

Ultrahuman and Abu Dhabi Public Health Centre partner to build Biological Age model

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Initiative builds on Abu Dhabi's broader investments in genomics, digital health, preventive health programmes and population health infrastructure



The Abu Dhabi Public Health Centre (ADPHC) has signed a strategic Memorandum of Understanding (MoU) with Ultrahuman Healthcare SP LLC, a global health technology company and TIME Top Healthcare Company 2026, to develop and validate a Biological Health Age model that will combine clinical biomarker data with wearable health data to generate more personalised insights into health and ageing.

The initiative aims to strengthen Abu Dhabi's preventive health capabilities by helping individuals better understand how factors such as cardiovascular health, sleep, metabolism and recovery influence their long-term health. The insights generated through the model will support earlier interventions, more targeted prevention strategies and more personalised recommendations that enable people to take a more proactive approach to managing their health.

Unlike chronological age, which simply measures the number of years a person has lived, biological health age provides a more comprehensive understanding of health by analysing multiple indicators to better understand how the body is ageing. By integrating clinical and wearable data, the new model will create a more complete picture of an individual's health and provide a deeper understanding of the factors that influence healthy ageing.

The Memorandum of Understanding was signed in Abu Dhabi by Dr Faisal Al Ahbabi, Executive Director of Communicable Diseases at ADPHC, and Mohit Kumar, Founder and Chief Executive Officer of Ultrahuman Healthcare SP LLC.

The agreement establishes a two-year framework for collaboration that includes joint scientific research, clinical validation and the responsible use of health data. Both organizations have committed to maintaining all data within the emirate, supported by strict confidentiality measures, robust governance frameworks, clinical oversight and strong privacy protections.