

HSI HEALTHSPAN MODEL

Case Mapping Template — five domains, five steps, one loop

Anti-Ageing & Longevity Medicine
Module 1: Foundations · Lesson 1.4

Client / case: _____ Date: _____ Practitioner: _____

1 • BIOLOGICAL STATE

Biomarkers, genetics & family history, metabolic / cardiovascular / endocrine health, inflammation, organ function, body composition, biological age.

2 • REGIMEN

Nutrition, movement, strength, sleep, recovery, sedentary behaviour, alcohol / smoking, daily routines.

3 • THE EXPOSOME

Physical, occupational & socioeconomic environment, pollution, light, noise, access to nature, food environment, healthcare access.

4 • MIND

Stress physiology, emotional wellbeing, cognition, coping, beliefs, motivation, self-efficacy.

5 • CONNECTION & PURPOSE

Social relationships, community, belonging, meaning and purpose.

CROSS-DOMAIN CONNECTIONS Which domains are influencing one another? Trace the arrows, don't list in isolation.

THE HSI METHOD — A LOOP, NOT A CHECKLIST

1 • ASSESS

2 • INTEGRATE

3 • PRIORITISE

4 • PERSONALISE

5 • MEASURE

Measure feeds back into Assess — the client's picture changes over time, so the loop repeats.

Next review date: _____ Outcomes to measure: _____