

“Every person who participates in [Firstbeat Lifestyle Assessment] will definitely bring positive changes to our business.”

Charles Louw, Health Services Manager at BMW

 **PLAN AND ANTICIPATE**

 **LEAD WITH DATA**

 **CREATE RESULTS**

OVER 90% OF EMPLOYEES RECOMMEND

300,000+ INDIVIDUALS COACHED

10,000+ CORPORATIONS

85% OF EMPLOYEES FEEL MORE PRODUCTIVE

UP TO 30% REDUCTION IN SICK LEAVES



STRESS



RECOVERY



EXERCISE



FIRSTBEAT

TAKE CARE OF YOUR KEY ASSETS

- 1 ASSESSMENT**
A 3-day measurement is easy to conduct in everyday life.
- 2 RESULTS**
Personal report and feedback from a wellness specialist motivates and engages each employee. Summary for the management shows where you have succeeded and how to achieve the best results.
- 3 IMPACT**
82% of employees are able to improve their stress management, sleep quality and exercise habits.

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



FIRSTBEAT

RESILIENT WORKFORCE CREATES RESULTS

FIRSTBEAT LIFESTYLE ASSESSMENT FOR CORPORATE WELLNESS





Start effective employee wellness programs easily and cost-efficiently – for key personnel, executive teams or for the entire staff.

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.



MANAGE STRESS



ENHANCE RECOVERY



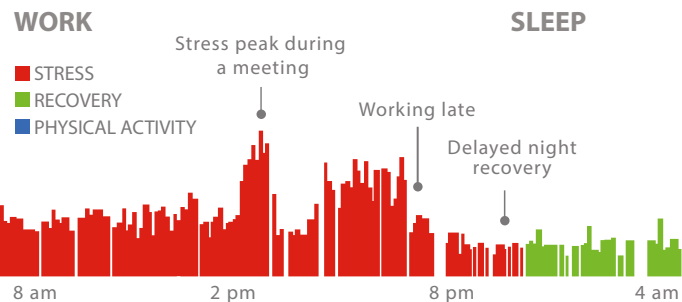
EXERCISE RIGHT

- 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.

- 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.

- 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

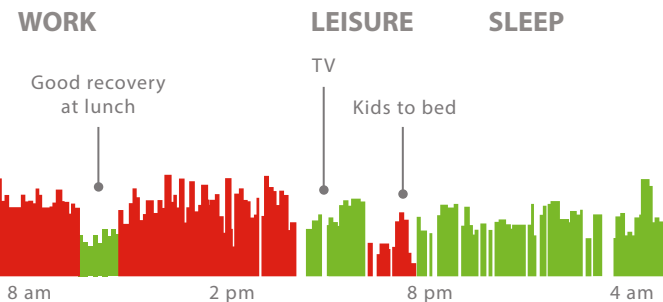


83% STRESS 17% RECOVERY

Poor sleep quality 36%

YOUR STRESS LEVELS WERE HIGH

FRIDAY Business as usual

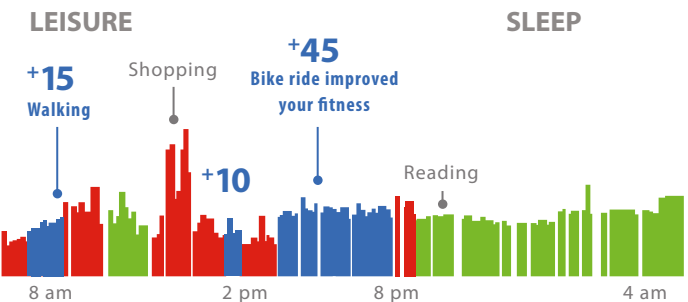


45% STRESS 55% RECOVERY

Good sleep quality 82%

YOUR STRESS AND RECOVERY BALANCE WAS GOOD

SATURDAY Recharging



70/100 PHYSICAL ACTIVITY

Excellent sleep quality 98%

TODAY'S EXERCISE WAS GOOD FOR YOUR HEALTH