⁴ Keep in mind they will have your genetic data, perhaps forever.

⁵ Keep in mind they will have your genetic data, perhaps forever. And they have been hacked before.

⁶ Evidence isn't strong on this but it's minimal time and cost so it's plausibly useful.

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2. Avoid excessive bleaching and grittiness agents with your toothpaste
 - iii. Use small, circular motions
 - iv. Be sure not to press too hard
 - v. Use a 45 degree angle
 - vi. Be sure to not miss spots
 - vii. Don't drink acidic drinks immediately after brushing your teeth
- c. When drinking sugary drinks, follow it with water
- d. Floss daily⁷
- e. Consider using xylitol-based gum or mints regularly
18. Quit smoking or vaping if you smoke or vape (e.g., [Kwit](#))
19. Quit drinking if you drink alcohol
20. Quit using dangerous drugs if you use dangerous drugs
21. Expose yourself to heat regularly (e.g., saunas)
22. Expose yourself to cold regularly (e.g., cryotherapy, cold showers)
23. Wear sunscreen daily and reapply as appropriate throughout the day
24. Avoid using dangerous plastics (e.g., 1, 3, 6 and 7)
25. Consider advanced anti-aging treatments and programs (e.g., klotho gene therapy, [Early Medical](#), etc.)
26. Improve your [sleep](#)
27. Improve your [nutrition](#)
28. Improve your [fitness](#)
29. Improve your [behavioral mastery](#)
30. Improve your [emotional well-being](#)
31. Improve your [emergency preparedness](#)
 - a. Ensure you have the following in your first aid kit
 - i. For general purpose
 1. Tylenol, panadol or similar when experiencing headaches
 2. Aspirin to prevent help prevent heart attack or stroke
 - ii. For COVID
 1. Consider [paxlovid](#) for high-risk patients who tested positive for COVID-19
 2. Consider [molnupiravir](#) for high-risk patients with mild-to-moderate COVID-19 symptoms
32. Improve your [sex life](#)
 - a. Always practice safe sex
33. Improve your [end of life](#)
34. Improve your [career](#)
35. Improve your [social life](#)
36. Improve [leisure experiences](#)
37. Improve your [personal environments](#)

⁷ Evidence isn't strong on this but it's minimal time and cost so it's plausibly useful.

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- a. Use an air purifier in each of the enclosed spaces you spend a lot of time in

For Women

38. Find a family planning method that works for you
 - a. Talk to your primary care physician to find the right birth control method for your body
 - i. Consider using a menstrual calendar or period tracker
 - ii. Consider using a reusable menstrual cup
 - b. If you choose to have children, prepare for pregnancy in advance
 - i. Talk to your primary care physician about prenatal vitamins and supplements
 - ii. Stop smoking and drinking alcohol or taking any recreational drugs
 - iii. Assess your diet and fitness routine with experts, then adjust accordingly
39. After 40, schedule annual mammograms

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Outcomes

Objectively record how well you achieved your objectives.

- [Year 1]: [Outcomes]
- [Year 2]: [Outcomes]
- [Year 3]: [Outcomes]

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- [Year 4]: [Outcomes]
- [Year 5]: [Outcomes]
- [Year 6]: [Outcomes]
- [Year 7]: [Outcomes]
- [Year 8]: [Outcomes]
- [Year 9]: [Outcomes]
- [Year 10]: [Outcomes]

Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [23andMe](#): a genetic test that examines health, traits, ancestry, and more (US \$79)
- [Blue Zones True Vitality Test](#): a tool to calculate life expectancy and vitality (UP Top Pick)
- [Body Mass Index \(BMI\) Calculator](#): a measure of body fat based on height and weight that applies to adult men and women (UP Top Pick)
- [CAGE Alcohol Questionnaire \(CAGE\)](#): a questionnaire to identify potential problems with alcohol abuse
- [Cardiovascular Disease \(CVD\) Risk Assessment](#): an integrated approach that estimates the cumulative risk of multiple risk factors to predict a heart attack or stroke event in the next five years
- [Chronic Pain Assessment](#): a questionnaire that helps to assess the two parts of chronic pain that often change over time, persistent baseline and breakthrough pain
- [Health Fitness Test](#): a comprehensive physical fitness assessment including at least one test to measure each of the five components of fitness: body composition, flexibility, muscular strength and endurance, and cardiorespiratory endurance (recommended at a lab or gym) (UP Top Pick)
- [Health IQ](#): a scientific assessment of health literacy (UP Top Pick)
- Heart Rate Variability (HRV): the physiological phenomenon of variation in the time interval between heartbeats (requires Apple Watch, Oura Ring, etc.)
- [Healthy Life Expectancy Calculator](#): an assessment to predict future healthy years, relative healthy life expectancy, predicted future unhealthy years, and predicted age of death
- [Hypertension Assessment](#): an assessment to check blood pressure
- [Hypoglycemia Symptoms Checklist \(HSC-7\)](#): a checklist of symptoms of neuroglycopenia (clumsiness, confusion, sudden weakness, and difficulty in speaking) and autonomic symptoms of hypoglycemia (unexplained palpitations, sweating, and shivering)
- [Ideal Bodyweight Calculator](#): a tool to calculate ideal body weight (UP Top Pick)
- [Inside Tracker Home Kit](#): a tool that analyzes overall health and wellness (US \$49-\$299)
- [Inside Tracker Ultimate Panel](#): an assessment designed to provide the most comprehensive snapshot of a person's health that supports all InsideTracker goals, including Overall Health, Healthy Body Composition, Building Strength and Endurance, and Healthy Aging (fee, requires lab visit or at-home phlebotomist visit)
- [Life Expectancy Calculator](#): an assessment that predicts life expectancy of an individual
- [Life Extension RX'd Performance Panel](#): a standard blood test (fee, requires lab visit)
- [Lifespan Calculator](#): a tool to calculate your lifespan (UP Top Pick)

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- [Living to 100 Life Expectancy Calculator](#): a tool to calculate your life expectancy (UP Top Pick)
- [Mayo Clinic Executive Health Program](#): one-to-one consultation giving comprehensive, holistic preventive health evaluation using a thorough set of evidence-based assessments to develop a complete understanding of your health status (requires on-site testing)
- [Medical Outcomes Study Questionnaire Short Form 36 Health Survey](#): an indicator of overall health status (UP Top Pick)
- [Pain Assessment](#): a self-measure observational assessment of an individual's experience of pain
- [Project Implicit Health \(PIH\)](#): an assessment to measure thoughts about mental and physical health that are difficult to consciously control
- Resting Heart Rate: the number of times a person's heart beats per minute
- [SelfDecode](#): a DNA test and DNA-based health situation analysis that accepts data from other DNA testing companies (US \$97-\$297)
- [Sexually Transmitted Disease \(STD\) Risk Calculator](#): a calculator to determine the risk of STDs based on a single sexual encounter or lifestyle risk factors
- VO2 Max: the maximum rate of oxygen consumption measured during incremental exercise (requires lab or gym visit)
- Weight: a person's weight without clothes (UP Top Pick)
- [WellnessFX Baseline Panel](#): a health assessment examining advanced biomarkers (bee, requires lab visit)

Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [100Plus](#)
- [23andMe](#)
- [Acarbose](#)
- [Advance directive](#)
- [Air purifier](#)
- [Alive By Science](#)
- [AllergyCare Cotton Mattress Encasing](#)
- [AllergyCare Cotton Pillow Cover](#)
- [AllergyCare Organic Cotton Mattress Encasing](#)
- [AllergyCare Organic Cotton Pillow Encasing](#)
- [AllergyCare Solution Bed Bug Proof Mattress Encasing](#)
- [AmpCoil](#)
- [Any Lab Test Now](#)
- [AOBiome Therapeutics](#)
- [Apeiron Genetics](#)
- [Apeiron Zoh](#)
- [Argus](#)
- [Barner](#)

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- [Biostack Labs](#)
- [BioZen](#)
- [Biozoom](#)
- [Blood Donation](#)
- [Blue Zones Project](#)
- [ChiliPad](#)
- [Cigarette Counter](#)
- [Clue](#)
- [CorSense](#)
- [CrowdMed](#)
- [Cryofreeze](#)
- [Decadoo](#)
- [DietBet](#)
- [DirectLabs](#)
- [Doctor on Demand](#)
- [Doxycycline](#)
- [Eight Sleep](#)
- [Emotiv](#)
- [Empatica](#)
- [EmWave2](#)
- [Encompass Brush](#)
- [Evoke Neuroscience](#)
- [eyeCare](#)
- [EyeLeo](#)
- [F.lux](#)
- [Fatbet](#)
- [First aid training](#)
- [Fitbit](#)
- [Fitocracy](#)
- [Flo](#)
- [Follistatin](#)
- [Forward](#)
- [Fully](#)
- [Gastric bypass surgery](#)
- [Genomic Prediction](#)
- [GeroSense](#)
- [Glucose Buddy](#)
- [Glucovation](#)
- [Glycine \(aging research\)](#)
- [Google Fit](#)
- [Greatist](#)
- [Gyroscope](#)
- [Health IQ](#)

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- [HealthTap](#)
- [Healthy But Smart](#)
- [HealthyWage](#)
- [HIV PrEP](#)
- [Ice bath](#)
- [Inside Tracker](#)
- [Instafloss](#)
- [Instant Heart Rate](#)
- [Invisalign](#)
- [Iodine](#)
- [Isolation tank](#)
- [Jacuzzi](#)
- [Kwit](#)
- [Lark](#)
- [Leafy](#)
- [Levels](#)
- [Lief Therapeutics](#)
- [Livia](#)
- [Lose It!](#)
- [Lumo Bodytech](#)
- [MDLive](#)
- [Medify](#)
- [Medigo](#)
- [Metformin](#)
- [Mounjaro](#)
- [MyWoolly Washable Wool Pillow](#)
- [Naltrexone \(low dose\)](#)
- [NHS Apps Library](#)
- [NovosLabs](#)
- [Omada Health](#)
- [One Skin](#)
- [OpenFoodFacts](#)
- [Ornish Lifestyle Medicine](#)
- [Oura Ring](#)
- [Paceline](#)
- [Parsley Health](#)
- [PillPack](#)
- [PinnacleCare](#)
- [Plenity](#)
- [Plunge](#)
- [Portable Sauna](#)
- [Private Health Management](#)
- [Private MD Labs](#)

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- [Push.health](#)
- [Quit Smoking](#)
- [Resurgence Wellness](#)
- [Rybelsus](#)
- [Sauna](#)
- [SelfDecode](#)
- [SGLT2 inhibitors](#)
- [Share Care](#)
- [Sirolimus / rapamycin](#)
- [SmileDirectClub](#)
- [Smilelove](#)
- [Spire](#)
- [SteadyMD](#)
- [Stir Kinetic Desk](#)
- [Stoggles](#)
- [SureGuard Pillow Protectors](#)
- [System2](#)
- [TDEE Calculator](#)
- [Therasage Thera360 Portable Sauna](#)
- [TruDiagnostic](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Tools](#)
- [Uplift Desk](#)
- [Vivoo](#)
- [Vytalhealth](#)
- [Waterpik](#)
- [Weight Watcher](#)
- [WellnessFX](#)
- [Whoop](#)
- [Withings Hybrid Smartwatches](#)
- [Withings Smart Scales](#)
- [Woebot Health](#)
- [Workrave](#)
- [Young.ai](#)
- [Your Brain On Porn](#)
- [Zenobase](#)

Resources

List all of the resources you might use to achieve your objectives. Below are some sample resources.

- [Collective Insights](#)
- [Blueprint \(An epigenetic age reduction world record?\)](#)
- [Biohack Stack](#)
- [BioMindmap](#)
- [Examine.com](#) (UP Top Pick)
- [Labdoor](#)
- [Life Extension Cost-Benefits](#)
- [Lifespan: Why We Age--and Why We Don't Have To](#) (UP Top Pick)
- [Menno Henselmans](#)
- [PainScience](#)
- [Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness](#)
- [The Body at War: The Story of Our Immune System](#)
- [The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Your Energy and Focus, and Upgrade Your Life](#)
- [The Emperor of All Maladies: A Biography of Cancer](#)
- [Touched By Aging](#)

Notes

Add any random thoughts, questions, and uncertainties you may have.

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