

Welcome to Firstbeat Lifestyle Assessment

Firstbeat helps you improve your daily performance, reach your goals and simply feel better by identifying actions that will have a positive impact on your work, leisure and sleep.

The 72-hour measurement provides information on your personal stress factors, level of recovery and effect of exercise.

Participating is easy. No additional registration required.

Order your Device

If the link cannot be opened, copy the address below and paste it into the address bar of your web browser.
<https://wellbeing.firstbeat.com/online-order?key=xxx>



www.firstbeat.com

Copyright © 2016 Firstbeat Technologies, Ltd. All rights reserved.