

# InnerBuddies Launches Science-Based Longevity Test to Empower Individuals Worldwide to Understand Their Biological Aging

A new free digital longevity assessment brings geroscience and biological aging insights to the public through a fast, science-based 25-question test.



**Venlo, Limburg Jan 5, 2026 (IssueWire.com)** - *InnerBuddies* announces the launch of its **Free 25-Question Science-Based Longevity Test**, a first-of-its-kind online assessment designed to help individuals gain personalized insights into their biological aging trajectory and healthspan potential. Available now globally at <https://www.innerbuddies.com/pages/longevity-quiz>, the test harnesses evidence-backed metrics for a holistic view of lifestyle, health, and longevity risk factors.

With aging populations and increasing global interest in proactive health strategies, meaningful tools that translate cutting-edge longevity science into actionable personal insights are in high demand. Unlike generic quizzes or superficial assessments, this test is grounded in geroscience principles and reflects key determinants of aging that matter for quality of life — from metabolic health and physical activity to sleep patterns and stress resilience.

"People want *real* insight — not guesswork — about how their behaviours and biology interact with aging," said **Roy Lenders, Founder & CEO of InnerBuddies**. "Our free Longevity Test democratizes

access to science-based assessment, empowering individuals to track and improve their healthspan — not just their lifespan."

The test was developed in consultation with leading researchers and draws on validated lifestyle and biology markers that are predictive of morbidity, resilience, and physiological aging trends. Biological age diagnostics and longevity risk assessments are rapidly evolving fields, yet are often gated by cost or complexity, leaving many without accessible tools to inform proactive health decisions. This new test aims to bridge that gap by offering a **no-cost, research-informed option for every adult**.

Key features of the *Free Longevity Test* include:

- **25 Robust Questions:** Covering inflammaging control, metabolic stability, muscle/mitochondria, circadian resilience, and microbiome/barrier support.
- **Science-Based Scoring:** Developed with insights from longevity research and diagnostic frameworks that capture biological aging dynamics.
- **Personalized Insights:** Results include actionable recommendations tailored to the respondent's profile.
- **Global Accessibility:** Completely free and mobile-friendly.

Understanding the variables that influence aging is crucial in shaping future health outcomes. This test provides a meaningful starting point for individuals to engage with longevity science in a practical way.

## About InnerBuddies

*InnerBuddies* is a mission-driven health technology company dedicated to translating advanced biological and lifestyle science, based on microbiome science, into accessible, user-centric tools that empower better health choices. Its Gut Health Operating System is used white-label by B2B companies around the world to "power" their gut health testing solutions or use it as a component in their broader health portfolio.

## Contact

Press: Roy Lenders

Email: [roy.lenders@innerbuddies.com](mailto:roy.lenders@innerbuddies.com)

Website: [www.innerbuddies.com](http://www.innerbuddies.com)

## Media Contact

InnerBuddies B.V.

\*\*\*\*\*@innerbuddies.com

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