

First Real Hope for Alzheimer's

SCIENCE-BASED PREVENTION AND RECOVERY FOR BRAIN HEALTH

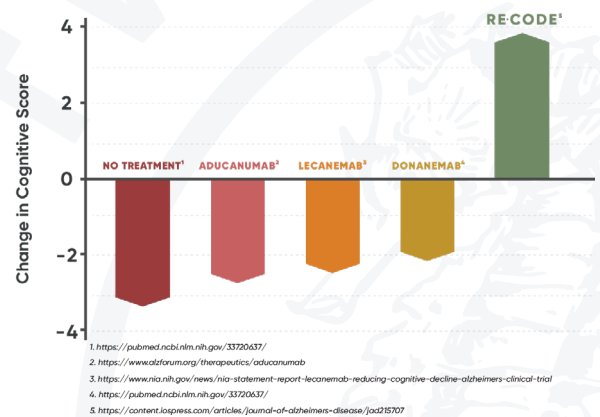


Apollo Health provides the first real hope for Alzheimer's. [Dr. Dale Bredesen](#), the Chief Science Officer of Apollo Health, is the first to have demonstrated reversal of early stage Alzheimer's disease after thirty-plus years of medical research. He and his research team have made unprecedented discoveries that have changed our understanding of the fundamental nature of Alzheimer's disease leading to revolutionary treatments.

His research has found that Alzheimer's results from an imbalance in the brain's neuroplasticity signaling – the ability of neural networks in the brain to change through growth and reorganization. As we age and are exposed to multiple toxic assaults over time, damaging forces overtake repair forces, resulting in downsizing of the brain's ability and subsequent cognitive decline. The goal is to change your biochemistry to provide optimal conditions for your brain to thrive. This is accomplished by identifying and addressing all the contributors (or potential contributors) of cognitive decline while at the same time optimizing your overall health to keep your brain healthy.

This approach is known as the Bredesen Protocol®. The protocol is designed to reverse the effects of subjective cognitive impairment (SCI), mild cognitive impairment (MCI), and early Alzheimer's disease.

Change in Cognitive Performance



First Clinical Trial

Apollo Health is the exclusive provider of the Bredesen Protocol

PRE·CODE

THE ONLY CLINICALLY PROVEN PROGRAM TO OPTIMIZE BRAIN HEALTH AND PREVENT COGNITIVE DECLINE

An online community and information service for anyone interested in the prevention of cognitive decline and brain health optimization. It is designed for adults of any age with a family history of dementia, with risk factors such as pre-diabetes or inflammation, and for all of us who are over 45 years of age.

[Read More](#)

[Enroll](#)

RE·CODE

THE ONLY CLINICALLY PROVEN PROGRAM TO REVERSE COGNITIVE DECLINE IN EARLY STAGE ALZHEIMER'S DISEASE

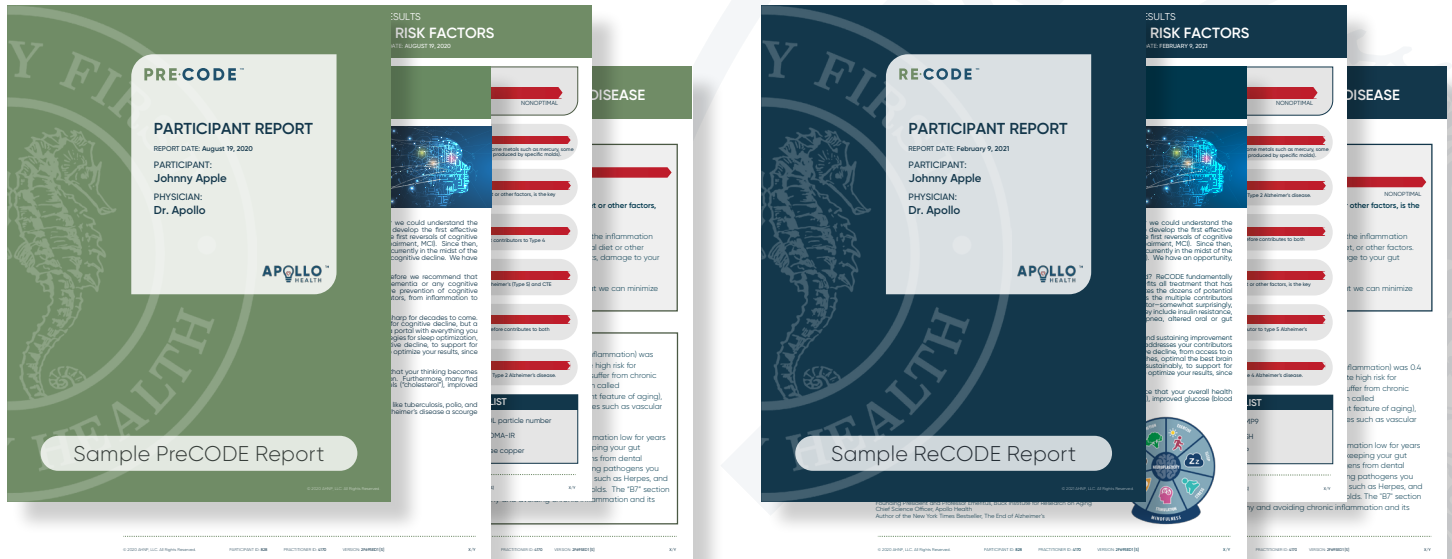
An online community and information service for anyone who is interested in reversing symptoms of cognitive decline and optimizing brain health. ReCODE is intended for those who are currently experiencing symptoms of cognitive decline and are ready to engage in an intensive program to restore and enhance cognitive function while promoting overall health. It was designed for anyone experiencing subjective cognitive impairment (SCI), mild cognitive impairment (MCI), and those with Alzheimer's disease. The program is most effective when used in the early stages, but we have examples of improvement in mid to late stages.

[Read More](#)

[Enroll](#)

PreCODE and ReCODE Reports – How They Work

The PreCODE and ReCODE programs rely upon the PreCODE and ReCODE Reports – a highly individualized evaluation of your cognitive health analyzed by a software program created by Dr. Bredesen and Apollo Health. These reports include information on which of the six subtypes are contributing to your symptoms or potential cognitive decline and provides detailed personalized instructions to specially address your specific contributors.

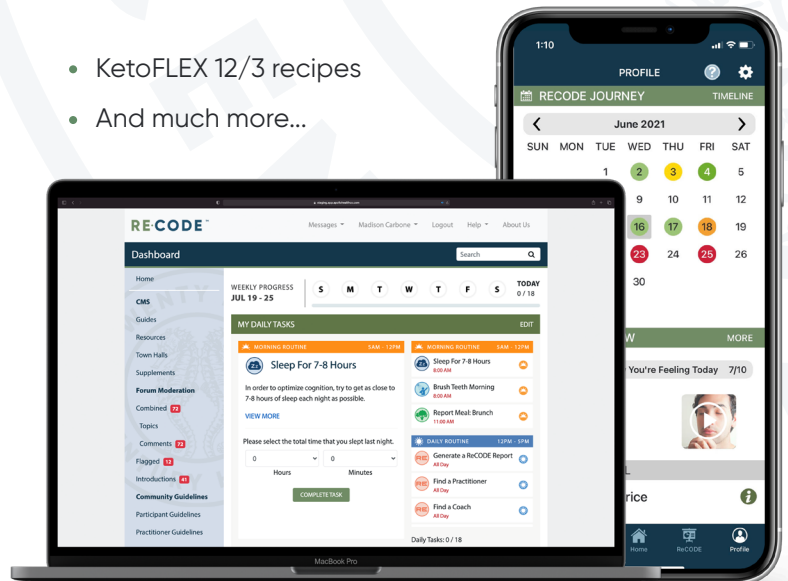


The Benefits and Costs of a PreCODE or ReCODE Membership

Apollo Health provides the first-ever brain health community built around the prevention (PreCODE) and reversal (ReCODE) of cognitive decline. Here are some of the benefits available to our subscribers:

- The ReCODE or PreCODE Reports
- The ReCODE Mobile App to track your progress
- A library of written and video “how-to” guides for prevention and reversal of cognitive decline
- Community forums
- Nutritional guidelines and information about Apollo Health’s KetoFLEX 12/3 diet
- Included cognitive assessments and tracking
- KetoFLEX 12/3 recipes
- And much more...

For a detailed list of benefits for PreCODE and ReCODE, please see our product [solutions page](#).



The personalized treatment recommendations of PreCODE and ReCODE consist of metabolic and lifestyle changes that require long-term interventions to show improvement. We ask all participants to make a one-year commitment to provide you with the best outcomes for the prevention of cognitive decline and brain health optimization.

In addition to the personalized aspects of your report, there are specific diet and lifestyle recommendations, summarized in the Bredesen Seven (or B7), that are foundational for both preventing and reversing cognitive decline.

BREDESEN SEVEN



Pricing

There are two annual membership options for PreCODE and ReCODE subscriptions that are billed monthly or annually at a discounted rate.

PRE-CODE Program	Subscription Price	With Labs (Mobile Draw)*	With Labs (Quest)
PreCODE Annual Membership (Billed Monthly)	\$3995 Monthly	Unavailable at this time	\$39.95 Monthly + One-time Payment of \$334
PreCODE Discounted Annual Membership (Billed Annually)	\$449.99	Unavailable at this time	\$783.99

RE-CODE Program	Subscription Price	With Labs (Mobile Draw)*≠	With Labs (Quest) ≠
ReCODE Annual Membership (Billed Monthly)	\$75 Monthly	Unavailable at this time	\$75 Monthly + One-time Payment of \$930
ReCODE Discounted Annual Membership (Billed Annually)	\$810	Unavailable at this time	\$1740

To simplify the blood lab process, Apollo Health offers all U.S. subscribers an option to purchase required baseline labs with their subscription. Labs are performed by our partner Premiere Labs, and are arranged through Apollo Health. You will be provided instructions to visit your local Quest Diagnostics with a pre-arranged phlebotomy appointment.



To bring you the lowest possible pricing on the ReCODE and PreCODE blood panel, we have extended our lab costs to you – Apollo Health does not make a profit from the labs. Here is a complete list of the [PreCODE](#) and [ReCODE](#) Test Panel list. Please note that labs are only available to U.S. residents.

The Bredesen Protocol® Diet – KetoFLEX 12/3

Enjoy brain-healthy, fully-prepared chef-curated cuisine by [Nutrition for Longevity](#). KetoFLEX 12/3 provides nutritional support for cognitive health. It's lower in carbs (less than 60 grams per day) to create metabolic flexibility to optimally fuel your brain. This offering is ideal for those interested in optimizing overall health while maximizing cognitive performance.

Each day's menu offers no more than 60 grams of carbohydrates from carefully selected foods shown to support cognitive health. You choose from among pescatarian or flexitarian chef-curated menus or a pick your own menu option with seafood, poultry, beef and vegan options.



Supplements



Apollo Health has, partnered with [LifeSeasons®](#), a leading producer of condition-specific nutritional supplements, to create a supplement solution to support those on the PreCODE and ReCODE Protocols. The cost of [ReCODE supplements](#) can range from \$150 to \$450 per month. Based upon your lab results, your ReCODE Report will offer two different supplement plans; one will feature LifeSeasons ReCODE supplements, developed by Dr. Bredesen, and the other will outline a comprehensive list of individual supplements which your practitioner may adjust to meet your unique needs. For PreCODE participants, the [NeuroQ supplement](#) is \$69.99 per month. Some additional supplements may also be recommended based upon your lab results.

Find Practitioners and Health Coaches

Once your report is ready, ReCODE subscribers will need to make an appointment with an Apollo Health trained practitioner to help implement the recommendations in your report. Working with a practitioner is optional for PreCODE subscribers. In addition to ReCODE 2.0 trained physicians, we have highly trained health coaches, nutritionists and many other specialists available to help address your specific needs. (Practitioner rates are not included with ReCODE or PreCODE subscriptions.)



To find if a practitioner, coach, or nutritionist is located near you, go to our [locator tool](#). For detailed practitioner or coach pricing please contact info@ahnphealth.com. Please include the location of the practitioner or coach and the practitioner type with your request.

Find a Practitioner

BrainScan

BrainScan analyzes **three** biomarkers to help you detect the earliest stages of cognitive decline years before it develops through a simple blood test.

- **p-Tau 217** is a highly sensitive test that picks up on biomarkers for Alzheimer's disease years before you may develop symptoms. The results correlate very closely with expensive PET brain scans and cerebral spinal fluid analysis from a lumbar puncture.
- **NfL** (neurofilament light) is related to neuronal damage that may have occurred in your brain and may show signs of vascular disease, previous head trauma, or any other neurodegenerative process.
- **GFAP** (glial fibrillary acidic protein) is an early biomarker that reveals your brain may be experiencing inflammation or previous damage that has been repaired.



[Order Your BrainScan](#)

Knowledge is power. BrainScan can alert you to your individual risks and give you a head start on the journey to prevent and reverse cognitive decline.

Getting Started

To find out which program is right for you, take our [CQ Assessment](#), which will automatically direct you towards one of two programs designed to help you optimize your cognitive abilities.

STEP
1

Take the CQ Assessment

to quantify your cognition. The test takes 10 to 15 minutes.

STEP
2

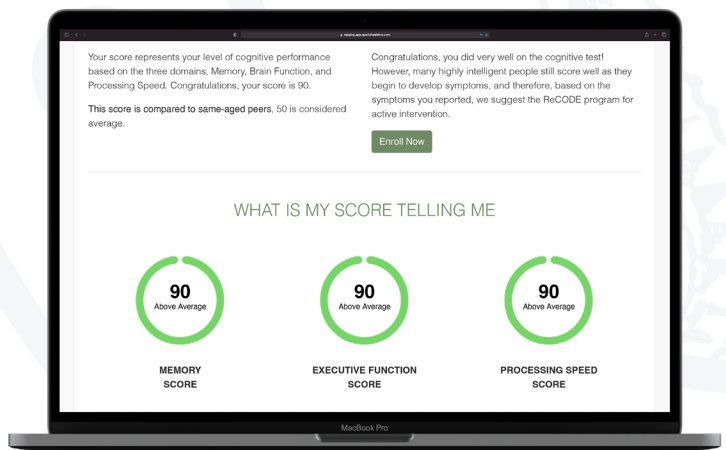
Review Your Results

which will come in the form of a percentile score compared to age-matched peers.

STEP
3

Enroll in PreCODE or ReCODE.

Take charge of your cognitive health as early as possible to create a vibrant future for years to come.



Here is a list of [frequently asked questions](#) from our members that you may find informative. If you have additional questions, email customer support at info@ahnphealth.com or call (800) 450-0805.



Apollo Health on YouTube

Check out our YouTube channel for the latest interviews, webinars, and testimonials.