



“The Longevity Blueprint is just one tool among all the ones you have picked up throughout your lifetime. Your journey is as unique as you are.

Embrace it and live long.”

~ Karina Loyo PhD

Develop a longevity plan

Create a life you desire

Increase your health span

Protect your hard-earned assets

Communicate your desires to get the help you need when you can’t

Be better prepared for a medical crisis and ensure it doesn’t become a financial crisis too

Longevity Blueprint for Health, Wealth and Purpose

EMBRACING THE REST OF YOUR LIFE

Karina Loyo PhD MBA

About the Book

While we work hard to achieve our retirement dreams, aging increases the risk of a catastrophic medical event that can lead to emotional turmoil and financial crisis. This book is designed to guide readers in their 60s and 70s to reinvent themselves as retirees, craft their dream retirement, and develop a long-term housing and health plan.

With a conversational tone, it encourages readers to explore their desires, gain the knowledge needed to prepare for aging, and take action. The goal is to not just think about a plan but to write it down and share it with loved ones, ensuring their wishes are honored.

Step by step, readers are guided to make decisions about where to live, identify ideal homes for aging in place, build a health and wellness team, and plan for unexpected medical crises. By planning, they can remain in control, protect their assets, and recover after a crisis. The book emphasizes the importance of protecting assets from the 5-year medical claw-back and understanding why selling a home or relying solely on a will may not be the best protection.