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(54) **Title:** EPIAGING: NOVEL ECOSYSTEM FOR MANAGING HEALTHY AGING

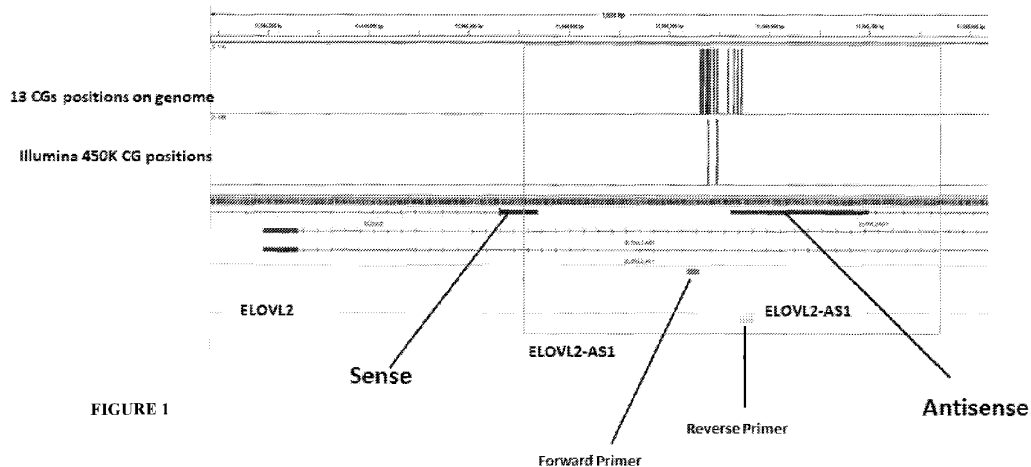


FIGURE 1

(57) **Abstract:** Provided is a method for calculating biological age of a subject and across multiple subjects by performing polygenic DNA methylation on biomarkers which comprises measuring the methylation status of 13 CG sites positioned in a putative antisense region to ElovL2 gene, ElovL2 AS1 region. Further, provided is a computer-implemented method for providing recommendations for lifestyle changes in form of a self-learning "ecosystem" for lifestyle management of biological aging using a novel measurement of the DNA methylation clock as a continuous dynamic outcome. The combination of DNA methylation biomarkers for calculating biological age and a kit for determining the biological age are also provided. Further, the use of the disclosed methods for calculating biological age in a method of assessing the effect of a biological intervention and in a method of screening for an anti-aging agent is disclosed.

[Continued on next page]

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