
The Longevity Practice Guide

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What to expect from an evidence-based longevity
practice built on depth, not volume.

A Different Kind of Doctor

Stanford-trained internist. Small panel. Deep relationships.

If you have a financial advisor for your money, this is that for your body.

I keep a small number of patients intentionally so I can go deep, not wide. Most doctors wait until something breaks. I work with people who want to push that timeline out by decades.



WHAT I ACTUALLY DO

- **Interpret, not just order** — reading ApoB trends alongside imaging and family history to tell you what to *do*
- **Manage medications & protocols** — GLP-1s, rapamycin, metformin, hormones, supplements
- **Catch what others miss** — "in range" doesn't mean optimal. I look at trajectories.
- **Coordinate everything** — specialists, imaging, second opinions. One point of contact.
- **Stay current for you** — podcast, research newsletter, conferences. You benefit without the homework.

WHAT THIS IS NOT

- Not a replacement for your primary care doctor
- Not urgent or after-hours care
- Not unlimited on-demand access

I'm a specialist in longevity medicine. You can message me directly with real questions, and I respond personally. The focus is on building a relationship over time, not transactional visits.

How It Works

From first conversation to ongoing partnership.

- 1 Quick intake form (15 min)**

Medical history, lifestyle, and something unique: your values and goals. What do you want the next 20 years to look like? This shapes everything.

- 2 First consultation (45 min)**

Deep-dive video visit. I'll have reviewed your intake before we speak. We build your personalized risk profile and set direction.

- 3 Diagnostic workup**

Advanced labs and imaging tailored to your risk profile. Not a standard annual physical — a real baseline.

- 4 Your longevity protocol**

A living blueprint: nutrition, exercise, sleep, supplements, medications. Updated quarterly, with reasoning behind every recommendation.

- 5 Ongoing partnership**

Quarterly strategy sessions, monthly check-ins, secure messaging. Your protocol evolves as you do.

Programs

Two simple options.

Quarterly Membership

\$897 / QUARTER

Quarterly strategy session + flex session, monthly async check-ins, labs review & interpretation, prescription management, secure messaging, and The Longevity Roundtable group session.

Annual Membership

\$3,300 / YEAR — BEST VALUE

Everything in the quarterly plan, plus a comprehensive annual longevity lab panel included.

Not sure yet? Start with a one-time consultation (\$599, 45 min). If you join within 30 days, we'll prorate your first membership — your consult fee rolls into the first two months.

Advanced Diagnostics

Personalized to your risk profile. Here's what I work with.

CARDIOVASCULAR

ApoB & advanced lipids

Lp(a) — genetic risk

CCTA + Cleerly AI

Coronary calcium score

CIMT

AGING & CANCER

Galleri multi-cancer screen

TruDiagnostics / epigenetic clock

GlycanAge

ApoE genotype

DEXA + VO2 max

METABOLIC

Fasting insulin & HOMA-IR

HbA1c & glucose

Continuous glucose monitor

Full metabolic panel

HORMONAL & INFLAMMATORY

Complete hormone panel

hs-CRP & inflammatory markers

Thyroid panel

LAB PARTNERS

New Amsterdam Diagnostics

GenerationLab

+ additional specialty labs

Pricing note: Testing, labs, imaging, and medications are separate from membership. You pay providers directly, and many tests are covered by insurance. Interested in one-time testing without a membership? Reach out — à la carte options are available and include a consultation fee for results review.

Beyond Lab Results

Coaching and optimization included in every membership.

- Exercise & VO2 max programming
- Nutrition & fasting protocols
- Sleep optimization
- Supplement stack design
- Stress & HRV-guided recovery
- Travel & jet lag protocols
- Sauna & cold exposure
- Wearable data guidance

I currently review wearable data (Oura, Whoop, Apple Watch, CGM) that patients share with me directly. Full automated integration is coming soon with the CareCore platform.

Good to Know

Practical details before we get started.

LOCATION

All consultations are virtual via secure video. Licensed in **NY, CA, FL, TX, MI, IL, UT, WA, and MA**. Patients in other states can be seen on a health coaching basis.

COMMUNICATION

You can message me directly. I respond personally. This isn't a call center — it's a real relationship with a physician who knows your full picture.

WHAT'S INCLUDED VS. SEPARATE

Included in membership

- All physician time & visits
- Protocol design & updates
- Coaching & lifestyle guidance
- Care coordination
- Secure messaging

Paid separately

- Lab work & blood draws
- Imaging (CCTA, DEXA, etc.)
- Medications & prescriptions
- Specialty referral visits

Typical annual lab spend ranges from \$500–\$3,000 depending on the panel and your insurance coverage. I advise on the most cost-effective approach.

Ready to get started?

Reach out to learn more or book your first consultation.

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