



PL5: Digital Longevity Medicine

Dean Ho
National University of Singapore

Session Chair: Prof Chia-Hung Chen, City University of Hong Kong



WEDNESDAY
3 December 2025



TIME
13:15–14:00



VENUE
LT-2, 4/F Yeung Kin Man Academic Building

ABSTRACT

In 2024, Prof. Dean Ho and team launched DELTA, a first-in-kind human trial – with Prof. Dean Ho as the test subject. This N-of-1 protocol harnesses a combination of fasting, fitness, and food to optimise metabolic health, monitored using an array of digital health platforms. Built from an unprecedented dataset, this study will culminate in a digital twin of Dean to hyper-personalise his cardiometabolic health protocol. Outcomes from this trial will create data collection frameworks to power population-scale healthspan optimisation and design regimens that do not require sustained digital monitoring to impact even larger communities.

Prof. Ho will share his trial experiences, actionable learnings, and broadly-applicable opportunities to re-imagine population health.

BIOGRAPHY

Professor Dean Ho is currently Provost's Chair Professor, Director of The Institute for Digital Medicine (WisDM) at the Yong Loo Lin School of Medicine; Director of The N.I Institute for Health (N.I), and Head of the Department of Biomedical Engineering at the National University of Singapore (NUS).

In 2024, Prof. Ho and team launched a first-in-kind trial – with Prof. Ho as the test subject – to optimise his performance and biomarkers with digital technologies. This study has been featured on television and digital media programming, and major global meetings. Prof. Ho and team also manage a portfolio of over 10 prospective, interventional human oncology clinical trials with life-saving outcomes. A serial entrepreneur, he has advised health/human performance teams, nutrition and wearable firms, and venture funds on digital medicine deployment.

Prof. Ho is an elected Fellow of the US National Academy of Inventors (NAI), American Association for the Advancement of Science (AAAS), the American Institute for Medical and Biological Engineering (AIMBE), and the Royal Society of Chemistry. Prof. Ho is Co-Chair of the World Health Organization (WHO) Working Group for the regulation of AI for Health.