

A checklist for the specialist: Conducting a Lifestyle Assessment using the Center+ -service

1. Plan the project:

- When will the Lifestyle Assessment be conducted?
- Will you be using e-mail invitations, or ordering the measurement devices on behalf of the client?
- Will you be giving individual or group feedback?
- What kind of further actions will you provide for your clients after the Lifestyle Assessment?

2. Your tasks before the measurements start: (Choose option A or B)

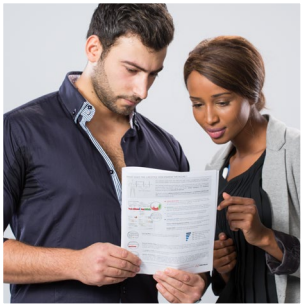
- A. E-mail invitation: Collect the participants' e-mail addresses. Add the clients to the Lifestyle Assessment and check the box "Firstbeat Center in use, Firstbeat will analyse the results".
- B. Order on behalf of your clients: Log in to the Lifestyle Assessment and choose the Center order form. Carefully fill in the form.
- When conducting a group project, you can have a group kick-off meeting for all the participants.

3. Tasks for the participants:

- If you used an e-mail invitation, the client needs to order the measurement device for themselves online.
- Receive the package that includes the measurement device and conduct the measurement according to the instructions in the package.
- Fill in the background information and the journal via the link that has been provided by e-mail.
- Return the measurement device in the prepaid return envelope as soon as the measurement has been completed.

4. Your tasks after the measurements:

- You will see a notification in the Lifestyle Assessment when a report is ready. If you have chosen to get e-mail notifications, you will also receive an e-mail when a report is ready.
- Log in to the Lifestyle Assessment with your own login information and download the client reports.
- Give individual or group feedback.
- You will receive a separate notification when the group reports are ready.
- Agree on further actions as well as possible follow-up measurements.



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