

Mrs. Cecilia Jones  
Date of Assessment: 11/23/23

Member No.682

CECILIA

Thank you for completing the RESILIENT80s ASSESSMENT. The purpose and mission of RESILIENT80s is to provide factual knowledge and resources for older adults to avoid disability, loss of function and frailty. If the functional age reported here is lower than your chronologic age, you are on the path to greater vitality and fewer years of disability and dependence on others.

If your functional age is greater than your chronological age, now is the time to be motivated and act. Functional age is within our control and is accelerated or reduced by our actions. The benefits of lowering functional age are particularly significant for those with chronic illness like diabetes, heart disease and hypertension.

From this assessment, please consider the following:

You feel that you are 69 years old.

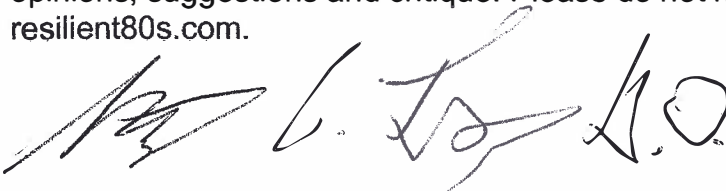
Your equilibrium and balance are equivalent to that of a 74-year-old person.

Your exercise tolerance and stamina are equivalent to that of a 72-year-old person.

Your psychological age and morale is equivalent to that of a 71-year-old person.

RESILIENT80s will help you take control of your functional age. To monitor and document your progress we recommend that you retake the assessment after regularly scheduled intervals.

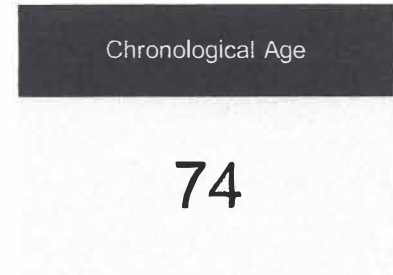
Our goal is to help you increase your healthy life expectancy. We value your opinions, suggestions and critique. Please do not hesitate to contact us at [resilient80s.com](http://resilient80s.com).



Steven C. Fox D.O.

**CHRONOLOGICAL AGE is the number of years you have been alive.**

Your chronological age is unchangeable. It is the basis for legal adult status and entitlements such as Social Security and Medicare. Although it defines a class or cohort of people, it is a poor indicator of your individual health, vitality, and healthy life expectancy.



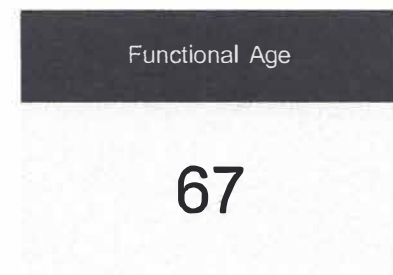
**FELT AGE is the subjective age an individual believes they are.**

Felt age changes throughout life and is rarely equal to chronological age. Children and adolescents feel older than they are. This changes around the age of 25 and by age 30, 70% of people feel younger than they really are. For older adults, throughout most of the world, it is a universal view that they feel younger than their chronological age. Your felt age has a strong correlation with health and mortality. A felt age less than chronological age is associated with better health, well-being, and longevity. A felt age greater than chronological age is predictive of worsening health, depressive illness and higher mortality.



**FUNCTIONAL AGE is distinct from chronological age and represents a combination of physiological, psychological and social age.**

As an older adult your functional age is the most significant predictor of continued health, personal independence and healthy life expectancy. Functional age changes and is within our control. While it is best to manage functional age throughout life, it is possible to make significant improvements in the seventh and eighth decades of life.



**SELF-RATED LIFE EXPECTANCY(SRL), also called Subjective Life Expectancy (SLE), is an individual's belief that they will live to a specific age.**

SRL is a consideration in predicting life expectancy. SRL roughly corresponds to actuarial life expectancy to within +/- 5 years. Your self-rated health, family longevity, gender and race are all consciously and unconsciously considered when making a Self-Rated Life Expectancy. Family history does not predict or largely influence life expectancy.

Genetics on average contributes less than 20% to life expectancy. However, your functional ability, satisfaction with life and personality (optimism vs. pessimism) are significant factors for the validity of a Self-Rated Life Expectancy.

**ACTUARIAL LIFE EXPECTANCY is the average age of death in a specific population, usually defined by the year of birth.**

Our government and the insurance industry use these estimates of the average lifespan to calculate budgets, life insurance and annuity premiums. It is important to remember that your Actuarial Life Expectancy is only an average for all the people born in the year that you were. Your Actuarial Life Expectancy reported here is based on your current age and consistent with the 2023 Social Security Administration Trustees Report.

**HEALTHY LIFE EXPECTANCY (HLE) is the number of years a person can expect to live in good health, free of disability or serious disease.**

Conversely, this is the age that you will require daily assistance and personal care. Your Healthy Life Expectancy is significantly determined by your current Functional Age. Lowering your Functional Age will directly increase Healthy Life Expectancy.

Self-Rated Life Expectancy

99

Actuarial Life Expectancy

87

Healthy Life Expectancy

94