

Personalized health is now more affordable than ever

InsideTracker Membership - \$149 *Annual*

The InsideTracker Membership gives you full access to our platform. Sync your fitness tracker and upload your data—blood tests, DNA results, and more—to get a personalized plan for a longer, healthier life.



Ability to upload past & recent blood results from your doctor



Customizable Action Plan tailored to you and your goals



Add InnerAge analysis to show your body's true age



Daily ProTips for real-time advice & inspiration



Personalized, science-backed advice on diet, supplements, exercise, and lifestyle



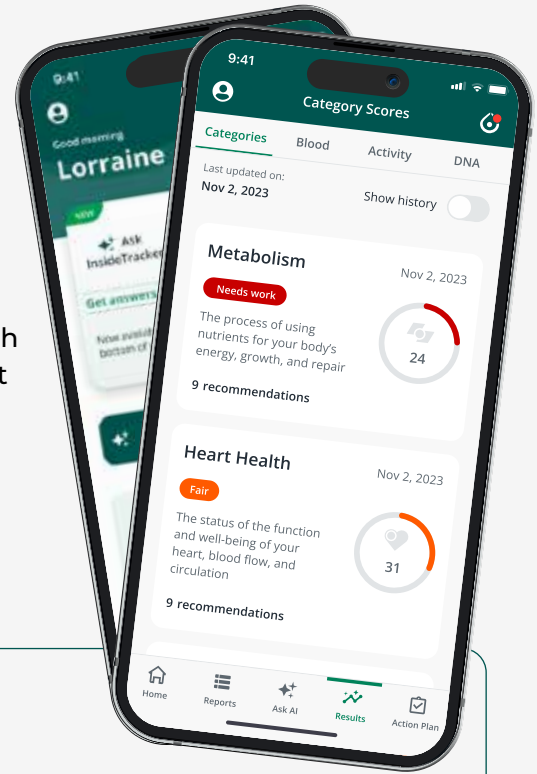
Access to analytic tools such as Healthspan Habit Report & Nutrition DeepDive



Individual biomarker analysis & Healthspan Category Scores



Virtual health coaching with AI-based Ask InsideTracker



Blood test options:

FREE Import your own blood results

Upload your doctor-provided test results to your personalized InsideTracker dashboard.

\$99 - \$149 Healthspan Category Test

Focused blood tests that look at 6 to 14 blood biomarkers, depending on which test you choose.

 Cognition

 Inflammation

 Endurance

 Fitness

 Gut health

 Heart health

 Metabolism

 Recovery

 Sleep

 Hormone Balance

\$340 Ultimate Blood Test

Comprehensive blood test that looks at all 10 of your Healthspan Categories (shown above).

Learn more at [InsideTracker.com](https://www.insideTracker.com)



InsideTracker Membership FAQs

QUESTION

What's included?

ANSWER

With InsideTracker Membership, you get unrestricted access to the world's most fully integrated personalized health platform.

You can sync your fitness tracker, add your DNA data, and upload unlimited blood results. In return, you'll receive analysis, guidance, and recommendations to keep your body strong and healthy.

In addition, membership gives you access to a library of reports and health tools. These include a nutrition tracker, weekly habit analysis, and an AI tool that can help you understand your results in more depth.

How many blood tests are included?

The \$149 membership does not include blood tests. You can either upload results from another provider (such as your doctor) or purchase a low-cost test through us.

We offer Healthspan Category Tests starting at \$99, and a comprehensive Ultimate test (which looks at all 10 Healthspan Categories) for \$340. To learn more about our tests, please visit our [store page](#).

Do you have to be a member to access the platform?

Yes. Only members can access the platform. If you are not a member, you will not receive analysis or recommendations. You will not be able to use InsideTracker's tools or features, and you will not be able to purchase blood tests through us.

That said, if you've previously uploaded blood or DNA results, you will still be able to download your data. You do not have to be a member to access your personal information. Your data is yours, always.

What is not included (what are the add-ons)?

An InsideTracker membership gives you access to our platform and store. If you want a blood test through us, you have to purchase it separately.

Similarly, InnerAge analysis, DNA testing, and estradiol & progesterone testing are all add-on purchases. They are not included in the cost of membership, but you can purchase them through us.

How do you know InsideTracker works?

InsideTracker follows a strict adherence to clinical science, and it's the only platform of its kind to be validated by clinical research.

After one blood test, 80% of our members make significant improvement to at least one at-risk biomarker—and the results get even better with repeat testing. In total, we've added more than 150,000 years to our members' lives.

Learn more at [InsideTracker.com](https://www.insidetracker.com)

