

WELCOME TO **FIRSTBEAT** LIFESTYLE ASSESSMENT



MANAGE STRESS



ENHANCE RECOVERY



EXERCISE RIGHT

ORDER YOUR **FIRSTBEAT** LIFESTYLE ASSESSMENT

1. Place your order at
order.firstbeat.com

Your personal order code is

c3RC4ybr

2. Click the received email and confirm
your order.

3. Conduct the 3-day heart rate variability
measurement in your everyday life,
return the device and get feedback and
action points by a Wellness Specialist.



WT Dusseldorf