

State: April 2024

## BHI Plus - the Biovis Health Index Plus

Dear colleagues,

biovis is your reliable and trusted partner for laboratory analyses. As such, we aim not only to provide you with innovative tests but also to continuously adapt and optimise all of our existing tests to keep them state of the art.

Therefore, we are pleased to inform you that we have successfully overhauled our existing Bioenergetic Health Index (BHI) and are proud to present to you our new Biovis Health Index Plus.

### What's new? What are your advantages?

- **The significance of the BHI value is increased.**
- **A broader range of values better reflects the clinical symptoms.**
- **Therapy recommendations can be derived in a more individualised and precise manner**

Following an **in-house study with 183 test samples** and over **1500 data points**, we have modified the existing procedure and can now present the **Biovis Health Index Plus**.

Through **enhanced precision** in the laboratory process, a **data-driven formula optimization** accounting for different parameters weights, and an **automated evaluation algorithm**, a new formula emerges. This enhances the validity of the BHI. Additionally, a significantly **broader range of values** is achieved, enabling a more accurate reflection of clinical symptoms.

Depending on the level of the BHI Plus, a prognosis for the **duration of therapy** and the selection of suitable **types of therapy** can be derived. With a slightly reduced BHI Plus, interventions lasting 1 - 3 months are usually sufficient. IHHT and IHT, for example, have proven effective in this regard. For significantly reduced BHI Plus values, required therapies are often prolonged, sometimes lasting more than a year.

You can find everything about the new BHI Plus at a glance in our flyer [The Biovis Health Index Plus](#).

You can also find even more information in our revised leaflet [Mitochondrial Diagnostics](#), which you can find on our homepage.

If you have any questions, please do not hesitate to contact us.

Best regards from Limburg

**Ihr biovis Team**