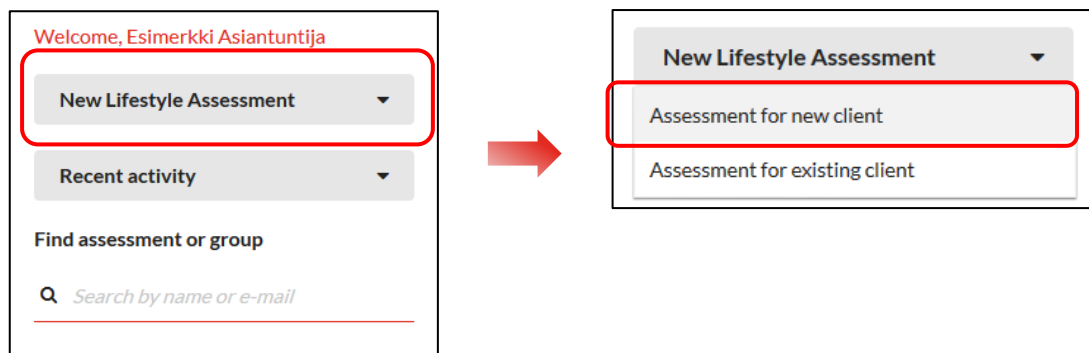


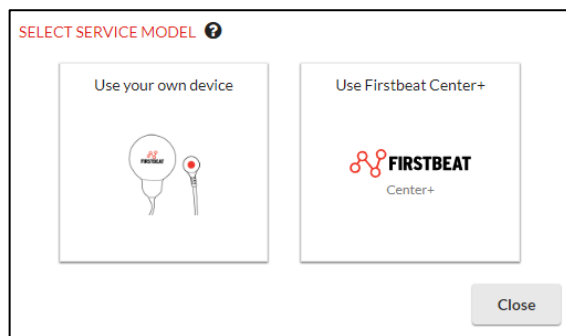
How to Conduct a Lifestyle Assessment to a Client Using the Firstbeat Center + Service

Steps before the measurement

1. Sign into the Firstbeat Lifestyle Assessment with the credentials that you received via e-mail from Lifestyle Assessment <service@firstbeat.fi>.
2. Select *My account* > *My settings* from the top right corner of the main view. Select the *Settings* tab. Check the option *Receive e-mail notifications when Firstbeat creates reports* and click *Save*. (This action needs to be done only once and after that you can skip the step 2.)
3. Create a new assessment:
 - a. Select *New Lifestyle Assessment – Assessment for new client*.



- b. Check *Use Firstbeat Center +*.



- c. Add client's e-mail address and set the desired sending and expiration dates of the link. On the set date, the client will receive a message from service@firstbeat.fi with a link for ordering the measurement device.

LEARNING TASK 2

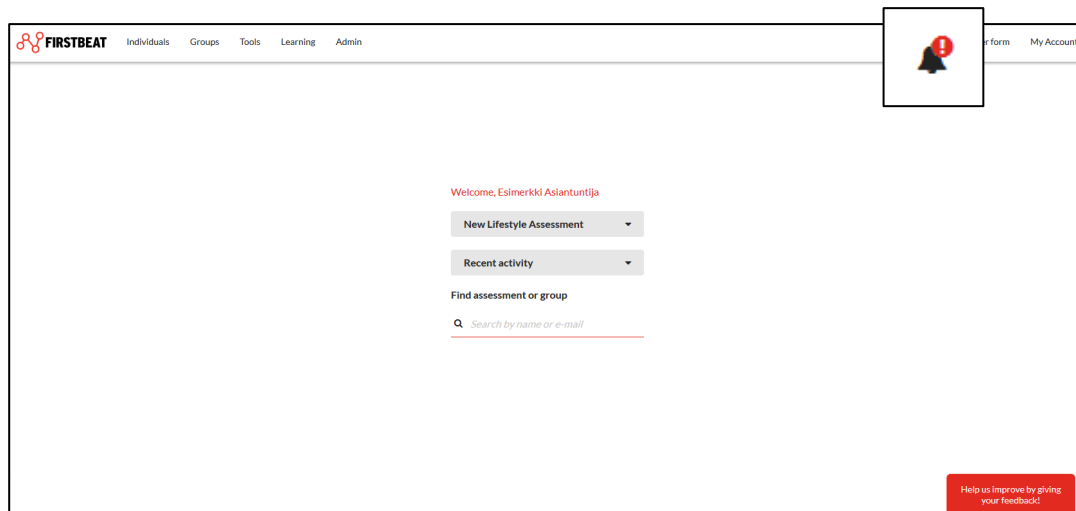
ASSESSMENT DETAILS

First name	<input type="text" value="Ellie"/>
Last name	<input type="text" value="Example"/>
Language	<input type="text" value="English"/>
E-mail	<input type="text" value="ellie.example@firstbeat.com"/>
Invitation will be sent on	<input type="text" value="Today"/>
Invitation expires on	<input type="text" value="20.11.2018"/>
Professional user	<input type="text" value="Support, Firstbeat"/>
Service model	Center+

4. (Once your client has ordered the measurement device, Firstbeat will send him/her the device, 10 electrodes and standard instructions for doing the measurement, as well as a return envelope. The client will also get another email with a link for filling in his/her background and journal information.)
5. You can log out from the Lifestyle Assessment.

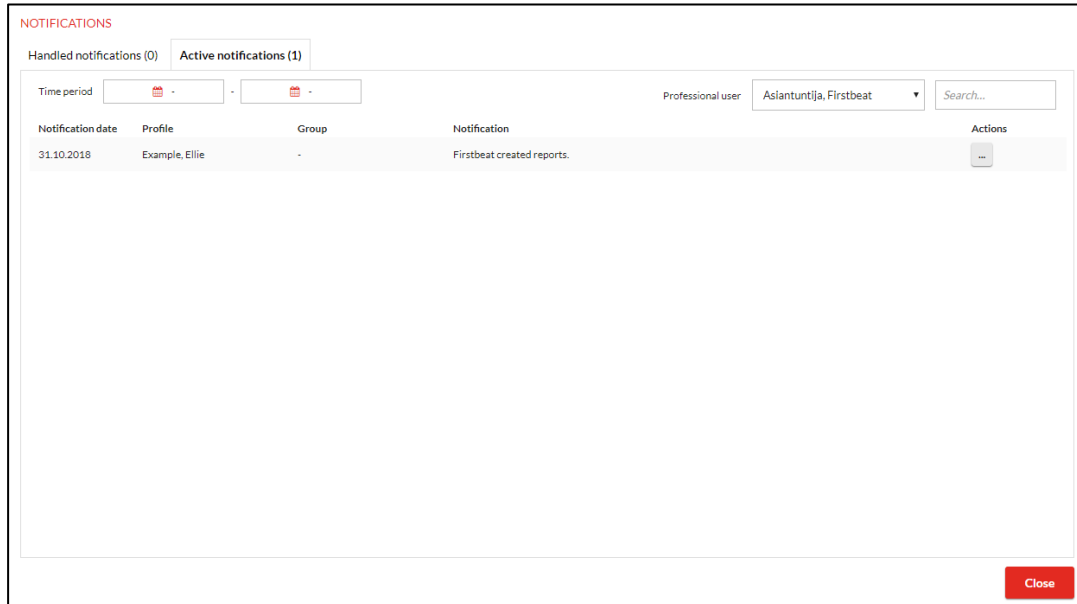
Steps after the measurement

1. When your client's data has been analyzed and a report has been created by Firstbeat, you will receive a notification to your email. You will also see a notification on the main page of the Lifestyle Assessment. Sign into Lifestyle Assessment and click the notification button in the top right corner of the view.

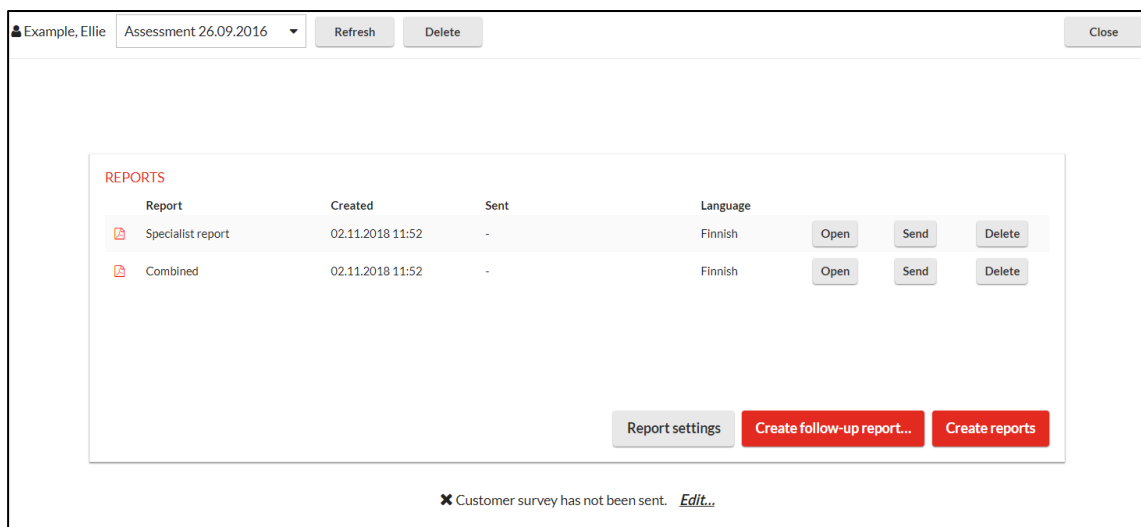


2. Click the button from the *Actions* column of the desired assessment and select *Open assessment*.

LEARNING TASK 2



- When you open your client's assessment, you can go to the *Reports* page, where you will find the reports created by Firstbeat. Become familiar with your client's reports by opening them (make sure your browser allows the opening of popup windows). After this, you can e-mail the reports directly from the program as a pdf to your own or your client's e-mail address. NOTE! **The Specialist report is not to be sent to the client**; it's only a tool for the Specialist to support the report interpretation.



- If needed, you can view and edit your client's measurement data under the *Measurements* page and background information under *Check client information* page.
- Become familiar with the report and print or save it as needed. Additional instructions and information about the reports is found under *Learning* → *Learning Center*.

In problem situations:

Firstbeat Support

support@firstbeat.fi

tel. +358 8 415 415 41 (Mon-Fri 9am-4pm GMT +2)