



Preventive | Predictive | Personalized
Brain health & longevity guidance based on science and enabled by AI

Tolion Health to Introduce Beta Version of Tolion Brain Coach, First AI-Powered Personalized Mobile App for Brain Health and Longevity, at Investor Day on September 17, 2025, at Tolion Headquarters in Prague, Czech Republic

Following Successful Completion of Pilot Testing of Tolion Brain Coach Mobile Application, Beta Release Enables U.S. Launch in Late 2025

Tolion Artificial Intelligence Solutions Help Users Improve Brain Health and Performance by Identifying and Addressing Modifiable Risk Factors

Personalized Recommendations with Insights Based on Individual Lifestyle Profiles Have Potential for Vast Impact on Health, Quality of Life, and Longevity

Tolion Recognized by [StartUs Insights](#) as [2025 Top 10 Longevity Startup to Watch](#) Highlighting Innovative Approach and Leadership in Preventive Brain Health

BOSTON, Mass., September 3, 2025 – [Tolion Health, Inc.](#), a digital health company developing artificial intelligence (AI) solutions for preventive, predictive and personalized lifestyle recommendations to improve brain health, performance and longevity, today announced the beta release of its flagship product, the [Tolion Brain Coach](#) mobile application. This beta release offers early access for users to experience groundbreaking capabilities of the Tolion AI Engine, designed to facilitate changes in day-to-day behavior that improve cognitive performance, maintain mental sharpness, and reduce risk of neurodegenerative disorders such as Alzheimer's disease.

Tolion will introduce the Brain Coach mobile app to investors, partners and selected members of the press on September 17, 2025, from 2 p.m. to 5 p.m. CET, during Investor Day held at Tolion headquarters in Prague, Czech Republic. The event will offer a first-hand demonstration of product capabilities and roadmap for future development. Investor Day proceedings will be available online and registration for live broadcast can be found at [Investor Day Online Access](#).

“At Tolion, we leverage our unique medical knowledgebase and AI software to empower individuals with the tools they need to protect and enhance their brain health and longevity. These tools identify addressable modifiable risk factors that can impair brain health and performance, providing personalized recommendations on how to address each factor,” said Martin Tolar, MD, PhD, Founder and Director of Tolion Health. “The Tolion Brain Coach mobile application allows access to immense amounts of medical knowledge and expertise that is not currently readily available to patients and practitioners, and beta release of [Tolion Brain Coach](#) marks a crucial step towards democratizing access to personalized, science-backed prevention strategies utilizing all advantages of AI. We are excited to begin this journey to improve the lives of millions of healthy individuals as well as people predisposed to Alzheimer’s disease and dementia. Early adopters who enroll in the beta version of the [Tolion Brain Coach](#) will be instrumental in developing and fine-tuning our product, offering feedback, identifying needs, and making preventive care more personal, actionable, and accessible before full launch in the U.S. later this year.”

Investor Day presentations will include visionary healthcare and technology leaders working with Tolion to accelerate preventive brain health solutions on a global scale, including:

- **Gregory J. Moore, MD, PhD** — Senior Advisor to Gates Ventures and former Vice President of Health & Life Sciences at Google and Microsoft
- **David Nikodem, PhD** — CEO of Metadeq Diagnostics and Managing Partner of Sapidus Partners
- **Wendy Webber Nelson, PhD** — President & Founder of Boston Biotech Forum and Alzheimer’s advocate leading patient advocacy group *APOE4 Alzheimer’s Alliance*
- **Prof. Jiří Dvořák, MD, PhD** – Senior Consultant in Neurology and Research at Schulthess Clinic and former chairman of FIFA Medical Assessment and Research Centre
- **Jiří “BJP” Procházka** — MMA fighter, UFC Light Heavyweight Champion, known for his dynamic fighting style and philosophy rooted in bushidō

The [Tolion Brain Coach](#) is the result of years of research and development by leading neurologists and AI engineers. Built on a proprietary [medical knowledge engine](#) currently evaluating over 100 brain health related factors, the AI application transforms cutting-edge medical science into personalized recommendations and coaching content tailored to each user's unique profile.

Core features of the Tolion Brain Coach application include:

- *Conversational Brain Coach*
 - An intelligent chatbot and voicebot provides guidance, support, and feedback in an empathetic, easily digestible manner
 - Helps users reflect on progress, set goals, and translate science into action
- *Personalized Risk Assessment and Risk Factor Insights*
 - Collects personal, behavioral, and environmental health data through validated proprietary questionnaires
 - Delivers evidence-based guidance on how to mitigate individual risk factors through lifestyle changes

- *Garmin Wearables Integration*
 - Imports information from Garmin devices to simplify collection of all health and activity data
- *Smart Performance Dashboard*
 - Personalized content hub displaying daily tips, videos, and action items aligned with individual risk factors with visual timelines and historical insights
 - Serves as interactive entry point to engage with in-app brain coach that tracks user engagement and goal completion in real-time
- *Weekly Brain Health Planner and Progress Summary*
 - Recommends curated set of activities designed to reduce specific risks and tailored activity plans based on performance
 - Encourages flexible participation with AI-generated review of completed actions and progress toward goals, promoting positive behavioral change and routine creation

"Tolion is a leader in preventive healthcare technology and recognition by [StartUs insights](#) as [2025 Top 10 Longevity Startup to Watch](#) is an exceptional validation of our mission to transform brain health. We have secured funds to complete the development and launch our innovative [Tolion Brain Coach](#) product and this recognition confirms that we are on the right path — driven by science, innovation, and our commitment to help individuals improve their quality of life and prevent or delay the progression of Alzheimer's disease and other neurodegenerative disorders," said Ing. Jaroslav Lískovec, CEO of Tolion Health CZ s.r.o.

About Tolion Brain Coach

Tolion products provide personalized, AI-driven guidance for brain health, performance and longevity. By emphasizing prevention, we can improve quality of life and significantly reduce the incidence and impact of devastating conditions. The [Tolion Brain Coach](#) mobile application represents a breakthrough in brain health solutions by providing personalized behavioral guidance.

The proprietary [Tolion AI Engine](#) integrates advanced AI technologies, including knowledge management systems, automated reasoning, machine learning and large language models. These technologies enable targeted, personalized interventions to improve cognitive health and overall brain performance. The Tolion AI Engine powers the Tolion Brain Coach mobile application by combining the latest medical knowledge related to brain health and neurodegenerative disorders with detailed user-specific data.

The initial goal of Tolion products is to improve brain health, enhance longevity, and reduce risks of neurodegenerative conditions such as Alzheimer's disease. The [Tolion Brain Coach](#) strives to advance the fight against Alzheimer's disease and other neurodegenerative disorders by shifting the focus from reactive treatment to proactive prevention. Age is the most important risk factor for these disorders, and as the global population ages, the risk of cognitive decline and disability increases. Scientific research shows that preventive interventions can lower dementia risk by more than 45%, thereby delaying or even preventing onset of advanced symptoms that can be life-altering for patients and their families.

About Tolion

Tolion Health, Inc., is a digital health company leveraging the power of AI, data, and collaborative technologies to deliver holistic personalized, preventive, and predictive care. Supported by a dedicated team of medical experts, Tolion integrates advanced technology with actionable insights, empowering patients to take control of their health, prevent disability, and improve performance. Tolion comprehensive brain health solutions powered by proprietary **Tolion MedPortal** and **Tolion AI Engine** systems identify and address modifiable personal risk factors that impair brain health and performance to improve quality of life and enhance longevity. The **Tolion MedPortal** is a next-generation medical knowledge management platform that applies AI to process vast amounts of data from scientific papers and medical studies to scale, verify, and continuously refine knowledge foundation for our products. The **Tolion AI Engine** uses this continuously evolving knowledge to provide personalized health insights based on genetics, family history, performance and medical status to individual users. Our innovative **Tolion Brain Coach** mobile application provides access to immense amounts of medical knowledge and expertise that is not currently readily available to patients and practitioners, and enables early prevention, accurate diagnosis, and continuous care, ensuring that everyone has the necessary tools to achieve a better quality of life and improved outcomes of health interventions.

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Early access users may [enroll in the beta version](#) of Tolion Brain Coach application.