

"Firstbeat provided our people new ways to take care of themselves and perform better at work."

Marja Kanigan, HR Director, Ernst & Young

- **DATA FOR WELL-BEING AND PERFORMANCE**
- **PERSONALIZED ADVICE FOR EACH EMPLOYEE**
- **IMPROVED RESILIENCE AND WORK EFFICIENCY**
- **PREVENT EXHAUSTION AND BURNOUT**

85% 

FEEL MORE PRODUCTIVE AT WORK

100,000+ **INDIVIDUALS COACHED**

1000+ **INCLUDING FORTUNE 100 COMPANIES**

OVER 90% **OF EMPLOYEES RECOMMEND THE LIFESTYLE ASSESSMENT**



STRESS



RECOVERY



EXERCISE



MAXIMIZE THE POTENTIAL OF YOUR PEOPLE



1 MEASURE

and get a physiological snapshot of everyday life



2 LEARN FROM DATA

Get the reports and identify factors that affect your well-being and performance



3 GET THE BALANCE RIGHT

Get personal advice and make changes for the better



4 FOLLOW-UP

and see the effects:

82% of users have been able to improve stress management, exercise and quality of sleep

PHYSIOLOGICAL INSIGHTS ON WELL-BEING AND PERFORMANCE

Based on 15 years of experience in heart rate variability (HRV), Firstbeat has developed a unique body analytics technology. We can provide a real-life 24h tracking of stress, recovery, sleep quality and health benefits of exercise. Firstbeat is used worldwide by hundreds of elite sports teams, thousands of corporations and millions of consumers to get personalized and actionable information on stress, recovery and exercise.

ENSURE THE WELL-BEING OF YOUR PEOPLE

EMPLOYEE **LIFESTYLE ASSESSMENT**



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 burnout.
- 85% of employees coached feel more effective with the help of Firstbeat Assessment.

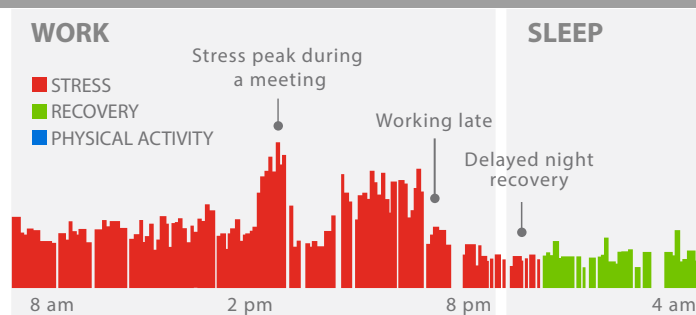
ENHANCE RECOVERY

- We help employees understand how to recover better. As a result employees arrive to work energized and focused.
- Reportedly reduces sick leaves (up to 30%).

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.

THURSDAY Busy workday

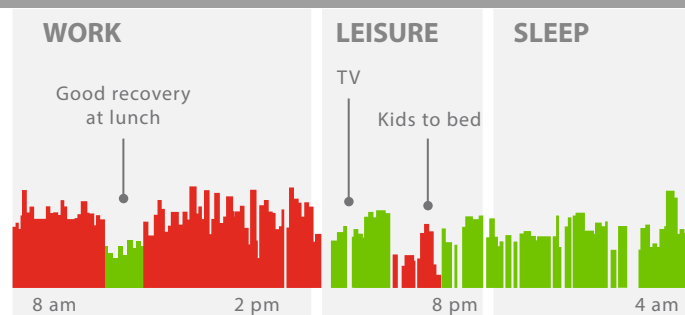


83% STRESS 17% RECOVERY

YOUR STRESS LEVELS WERE HIGH

Poor sleep quality 36%

FRIDAY Business as usual

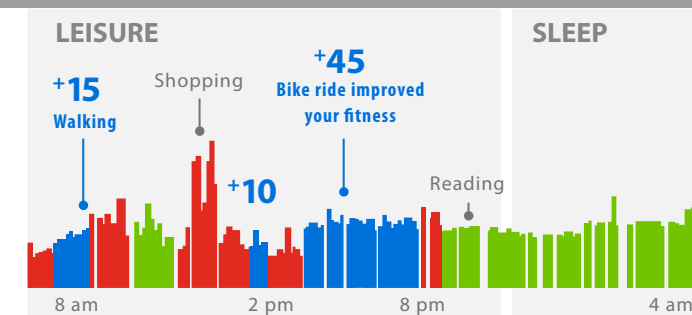


45% STRESS 55% RECOVERY

YOUR STRESS AND RECOVERY BALANCE WAS GOOD

Good sleep quality 82%

SATURDAY Recharging



70/100 PHYSICAL ACTIVITY

TODAY'S EXERCISE WAS GOOD FOR YOUR HEALTH

Excellent sleep quality 98%



FIRSTBEAT ANALYSIS COMBINES WORK, LEISURE AND SLEEP

Corporate well-being starts with you. Firstbeat Lifestyle Assessment monitors your physiology, revealing the link between your lifestyle and well-being. Get personalized report and feedback on daily stress factors, sufficiency of recovery, quality of sleep and the health and fitness effects of physical activity. The objective feedback helps you to improve your daily performance, reach your goals and simply feel better by choosing the actions that will have a positive impact on your work, leisure and life.



Create successful wellness, resilience and performance programs for your people.