



A checklist for the specialist: Lifestyle Assessment using the Firstbeat Center -service

1. Plan the project:

- When will the Lifestyle Assessment be conducted?
- Will you be giving individual or group feedback?
- What kind of further actions do you provide for your clients after the Lifestyle Assessment?

2. Your tasks before starting the measurements:

- Collect the participants' e-mail addresses.
- Create profiles for the participants in the Lifestyle Assessment program. Check the box "Firstbeat Center activated".
- When conducting a group project, you can have a group Kick-off meeting for all the participants

3. Tasks for the participants:

- The client will receive an e-mail invitation to Lifestyle Assessment and will order the measurement device through an online link.
- 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 through the link that you received via e-mail
- Return the measurement device in the prepaid return envelope

4. Your tasks after the measurements:

- You will receive an e-mail notification when the clients' measurement data has been uploaded to the Lifestyle Assessment program.
- Log in to the Lifestyle Assessment using your own login information. On the front page, you will see notifications for uploaded measurements. Conduct the analysis and create the reports.
- Give individual or group feedback.
- Agree on further actions and possible follow-up measurements.