

AEVUM

METHODOLOGY · VERSION 1.0 — 2026

The Aevum Standard.

An auditable framework for the science of healthspan. Five pillars. Published, externally audited, revised annually.

This document integrates the Blue Zones Power 9, the ACLM Six Pillars, Peter Attia's Five Pillars, the WHO Intrinsic Capacity framework, and the 2024 PMC systematic review of 35 RCTs into a single coherent framework.

A standard, not a programme.

Single-pillar interventions consistently underperform. The literature is unambiguous: longevity is a system property, not a supplement. The Aevum Standard exists to translate the strongest evidence in human healthspan into a five-pillar operating framework that can be measured, audited, and revised.

Each pillar carries a quantitative readout and an annual audit protocol. Members are not graded on adherence; they are graded on outcomes. The Standard is the contract between the science and the life.

Nutrition

READOUT

- HbA1c < 5.3%
- HOMA-IR < 1.0
- hsCRP < 0.5 mg/L
- ApoB < 60 mg/dL

Mediterranean dietary pattern as default. Caloric moderation calibrated to body composition.
Time-restricted eating windowed against circadian biology, not fashion.

ANNUAL AUDIT CRITERIA

- 01 Quarterly metabolic panel reviewed by supervising clinician.
- 02 Annual ApoB and Lp(a) for cardiovascular risk stratification.
- 03 Continuous glucose monitoring deployed for 14-day windows, twice yearly.

Movement

READOUT

VO $\blacksquare$ max > 50 (M) / > 43 (F) at age 50
Grip strength > 40 kg (M) / > 27 kg (F)
Resting HR < 60 bpm

Zone 2 cardio as the metabolic foundation. Resistance training across all major movement patterns.
VO $\blacksquare$ max treated as the single most predictive biomarker of all-cause mortality.

ANNUAL AUDIT CRITERIA

- 01 Annual VO $\blacksquare$ max test (treadmill or cycle ergometer with gas analysis).
- 02 Quarterly DEXA composition scan.
- 03 Movement-pattern screen by certified physical therapist, twice yearly.

Sleep & Stress Regulation

READOUT

HRV > 50 ms
AM Cortisol 10–20 µg/dL
Sleep duration > 7 hrs
Deep sleep > 1.5 hrs

HRV biofeedback as the daily readout. Cortisol architecture matters more than cortisol level. Deep sleep is the foundation on which the other four pillars are built.

ANNUAL AUDIT CRITERIA

- 01 Continuous HRV tracking, monthly review.
- 02 Annual diurnal cortisol four-point test.
- 03 Sleep architecture review (PSG or validated wearable) annually.

Connection & Purpose

READOUT

- PHQ-9 < 5
- UCLA Loneliness Scale < 20
- PIL Purpose-in-Life > 100

Moai-style social rings. Volunteering as a structured intervention. Ikigai operationalised as a measurable construct, not a poster.

ANNUAL AUDIT CRITERIA

- 01 Quarterly validated psychometric battery.
- 02 Annual social network mapping exercise.
- 03 Purpose alignment review with clinician.

Clinical Oversight & Data

READOUT

Biological age $\leq$ chronological age
(GrimAge or PhenoAge)
Full annual physician review

Physician-reviewed protocols. Annual audit. Integrated data stewardship across wearables, panels, and clinical records.

ANNUAL AUDIT CRITERIA

- 01 Annual epigenetic age assessment.
- 02 Comprehensive panel review by supervising physician.
- 03 Data stewardship audit by independent third party.

Governance & revision.

The Aevum Standard is published, externally audited, and revised annually. Version 1.0 — 2026.

Editorial oversight: Aevum Scientific Board. External audit: independent clinical review committee.

Data stewardship: annual third-party assessment.

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