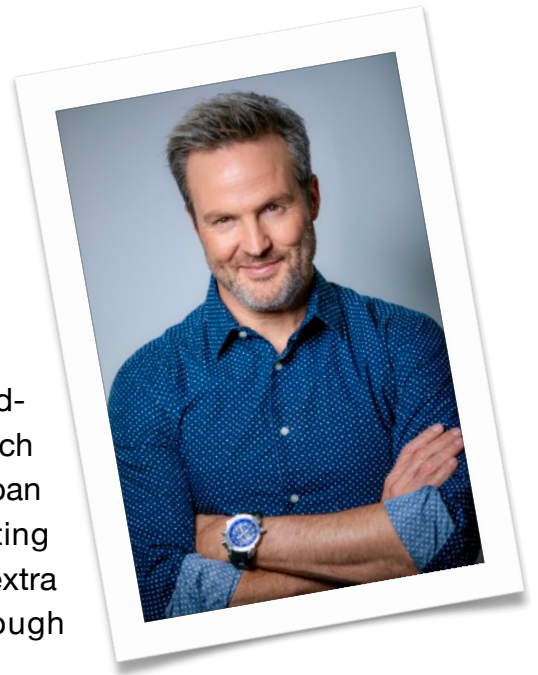


Dr Michael Mol

Longevity Physician | Keynote Speaker
Health-Tech Founder | Media Entrepreneur |
Co-Founder of xTenure

Dr Michael Mol is a longevity physician, award-winning media entrepreneur, and serial health-tech founder. He is a co-founder of xTenure, a healthspan company focused on predicting and preventing disease before it starts - helping people add an extra decade of healthy, high-performing life through personalised, preventative medicine.



A former trauma doctor, Michael spent over a decade as co-anchor of Top Billing before founding Hello Doctor - South Africa's first mobile telehealth platform, built to put a doctor in every pocket and bring quality medical support to millions regardless of income or location. It remains one of the defining moments in African digital health, years ahead of the category it helped create.

Today, Michael advances a Medicine 3.0 approach to longevity through xTenure - using biomarkers, data and AI to prevent disease years before diagnosis. He consults widely to leading corporates on longevity strategy and workplace health optimisation, and is trusted by some of South Africa's best-known brands.

He is an Oxford alumnus, bestselling author, a South African Business Speaker Hall of Fame inductee, and host of the podcasts Health Matters and More Good Days. A trusted voice in health media, he consults and keynotes globally on health optimisation and peak performance.

For Michael, healthy ageing isn't a wellness add-on - it's a leadership advantage. Energy, resilience, focus and longevity aren't fixed traits; they're trainable, and the leaders and teams who train them outperform the ones who don't.

Dr Michael Mol

"Helping you live better, for longer"



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