

*Predicted Lifespan* **94.20**

*Disability-free span* **86.30**

*Biological Age Difference* **14.90**



*Lifespan & Biological Age*

<b>Your predicted lifespan is</b> <i>Taking all known factors into account</i>	<b>94.20</b> years	06/02/2061
<b>Your biological age (now vs birth is)</b> <i>Age correction on top of your numerical age</i>	<b>37.91</b> plus 14.9	
<b>From today you have this many years remaining</b> <i>Assuming you maintain or improve your current lifestyle</i>	<b>41.40</b>	

*Retirement*

<b>Your retirement age is</b> <i>Assuming you have no "unlucky" accidents or conditions</i>	<b>65.00</b> years	30/05/2039
<b>You have this many working days remaining</b> <i>Days until retirement</i>	<b>2441</b> days	
<b>We anticipate your retirement will last</b> <i>Projected lifespan minus retirement age</i>	<b>29.20</b> see financial tab	
<b>Disability free, leisure days remaining</b> <i>Non-working days before and after retirement</i>	<b>6068</b> days	

*Disability*

<b>We anticipate you will be independent until</b> <i>Assuming you have no "unlucky" accidents or conditions</i>	<b>86.30</b> years	11/09/2055
<b>Disability free, leisure days remaining</b> <i>Non-working days before and after retirement</i>	<b>6068</b> days	
<b>Nit Picking, taking away sleep time</b> <i>Assuming nothing significant changes</i>	<b>4298</b> days	
<b>Reversible lost years of life</b> <i>if you adopted an ideal lifestyle from now</i>	<b>2.60</b> lost years	
<b>Reversible lost disability</b> <i>if you adopted an ideal lifestyle from now</i>	<b>1.3</b> disabled years	



*Modifiable Risk*

effect in years

<b>Top Modifiable Risk Factors</b> <i>Ranked risk factors which you can change</i>	#1	Stress, anxiety, depression	0.9
	#2	BMI	0.1
	#3	Sleep Quality	

*Background Risk*

effect in years

<b>Highest Fixed Risk Factors</b> <i>Ranked risk factors which are in the past</i>	#1	Stopped smoking 5 years	1.5
	#2	Single or Cohabiting	0.7
	#3	Problems with housing or	0.3

*Diet Risk*

effect in years

<b>Highest Fixed Risk Factors</b> <i>Ranked diet and nutrition risk to address</i>	#1	Occasional Fast Food	2.1
	#2	Occasional Red Meat	1.6
	#3	Added Salt in Diet	1.4