

UNLOCK A DEEPER UNDERSTANDING OF YOUR
HEALTH AND LONGEVITY WITH A **PHYSICIAN-GUIDED**
LONGEVITY PROGRAM DEVELOPED BY **OPT HEALTH**.

opt health



Join me on a trackable longevity program through **Opt Health**. They provide regular assessments of your longevity biomarkers, 1:1 physician consultations, and a personalized care plan!

I am not only proud to serve as an Advisor to Opt Health based on my epigenetics expertise, but am also a very happy customer too!! It has been extremely empowering to view my biomarker baseline on a clear dashboard, and in consultation with Opt Health's physicians create a roadmap to get me on an optimum health track.

You don't know what you can't measure, so **check it out!**

My best,
Dr. Elizabeth Choi-Fertikh

@longevitymakesimple
www.longevity-madesimple.com

All rights reserved. 2026.