

How to run a longevity clinic from your phone

The 4 levels, from HIPAA messaging to physician AI. Each level includes everything before it.

longevitydocs.

LEVEL 1



Connect

Patient communication

Stay close to every patient.

WHO IT IS FOR

Solo physicians

LAUNCH TIMING

1 week

Includes

✓ HIPAA-compliant messaging

✓ Patient data access: wearables, labs, Apple Health

✓ Data visualization and trends

✓ One chart per patient (light EMR)

LEVEL 2



Coordinate

Patient coordination

Keep your practice moving.

WHO IT IS FOR

Growing practices

LAUNCH TIMING

30 days

Everything in Level 1, plus

✓ Online scheduling

✓ All tests in the app: labs, imaging, continuous data

✓ Reminders and follow-ups

✓ Team inbox and triage

LEVEL 3



Care

Full clinic

Bring care into one place.

WHO IT IS FOR

Established clinics

LAUNCH TIMING

3 to 6 months

Everything in Level 2, plus

✓ E-prescribing and pharmacy

✓ Written plan per patient

✓ Lifestyle protocol detail

✓ Telemedicine

✓ Billing and payments

LEVEL 4



Intelligence

Physician intelligence

Extend your expertise.

WHO IT IS FOR

Physicians ready to scale

LAUNCH TIMING

Built on Levels 1 to 3

Everything in Level 3, plus

✓ 24/7 patient questions, immediate answers

✓ Answers built on the patient's own data

✓ Trained on your protocols and expertise

✓ Escalation rule: red flags go to the doctor

✓ Every answer logged to the chart

Get the full building guide

Checklists, vendor stack and setup steps for every level. Free for physicians.

Download the guide

longevitydocs.org