



## WELLNESS PORTAL

As the First Step to Wellness, the HealthFirst TPA Life Information Center takes a leading role in addressing the core issues of today's wellness issue: lasting lifestyle changes. That is our mission:

***Focusing on the need for individuals to change their attitudes in order to permanently change their lifestyles.***

***C*hanging lifestyles is the key to a successful wellness program. This results in healthy behaviors and lower healthcare costs.**

To achieve high levels of wellness and healthcare prevention, our internet-delivered, consumer-driven resources help individuals make mental commitments that influence decision making, trigger change, and lead to mental and physical health.

This cutting edge wellness approach starts the groundwork for ongoing lifestyle changes as it enables individuals to identify the change process; empowers them to make mental commitments; and supports them through their personal development, utilizing the extensive resources of our unrivaled online product, the Life Information Center.

The goal of Life Information is to provide individuals with an array of wellness resources, life-changing communications and self-care tools that challenge mindsets, promote personal responsibility and facilitate improved self-care. In accomplishing these wellness goals, companies benefit through:

- Lower healthcare costs
- Lower absenteeism
- Motivated, more productive employees
- Higher bottom line revenue

- Fitness Information and Fitness Videos
- Weight Control and Nutrition Information
- Children's Health
- General Healthcare
- Workplace Issues
- Stress Management
- Healthcare Video Library
- Senior's Health
- Emotional Health

