TAKE CARE OF YOUR KEY ASSETS

Firstbeat Lifestyle Assessment for Corporate Wellness is a unique tool that offers employees individual data about stress, recovery, fitness and exercise for improved wellbeing and better work performance. A personal, stress-recovery profile of everyday life with professional feedback motivates each employee to make changes for the better.

START AN EFFECTIVE EMPLOYEE PROGRAM WITH PROVEN RESULTS TODAY!

Contact us for more information:
info@firstbeat.com
Firstbeat.com

“Every person who participates in [Firstbeat Lifestyle Assessment] will definitely bring positive changes to our business.”
Charles Louw, Health Services Manager at BMW

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RECOVERY

OF EMPLOYEES RECOMMEND

INDIVIDUALS COACHED

CORPORATIONS

OF EMPLOYEES FEEL MORE PRODUCTIVE

REDUCTION IN SICK LEAVES

82% of employees are able to improve their stress management, sleep quality and exercise habits.
CORPORATE WELLBEING STARTS WITH THE INDIVIDUAL

Did you know that **40%** of wellbeing is determined by lifestyle choices? Based on a 24h heart rate variability analysis, Firstbeat Lifestyle Assessment connects the dots between lifestyle and wellbeing and motivates each employee to make changes for the better. The assessment is a 3-day physiological snapshot of everyday life: work, sleep and leisure time.

MEASURE INDIVIDUAL FITNESS

Help employees discover their Fitness Level from one 30-minute walk and see if investments in wellness initiatives are paying off. A fitter employee is a more resilient employee.

- **Stressed employees** are less effective and make more mistakes. We help identify consuming factors in personal life and work that cause stress and can lead to burnout.
- **85% of employees** coached feel more productive.

**MANAGE STRESS**

- **Stressed employees** are less effective and make more mistakes. We help identify consuming factors in personal life and work that cause stress and can lead to burnout.
- **85% of employees** coached feel more productive.

**ENHANCE RECOVERY**

- We help employees understand how to recover better.
- Employees arrive to work energised and focused.
- See how sleep, daily routine and aerobic fitness impact recovery.

**EXERCISE RIGHT**

- Find the optimal level of exercise for each employee. As a result, they will be more stress resilient and productive.
- Proven to motivate employees to start and keep exercising.
- Track progress as employees improve fitness. An effective ROI measure.

**THURSDAY**  Busy workday

<table>
<thead>
<tr>
<th>WORK</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress peak during a meeting</td>
<td>Working late</td>
</tr>
<tr>
<td>Working late</td>
<td>Delayed night recovery</td>
</tr>
</tbody>
</table>

**FRIDAY**  Business as usual

<table>
<thead>
<tr>
<th>WORK</th>
<th>LEISURE</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good recovery at lunch</td>
<td>TV</td>
<td>Kids to bed</td>
</tr>
</tbody>
</table>

**SATURDAY**  Recharging

<table>
<thead>
<tr>
<th>LEISURE</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>*15 Walking</td>
<td>*45 Bike ride improved your fitness</td>
</tr>
<tr>
<td>*10 Shopping</td>
<td>Reading</td>
</tr>
</tbody>
</table>

**YOUR STRESS LEVELS WERE HIGH**

- Poor sleep quality 16%

**YOUR STRESS AND RECOVERY BALANCE WAS GOOD**

- Good sleep quality 82%

**TODAY’S EXERCISE WAS GOOD FOR YOUR HEALTH**

- 70/100 PHYSICAL ACTIVITY
- Excellent sleep quality 98%