



# Change your habits and change your health

Your pathway to living healthier for longer through advanced health, habit, and longevity coaching powered by precision medicine.



Book a **FREE** Autonomy health consultation at [www.autonomy.health](http://www.autonomy.health)

Diseases of modern life are a silent epidemic. While the science is complicated, the remedy is well known. But making and sustaining health habit changes has proved difficult. Until now....

# Now you can change your habits, change your health and change your course of life.

## Who is Autonomy?

Autonomy is a transformative healthcare company on a mission to expand human fulfilment by bringing the possibility of lifelong health autonomy to all.

## What should you expect?

Significant habit, health, and well-being improvement in 90 days and self-sustained healthy habits in 6-12 months.

## How does it work?

Autonomy is an advanced personal health habit change program optimised by precision medicine to fine-tune your metabolism, reduce chronic disease risk, and slow your pace of ageing, so you can live healthier for longer.

## What makes it different?

Autonomy conducts extensive genetic, lab, behavioural, and functional testing to identify the root causes of conditions, rather than just treating symptoms. We then address the root cause with a three-stage habit modification and health optimisation program guided by your personal precision health doctor and habit coach.

## Who is it for?

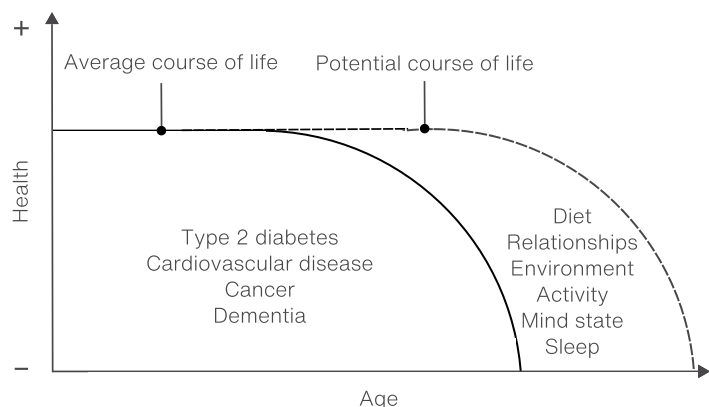
Autonomy is for those concerned about the effects of age-related decline and those with or at risk of type 2 diabetes, heart disease, cancer, or dementia.

## What should I do next?

Call 09 520 8580 for more information or **book a free consult** at [www.autonomy.health](http://www.autonomy.health)

## You Are Your Health Habits

70% of adults suffer from a mismatch between their daily health habits and biology, causing metabolic dysfunction. This disrupts their body's self-regulating engine that produces the fuel needed to power, build, and protect against disease. The root cause of this condition is our modern-day Diet, Relationship, Environment, Activity, Mind state, and Sleep habits (collectively referred to as DREAMS) which accelerates our pace of ageing and increases the risk of developing type 2 diabetes, cardiovascular disease, cancer, and dementia. If you optimise your DREAMS, you will change your health and change your course of life.



## Changing DREAMS has been hard...until now

Although the science is complex, doctors agree that modern lifestyle diseases stem from our DREAMS. The remedy lies in aligning our daily habits with our biology to optimise metabolism, lower disease risks, and slow the pace of ageing. Traditional medicine wasn't designed to deliver these habit-changing solutions, but Autonomy is.

40% of our daily actions are habitual and often go unnoticed. Until now, it's been challenging to implement and sustain changes in our subconscious health habits. We've all attempted to reduce carbs, exercise more, and improve sleep, but our old habits persist. It's not our fault; we're victims of our modern environment.

Through the integration of technology, precision medicine, and behavioural science, Autonomy has mastered the art of changing health habits. Once you realise that habits can change, you'll gain the freedom and power to reshape them.

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## Habit change powered by precision medicine

Our advanced habit change program leverages the principles of predictive, preventative, and personalised medicine to help you understand the root cause of your metabolic health condition and chronic disease risk, so we know how to optimise your health habit cycle.

Your health habit cycle will include triggers that initiate subconscious routines and rewards that lead to the repetition of unhealthy habits. By integrating our deep understanding of your DREAMS and biology, we methodically reshape your daily health habit cycle to fine-tune your metabolism, reduce your disease risk, and slow down your ageing process.

Autonomy use precision medicine and habit science to fine-tune your metabolism, reduce your disease risk and slow your pace of ageing.



## You can't change what you don't measure

Regularly quantifying and tracking health biomarkers is often an overlooked but crucial step in the process of improving your health habits. We believe that you can't change what you don't continually monitor and measure. Technological advances enable Autonomy to assess 92 DNA markers, 13 metabolic health conditions, your chronic disease risk, and the pace of ageing using more than 60 health markers. These insights help your precision health doctor and personal coach continually optimise your individual health habits, aiming to quickly normalise and then sustain your improved health. Depending on which of our three plans you join, we will retest your biological markers quarterly, bi-annually, or annually to fine-tune your metabolism and slow your pace of ageing.

## You can't change what you don't understand

Autonomy's progressive program helps you understand how habits form and can be altered granting you the freedom and ability to reshape them. Our habit change program has 3 steps to mastery supported by a personal coach

**Beginner:** The *Health* stage of our program is your first step towards a healthier life. You'll learn essential principles and practices for changing health habits and optimising your DREAMS. With personalised guidance from your precision health doctor and coach, you'll gain the knowledge and skills to start your journey towards a healthier you.

**Intermediate:** In the *Habit* stage of our program, you will experience significant improvements in your health habits. You will deepen your understanding of health and DREAMS and actively incorporate these practices into your daily life, gaining confidence and resilience to handle challenges. Your coach and doctor will continue to provide support but with less frequent check-ins as you become more self-sufficient in managing your daily habits.

**Master:** The ultimate goal of the *Longevity* stage of our program is to help you achieve mastery in your health habits. This means adopting a wide range of healthy behaviours and incorporating them seamlessly into your



## Autonomy Program

routine. Achieving mastery involves developing a deep understanding of what works best for one's own health, demonstrating strong commitment and discipline, and having the support of a coach and doctor to prevent age-related health issues as they arise in future. Ultimately, we aim to empower you to optimise your lifelong health.

## Autonomy's fully-integrated program

Autonomy's progressive health program has three stages. All clients complete 3 months on our *Health* stage before progressing to our *Habit* and *Longevity* stages as they master their health habits, normalise their health and slow their pace ageing:

**Health Plan:** This stage includes comprehensive testing of 92 DNA and over 60 metabolic health markers. It also includes an assessment of your chronic disease risk and the pace of your biological ageing. Your precision health doctor utilises this information to personalise the initial stage of your habit change program, which is then delivered by your personal habit coach in weekly sessions spanning 90 days. Clients advance to the next stage of the program once they are on course to address their health condition and have gained a thorough understanding of the essential principles and practices for changing their health habits.

**Habit Plan:** This stage increases your understanding of your optimal DREAMS and actively incorporate these practices into your daily life so you gain confidence to handle challenges. We continually monitor your progress with tailored six monthly laboratory tests and doctor consults. As you gain confidence your coach will reduce your sessions to bi-weekly, but will be there to support you 24/7 through our advanced coaching app.

**Longevity Plan:** This stage is for clients who are on track to master their health habits, have fine-tuned their metabolism and actively managing their disease risk. Our focus is in supporting your health autonomy with our continuous condition monitoring technology, monthly check-ins with your coach, and annual lab testing and doctor visits so we can proactively address changes in your metabolism as you age.

After an initial 3 month commitment to the Health plans, all our plans are monthly to meet your changing needs.

## What are you waiting for?

When it comes to your health time is your friend. Diseases of modern life and age-related decline starts in your 30's even though symptoms may not be felt until later in life. We often ponder the value of our health, but too often, we procrastinate until that fateful meeting with your doctor when its too late.

Your health is the most precious asset you possess, impacting your income, your family, your lifestyle, and your longevity. Don't let it slip away. Now is the moment to take control of your health, your future self will thank you for it!

## More Information

More details on **our plans** is available on the next page.

Call **(09)520 850** or email [hello@autonomy.health](mailto:hello@autonomy.health) for more information or bookings.

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	<b>Health Plan</b>	<b>Habit Plan</b>	<b>Longevity Plan</b>
<b>Key Plan Objective</b>			
Fine-tune your metabolism	●	●	●
Reduce your disease risk	●	●	●
Optimise your health habits		●	●
Slow your pace of ageing			●
<b>Precision Medicine and Doctor Consults</b>	Quarterly	Six monthly	Annually
Precision health doctor consults	●	●	●
DNA testing	●		
Metabolic health testing	●	●	●
Daily health habits assessment	●	●	●
Biological pace of ageing	●	●	●
Menopause consultation (optional)	●	●	●
<b>Chronic Disease Risk Assessments</b>			
Metabolic syndrome risk	●	●	●
Type 2 diabetes risk	●	●	●
Cardiovascular disease risk	●	●	●
Dementia risk	●	●	●
<b>Personalised Health Reports</b>			
DNA and epigenetics assessment	One-off		
Metabolic health and disease risk report	Quarterly	Six monthly	Annually
Optimal health, habit and longevity plan	Monthly	Monthly	Quarterly
<b>Personal Health Habit Coaching</b>			
Personal coaching sessions	Weekly	Fortnightly	Monthly
Optimal health habit program	Beginner	Intermediate	Master
<b>Continuous Condition Monitoring and Management</b>			
Autonomy personal coaching app	●	●	●
Autonomy health tracker device	●	●	●
Continuous glucose monitoring	●	●	●

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