

Genetic LifeSpan Launches MyHeartCode™ with Dr. Ernst von Schwarz at Beverly Hills Premiere

New cardiovascular assessment gives people with heart concerns or family history a deeper view of how their cardiovascular system may be aging.

BEVERLY HILLS, CA, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- [Genetic LifeSpan](#) announced the official launch of [MyHeartCode™](#), an advanced cardiovascular health assessment developed in collaboration with internationally recognized cardiologist Dr. Ernst von Schwarz, during an exclusive grand premiere held August 6 in Beverly Hills, California.



Cardiologist Dr. Ernst von Schwarz discusses cardiovascular aging and the science behind MyHeartCode™ at the assessment's grand premiere in Beverly Hills.

More than 100 invited guests attended the premiere, including physicians, scientists, health and longevity leaders, members of Genetic LifeSpan's Scientific Advisory Board, company leadership and other distinguished guests.

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Dr. Ernst von Schwarz

Genetic LifeSpan Founder and CEO Adam Vincent Gilmer and Chief Revenue Officer Jeffrey Mark Gaal joined Dr. von Schwarz at the premiere, along with Scientific Advisory Board members and guests including Dr. Laura Capina, Dr. Steven Small, Elliott Greenspan and Dr. Riham Zein.

"For someone who has already experienced a heart problem, has been told they are at risk, or has watched cardiovascular disease affect their family, the question is not whether heart health matters — it is whether they

have enough information to make better decisions," said Dr. von Schwarz. "Cardiovascular

health is about far more than a single number or a snapshot in time. MyHeartCode was designed to provide a more comprehensive understanding of cardiovascular aging and the biological factors that may be influencing health over time."

Why Deeper Cardiovascular Insight Matters

MyHeartCode uses advanced epigenetic analysis and intracellular blood data to provide insights into cardiovascular health and cardiovascular age. For people already managing cardiovascular concerns — or those who want to understand risk earlier — the goal is to provide a broader biological picture that can support more informed conversations with their healthcare providers.

The assessment analyzes up to 3 million CpG sites using methylation science to examine biological patterns reflecting approximately the previous three to four months. This provides a different perspective from conventional serum testing, which may reflect more immediate physiological conditions.

MyHeartCode brings together more than 10 areas of assessment in one comprehensive digital report, including cardiovascular age and pace of aging; cardiovascular, metabolic, inflammatory and immune-system health; stress and inflammation biomarkers; nutrient deficiencies and toxin exposure; mitochondrial health; and additional biological indicators.

The at-home assessment includes sample collection, laboratory processing and a personalized digital report designed to translate complex biological information into understandable cardiovascular health insights that individuals can review with their healthcare professionals.

"Heart disease touches almost every family, and too often people begin paying attention only after something happens," said Adam Vincent Gilmer, Founder and CEO of Genetic LifeSpan. "MyHeartCode is about giving people a deeper look at their cardiovascular biology so they can ask better questions, have better conversations with their doctors and become more proactive about their health.

"If you have heart problems, a family history or simply want to understand how your heart may be aging, better information matters. We don't want people guessing about their health. We want them testing, understanding and taking informed action with their healthcare team."



Genetic LifeSpan leadership, Scientific Advisory Board members and guests join Dr. Ernst von Schwarz at the MyHeartCode™ grand premiere in Beverly Hills, California.

A Beverly Hills Premiere Focused on the Future of Heart Health

During the premiere, guests heard directly from Dr. von Schwarz about cardiovascular health, aging and the science behind MyHeartCode while connecting with members of Genetic LifeSpan's leadership and Scientific Advisory Board.

The event marks the broader introduction of MyHeartCode as Genetic LifeSpan continues to expand its portfolio of health intelligence and longevity-focused testing solutions, with a focus on helping people better understand their biology before health decisions become urgent.

MyHeartCode is currently available in the United States. Additional information is available at MyHeartCode.bio.

About MyHeartCode™

MyHeartCode™ is an advanced cardiovascular health assessment designed to provide deeper insight into cardiovascular aging and related biological systems. Using epigenetic analysis and intracellular blood data, MyHeartCode evaluates biological patterns associated with cardiovascular, metabolic, inflammatory and immune health and delivers personalized insights through a comprehensive digital report.

MyHeartCode is intended to provide health information and does not replace diagnosis, treatment or medical care from a qualified healthcare professional.

About Genetic LifeSpan

Genetic LifeSpan is a health intelligence company focused on helping individuals better understand their biology through advanced testing, data analysis and personalized health insights. Its mission is to make sophisticated health information more understandable, actionable and useful in conversations between individuals and their healthcare professionals.

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