

Resilient workforce creates results

Firstbeat Lifestyle Assessment for corporate wellness

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.



Manage stress

Stressed employees are less effective and make more mistakes.

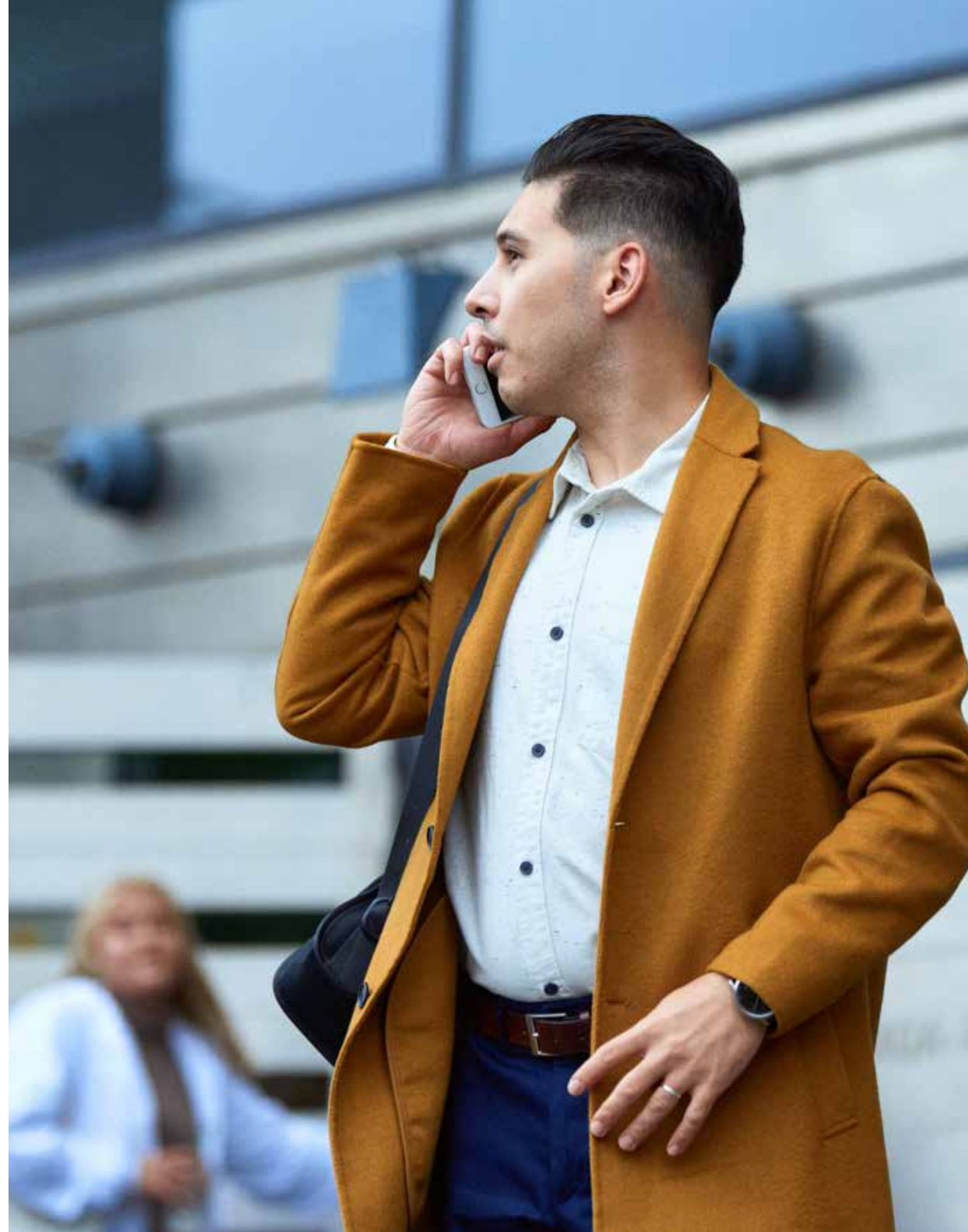
We help identify consuming factors in personal life and work that cause stress and can lead to burnout.

85% of employees coached feel more productive.

Thursday Busy workday



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





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.

Friday Business as usual



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.

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.

Saturday Recharging



Today's exercise was good for your health

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.



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

Charles Louw, Health Services Manager at BMW

90%

Of employees recommend

300,000+

Individuals coached

10,000+

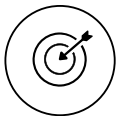
Corporation

85%

Of employees feel more productive

+30%

Reduction in sick leaves



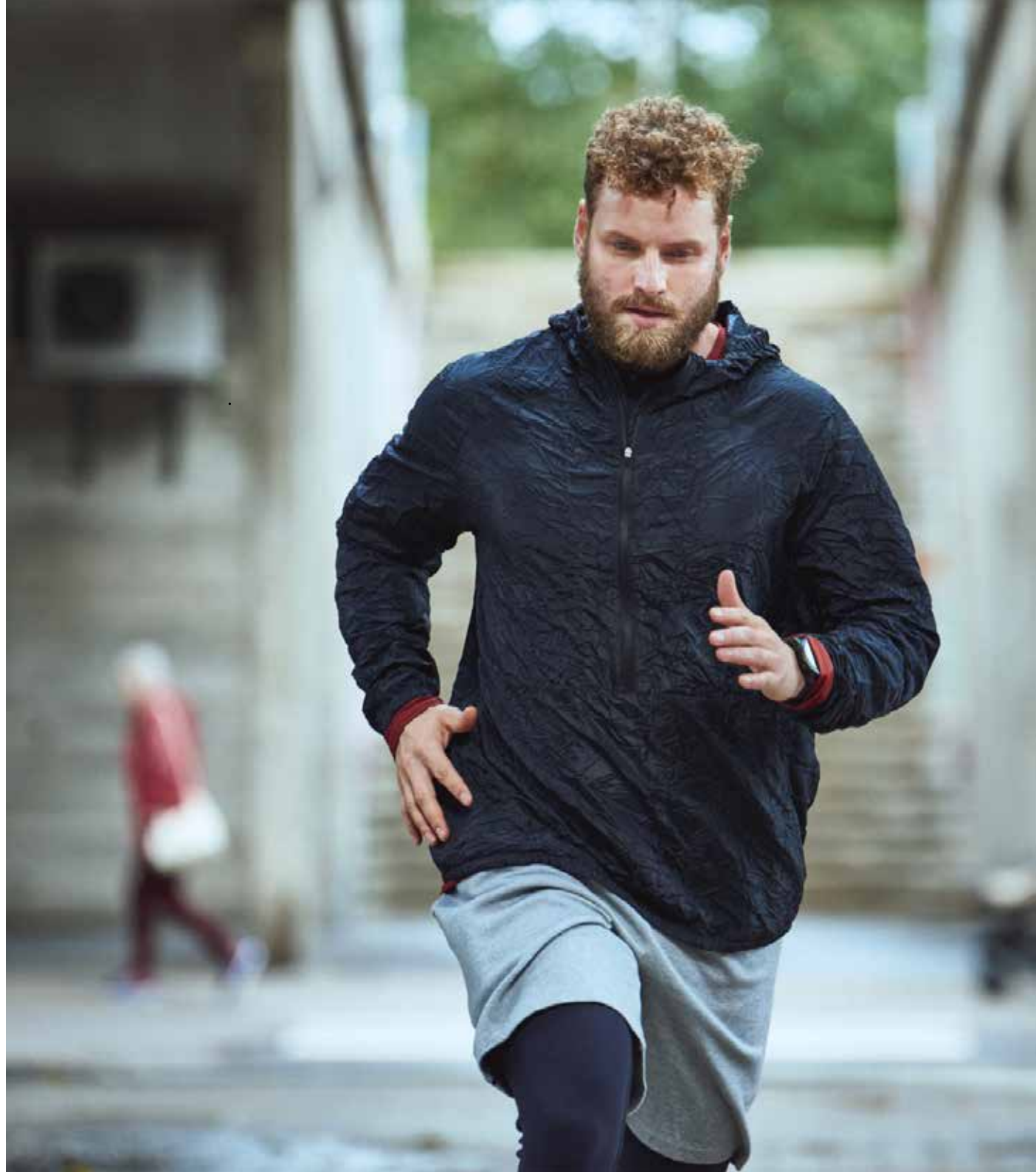
Anticipate



Lead with data



Create results





Easy steps for the end client

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.

Start an effective employee program with proven results today!

Contact us for more information:

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