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REIMAGINING
HUMAN HEALTHSPAN

HAVAS Health
Network



Dr. Jack Kreindler

MBBS; BSc (Phys) Lon Hons DipMM Founder, NextMed Health

Dr. Jack Kreindler is a distinguished physician and a leading authority in human performance and healthy aging. Jack's medical career spans 25 years as a physician and extreme environments researcher with an academic interest in computational modeling for predicting and improving public health. He is Founder and CEO of WellFounded Health, the world's first health service dedicated to founders, CEOs, and their investors globally, born out of CHHP, the Centre for Health and Human Performance that Jack founded in London, in 2007.

Jack has a parallel life as a tech entrepreneur. Since 1999, Jack has been innovating in the space of human health, performance and flourishing for the workplace, extreme environments and clinical settings: veteran healthtech founder, investor and advisor in U.S. and U.K. health/biotech, Mosaic Ventures (venture partner), Founders Forum Healthtech (co-founder and chair), Headspace (first advisor), CIGNA Vielife (founding team, product owner) and led several first-of-its-kind expeditions in healthcare, including Klarismo (affordable MRI scans), Certific (self-directed diagnostics), and Sentrian (remote patient monitoring AI).

Jack speaks internationally on the future of medicine, healthy longevity, human flourishing, and medical technology. His work is dedicated to identifying innovative strategies and lifestyle interventions that enable people to age robustly and maintain an active, high-quality life.