

16th Edition 2026



March 10-12, 2026

The Longevity Book :

A collaborative digital platform for real-world-evidence (RWE) generation in Longevity Medicine interventions

Susanna Del Signore, Gianluca Zia, Jean-Yves Deslandes,
Alessandro Loria



BLUE COMPANION
E-HEALTH PROJECTS

Disclosures:

All Authors are shareholders/employees of
Bluecompanion Ltd (London, UK) or
Bluecompanion France sas (Jambville, FR)
Both companies are SMEs

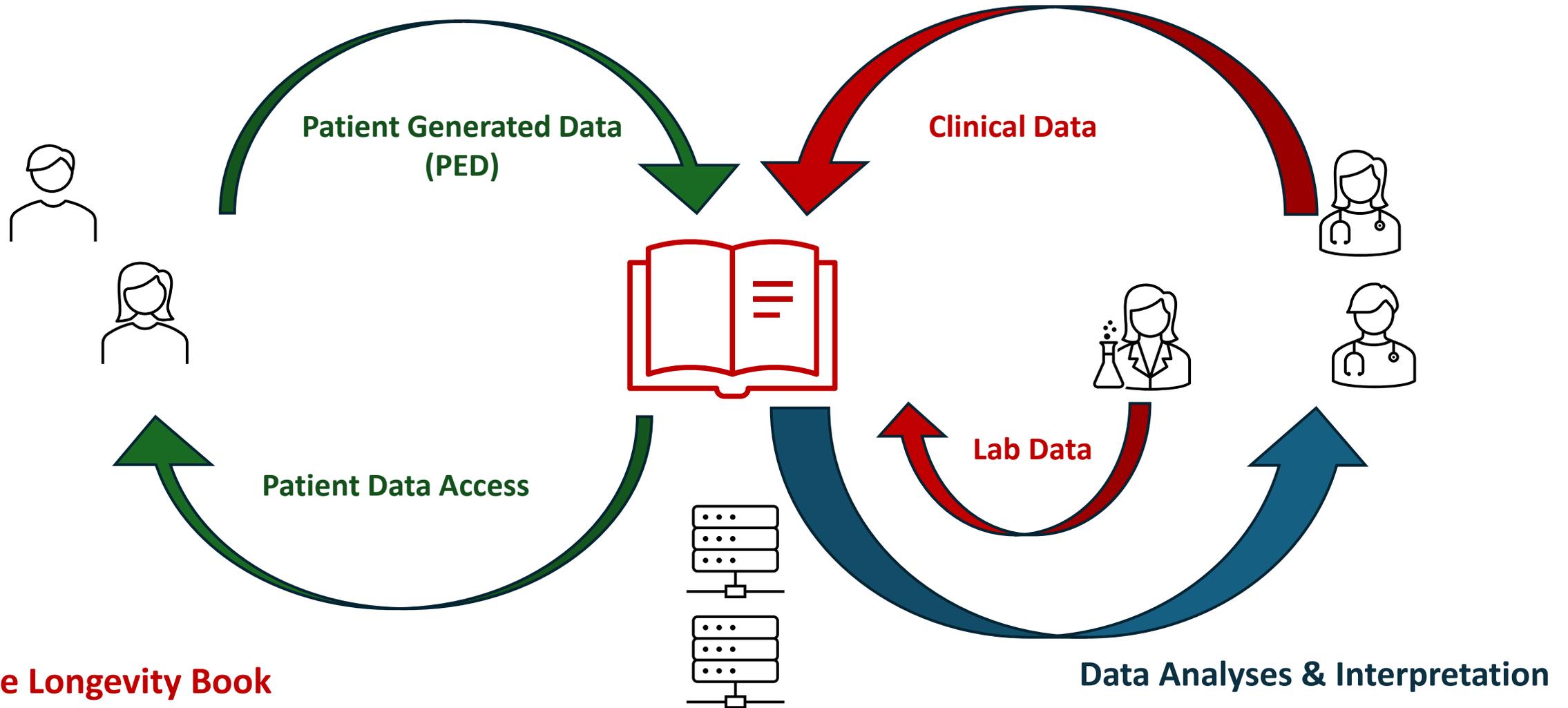
Background

In Longevity Medicine (LM) there is a clear need to assess the long-term safety & efficacy for many proposed products/interventions.

- ✓ **Bluecompanion** designed and implemented “**The Longevity Book**”, an augmented clinical data protected environment, enabling both **RWE studies and CTs**
- ✓ We operationalised the **Intrinsic Capacity (IC) model** (WHO, 2019, detecting ageing and healthy life-span changes in the general population): IC six components provide an initial infrastructure for tracking essential functions to be preserved/enhanced in a LM paradigm.
- ✓ Additional LM objectives will also be pursued, including **early diagnosis of age-related diseases** and **biological age biomarkers**.
- ✓ The Book can be further extended and adapted to capture new domains, **more data sources**, (legacy databases, connected devices, robotic/AI interfaces), etc.



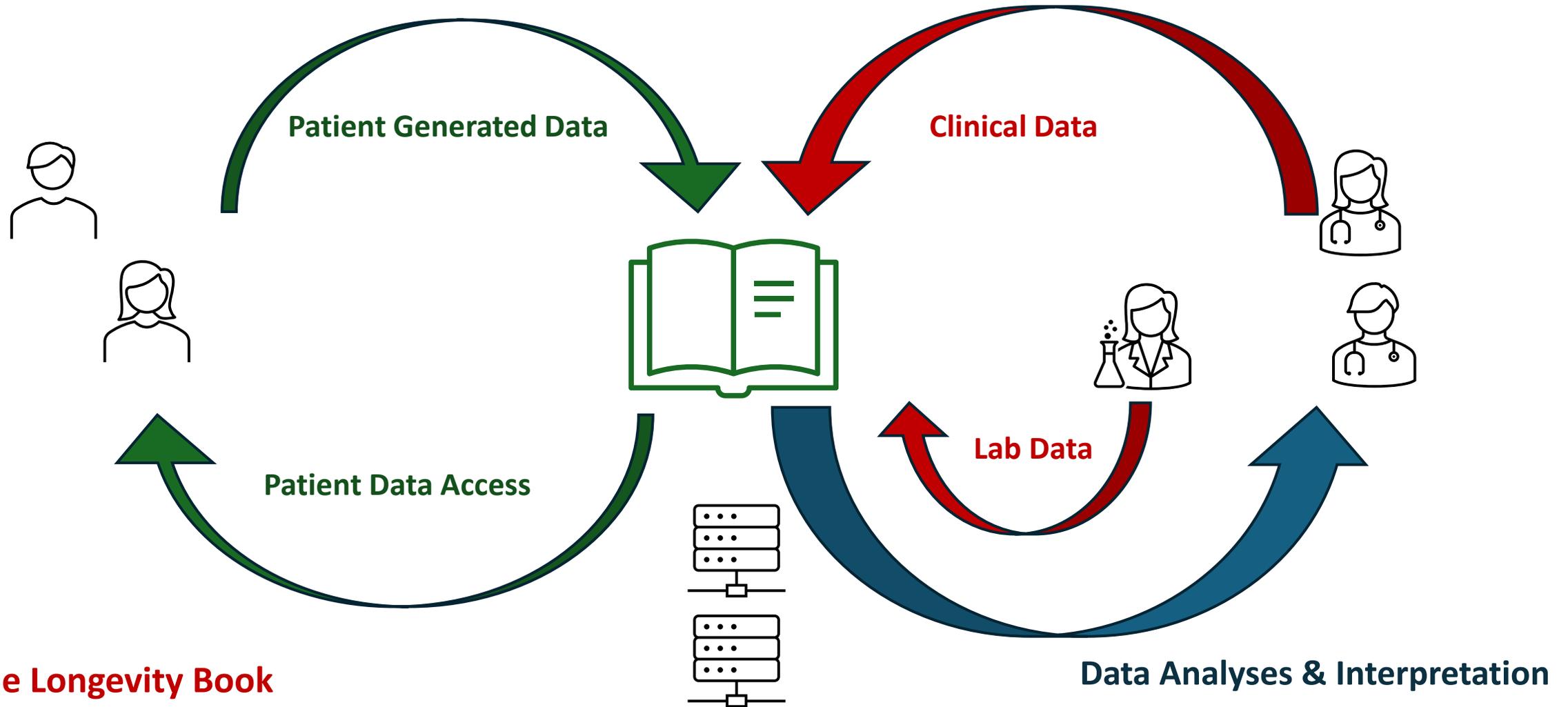
- The clinical Team validates the type of information to collect.
- They concur to data collection and verification.
- New type of investigations can be added overtime



The Longevity Book



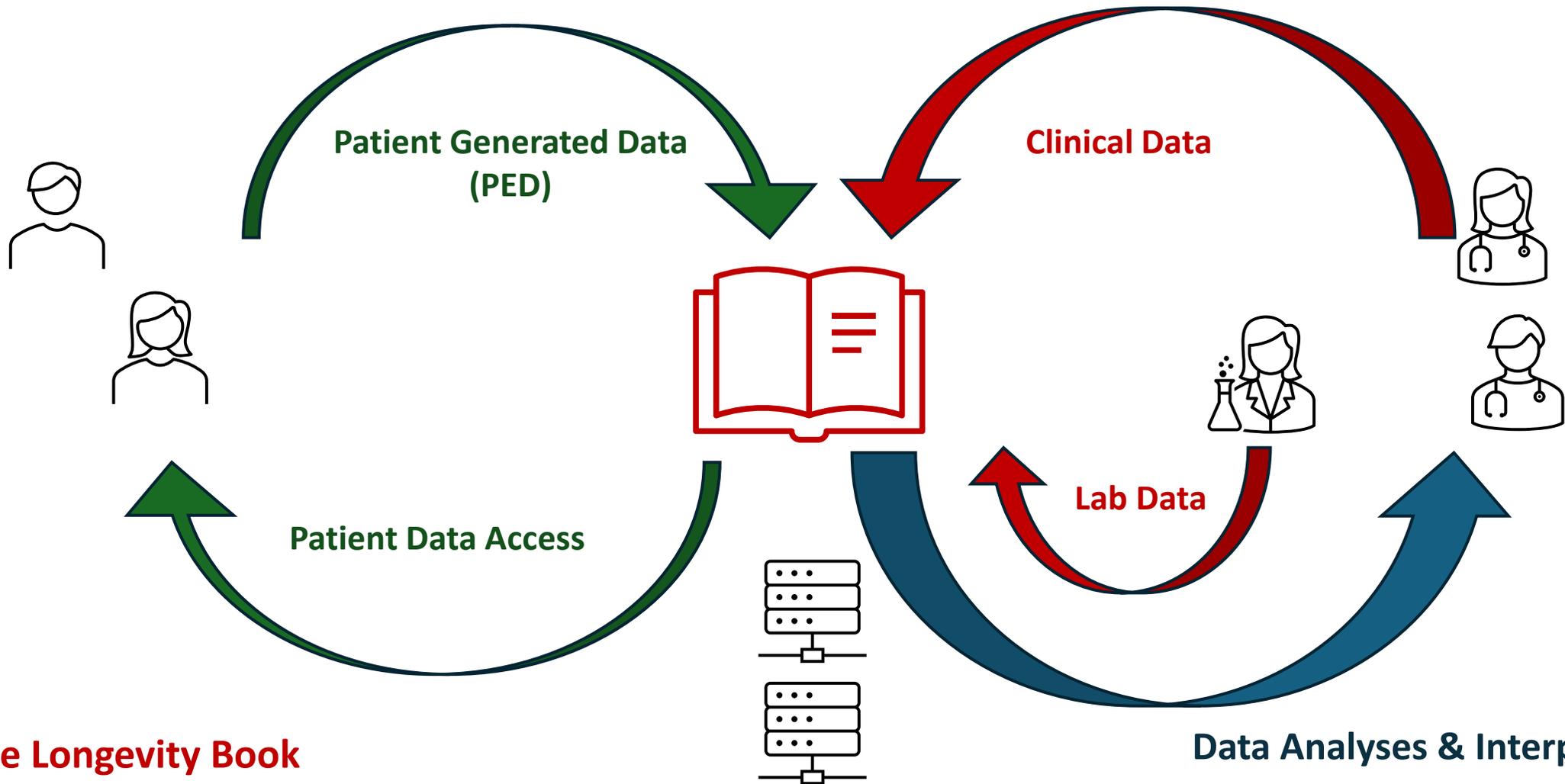
- Patients/Healthy Adults directly generate data (PED)
- They read book pages from their individual record
- They may add and retrieve original reports/bio-imaging.



The Longevity Book



- ✓ **Multi-source, high-quality data are generated**
- ✓ **Individual longevity trajectories can be assessed**
- ✓ **Sub-populations/cohorts are observed over long-term**



The Longevity Book

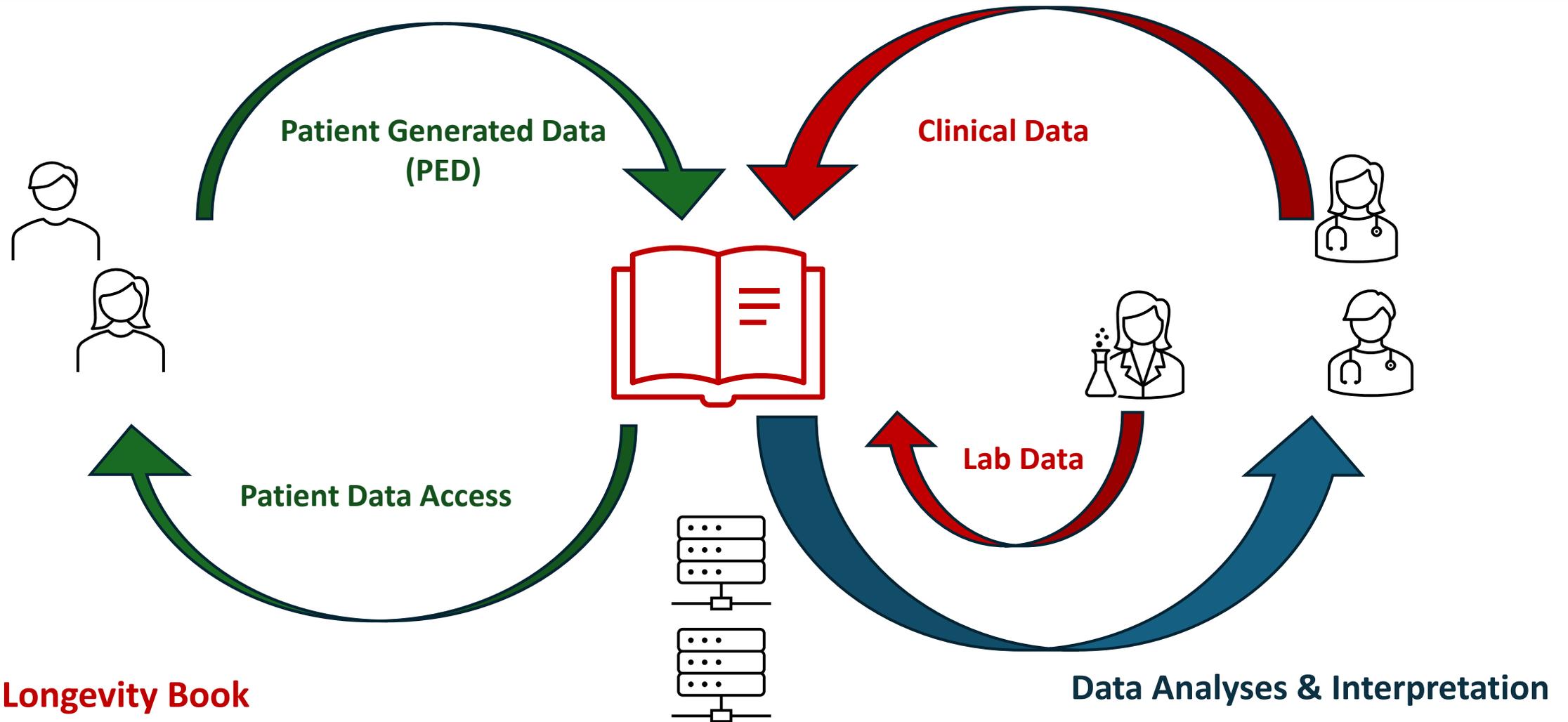


Data Analyses & Interpretation



March 10-12, 2026

- ✓ Interventions (drugs/complements/procedures/regimens) are evaluated:
 - on RWE basis, including Patients Evidence Data
 - in Clinical Trials ----→ the platform spins-off the specific eCRF

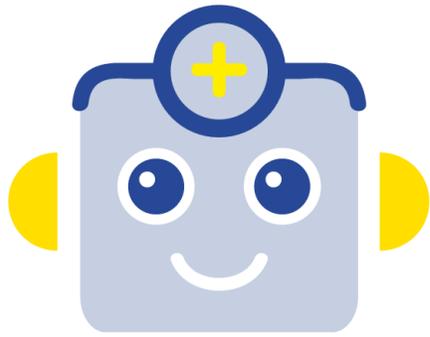


CONCLUSIONS

The Longevity Book is an **enabling, powerful and regulatory compliant digital tool** for:

- **Collecting long-term clinical data, including PED**
- **Generating Real-World-Evidence (RWE)**
- **Implementing Academia-driven collaborative projects**
- **Implementing Patients-driven collaborative projects**
- **Producing eCRFs for Clinical Trials assessing the efficacy&safety of targeted LM interventions**





BLUE COMPANION

E-HEALTH PROJECTS

www.bluecompanion.eu



The Longevity Book

the dynamic data platform !

www.bluecompanion.eu - info@bluecompanion.eu - Susanna Del Signore +33 6 76284080