splendohealth

Defining Health, Fitness & Longevity

98% of Surgeries Depend on Questionnaires for Pre & Post Surgery Assessments

Non-quantifiable data is costly to patients and the healthcare system:

15%
Health complications

5-15%
Readmitted

€2.14B
Hospital readmission costs

Quantifiable pre & post perioperative care can protect a patient's health, and mitigate a hospital's costs and risks.

What is the “Golden-Standard Biomarker” that defines Health and Performance?

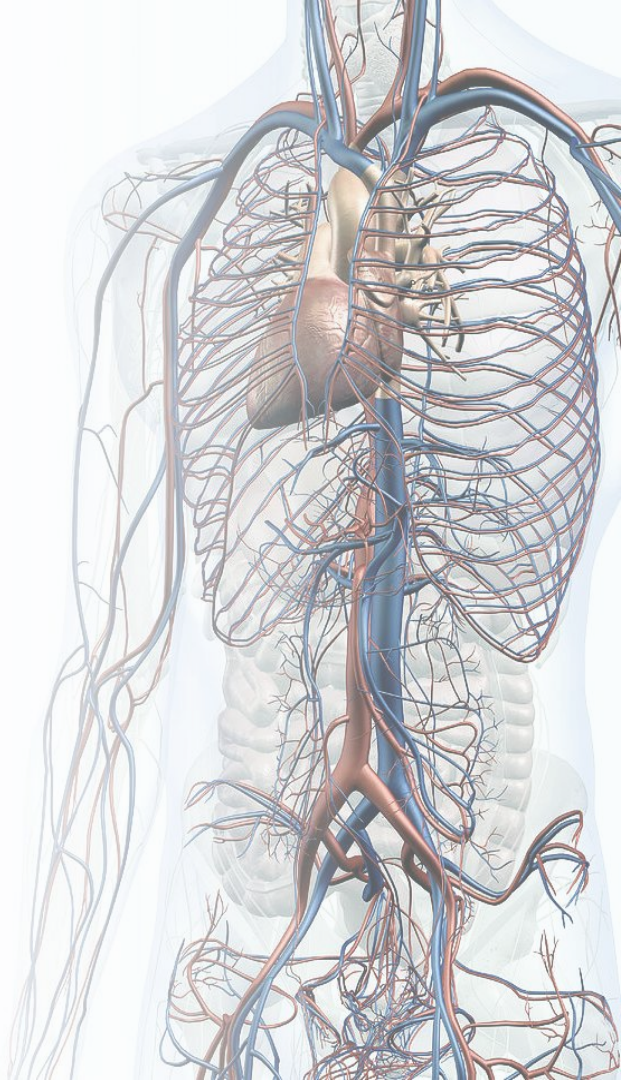
Cardiorespiratory Fitness (CRF)/VO2 max

“The maximum rate of oxygen consumption attainable during physical exertion”

CRF is the best Quantitative Predictor of All-Cause Mortality and Cardiovascular events in Healthy Men and Women (*Kodama, JAMA, 2009*).

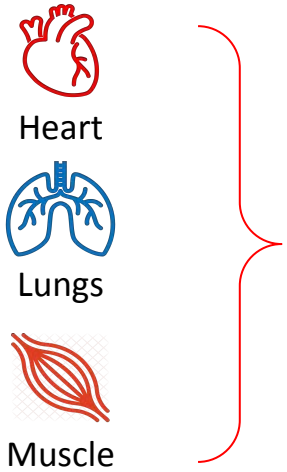
CRF assessments provide quantifiable data that can be tailored to support: Longevity | Performance | Strength | Endurance | Nutrition & Overall fitness for any individual.

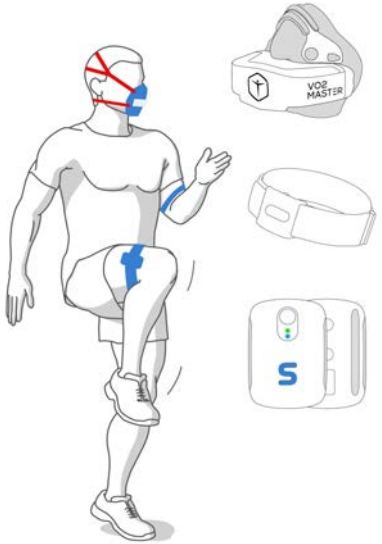
splendohealth



Validated SaaS Platform

Splendo Health is a validated SaaS platform that leverages select wearable tech to make Cardiorespiratory Fitness/VO2 max assessments affordable & accessible.





Validation study under peer-review:

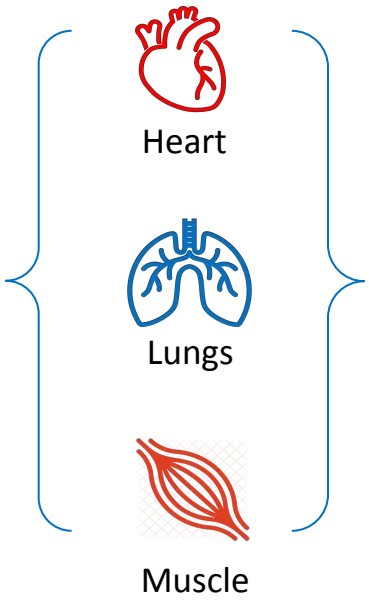
Molinger, Fudim, Wischmeyer, et al. (2023), 'Feasibility of a Novel Augmented 6-Minute Incremental Step Test: a Simplified Cardiorespiratory Fitness Assessment Tool', *JACC Heart Failure*

splendohealth

Splendo Health Assessments

Two proven and effective protocols for simple and scalable CRF/VO2 max assessments

Six-Minute Incremental Step Test (6MIST)



One-Minute All Out Airbike Test (1MAO)

splendohealth

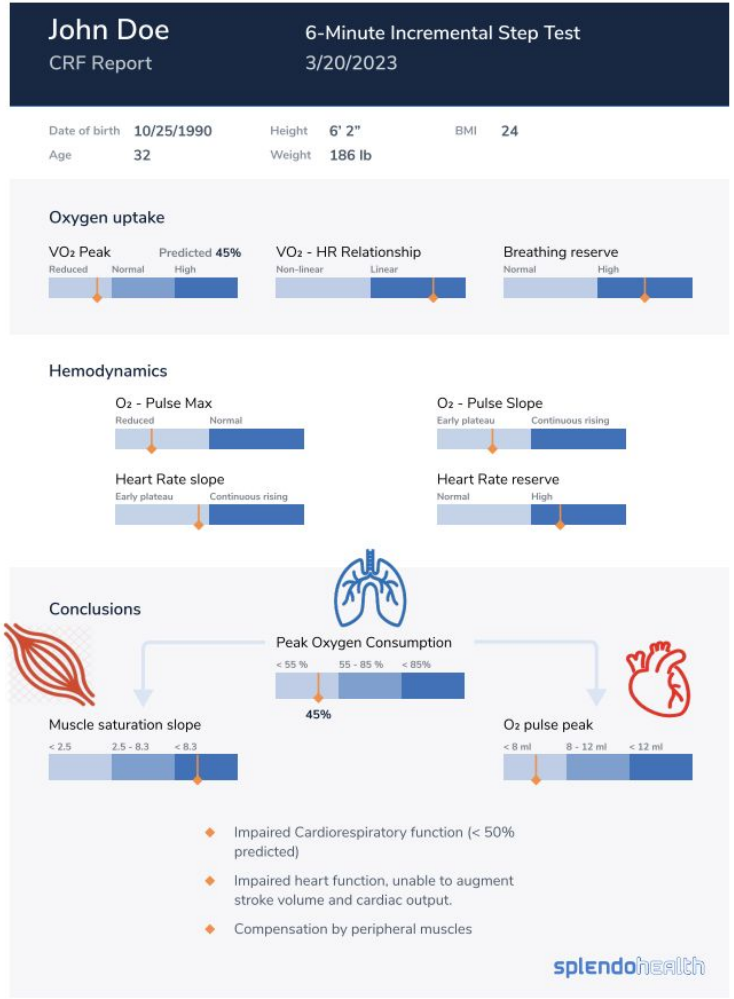
Duke University School of Medicine

UFC PERFORMANCE INSTITUTE

Competitive Advantage

Splendo Health will create the world's largest CRF dataset by translating physiological strengths & limitations of an individual's heart, lungs & muscle. Data that drives actionable metrics for:

- Clinical risk stratification
- Longevity
- Lifestyle optimisation
- Performance optimisation



Luc Demarteau
lucas@splendo.com

www.splendo.health