Press kit

Lifelong is the AI that takes care of your family. Lifelong 2.0 brings a Health Journey, rebuilt medicines and conditions, and a Health Passport to the family health app for iPhone.

The release

Lifelong 2.0 · 5 November 2026

Meet Lifelong 2.0: your family's health, in one place

A Health Journey for each person, medicines rebuilt, and a Health Passport ready for the next appointment.

5 November 2026. Lifelong 2.0 is on the App Store. The update rebuilds how families keep track of what each person takes, what they live with, and what to bring to the next appointment.

Founded by Razi Syed and Param Singh, Lifelong is built for the people who keep track for their family. Its shared health memory brings records, medicines, conditions, appointments and daily signals together, with sharing that each person controls.

New in Lifelong 2.0

- **Health Journey.** Pick whose day you are looking at, log a reading, symptom or note, and see what was taken and recorded in order.
- **Medicines.** Search or scan a medicine, choose the dose and schedule, and log a due dose from the Lock Screen. Each medicine keeps a history of prescriptions and changes.
- **Conditions.** Plain-language explanations from MedlinePlus, linked medicines, and the details a family needs to keep together.

- **Health Passport.** Conditions, medicines, allergies, care team and an emergency contact on one card, ready for an appointment or to share.
- **A new Home.** An Alerts deck, last night's sleep against your own usual, Family Monitor and the next appointment.
- **Alo.** Ask about the records you keep in Lifelong. Alo names the document and date behind its answer so you can check the source.

Built for the people who care

Lifelong began with the founders' own families. When Razi's grandfather became too ill to walk, his father took down two walls to care for him at home. Param built a shared record of his grandmother's care so his family could prepare for each next step.

Privacy and clinical boundaries

Each family member controls what they share and with whom. Alo works within those permissions. Lifelong is a wellness app, not a medical device. It does not provide medical advice, diagnosis or treatment, and does not replace a clinician.

Availability

Lifelong 2.0 is available for iPhone on the App Store. Read the release notes at trylifelong.com/blog/the-new-lifelong.

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Release sources

The Lifelong 2.0 product update. Lifelong 2.0 release notes (https://trylifelong.com/blog/the-new-lifelong)

Lifelong for iPhone. App Store (https://apps.apple.com/app/id6758003611)

Fact sheet

Company	Lifelong
What it is	The AI that takes care of your family. A family health app for iPhone with a shared health memory and Alo.
Founded	2026
Founders	Razi Syed (co-founder & CEO), Param Singh (co-founder & CTO)
Current release	Lifelong 2.0, 5 November 2026
Platform	iPhone (App Store)
Product	Health Journey, medicines, conditions, Health Passport, records, appointments, daily signals and Alo
Regulatory posture	Wellness app, not a medical device. Does not provide medical advice, diagnosis or treatment.

Lifelong is available on the App Store now.

Boilerplate

The company description, to run verbatim.

> Lifelong is the AI that takes care of your family. Founded in 2026 by Razi Syed and Param Singh, Lifelong brings a family's records, medicines, conditions, appointments and daily signals into one shared place, with Alo, an AI assistant that answers from the information each person is allowed to see. Lifelong 2.0 adds a Health Journey, rebuilt medicines and conditions, a Health Passport and a new Home. Lifelong is available for iPhone on the App Store.

Founders

Razi Syed

Co-founder & CEO

Razi Syed is co-founder and CEO of Lifelong. He dropped out of Harvard to found mettleAI, a digital therapeutics company that used wearable data to predict drug relapse and mental-health deterioration, sold into US health systems, and exited in 2021. He then invested in frontier healthtech; neurotech, AI drug discovery, precision medicine; at PsyMed Ventures, before returning to building as Head of Product at Sahha, making wearable data and mental-health predictions available to any developer. He started Lifelong after watching his father tear down the walls of the family home to care for his dying grandfather.

Param Singh

Co-founder & CTO

Param Singh is co-founder and CTO of Lifelong. A systems engineer across hardware and software, he spent two years building in regulated health and clinical longevity, including for clinics like Omni in Bali. Lifelong began as the shared record he built of his grandmother's care in the last year of her life, so his family could prepare for each next step.

Razi Syed and Param Singh are building Lifelong from their own families' experience of care: making it easier to keep the details together and prepare for what comes next.

Founder photography is available on request · razi@trylifelong.com.

Quotes

Attributable to Razi Syed, co-founder and CEO, unless a piece needs something else; we'll write you a fresh quote on any angle.

> “He decided the house was the wrong shape, so he changed the shape of the house.”

> “My father moved walls for one man. We intend to move them for millions of families.”

Questions

Including the ones we'd rather not be asked. Answered here so you don't have to wait on an email.

What is new in Lifelong 2.0?

A Health Journey for each person, rebuilt medicines and conditions, a Health Passport and a new Home. The release notes show the update in detail.

Is Lifelong a medical device?

No. Lifelong is a wellness app. It does not provide medical advice, diagnosis or treatment, and does not replace a clinician.

Who controls family sharing?

Each family member chooses what to share and with whom. The person who sets up or pays for the family does not automatically get access to another member's health information.

Where do Alo's answers come from?

Alo answers from the health information you are allowed to see in Lifelong and names the document and date behind its answer. It can make mistakes. Check the source and discuss medical decisions with a clinician.

Assets

Free to use in coverage of Lifelong. No login, no form.

Screenshots, the release artwork, the logo pack and a single .zip of all of it: **trylifelong.com/press**

Contact

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We can put you in touch with families using Lifelong who will talk candidly about caring for someone, and the founders are available for interview at short notice, remotely in any timezone.