Who We Are

Life Information, Inc. is a wellness company whose mission is to provide the tools for every individual of every age to make lifestyle changes. We believe that healthy change occurs incrementally by actively engaging people in their mental, physical and spiritual well-being. That's what Life Information is committed to providing: the tools and resources that empower people to improve their lives.

What We Do

With the current national focus on lowering healthcare costs, Life Information has positioned itself as the First Step to Wellness. Life Information's products are delivered online and via email. The First Step to Wellness is dedicated to educating and motivating employees and their families to change current lifestyles, which in turn will improve their health, lower the costs of treating illness and reduce out-of-pocket expenditures.

The First Step to Wellness reaches out with frequent, consistent communications that teach all subscribers about the direct correlation between lifestyle and health. Beyond providing straightforward information about improving health, Life Information also offers resources to assist users who face unexpected events at all stages of life. Utilization of these tools and resources, coupled with consistent reinforcement through communications, transforms positive lifestyle choices to healthy living!

Measurable results are expressed in the reversal of trends such as obesity, diabetes, heart disease, stroke and other diseases tied directly to sedentary lifestyles and high-fat diets. Let us show you this cutting-edge approach to changing lives and controlling spiraling healthcare costs.

The key to a successful wellness program is in building a Culture of Wellness!