

# Resilient workforce creates results

## Firstbeat Lifestyle Assessment for corporate wellness

**Firstbeat Lifestyle Assessment for Corporate Wellness** is a unique tool that offers employees individual data about stress, recovery, fitness and exercise for improved wellbeing and better work performance. A personal, stress-recovery profile of everyday life with professional feedback motivates each employee to make changes for the better.



# 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 can lead to burnout.**

**85% of employees coached feel more productive.**

## Thursday Busy workday



Start effective employee wellness programs easily and cost-efficiently – for key personnel, executive teams or for the entire staff.







## Enhance recovery

**We help employees understand how to recover better.**

**Employees arrive to work energised and focused.**

**See how sleep, daily routine and aerobic fitness impact recovery.**

### Friday Business as usual



### CORPORATE WELLBEING STARTS WITH THE INDIVIDUAL

Did you know that 40% of wellbeing is determined by lifestyle choices? Based on a 24h heart rate variability analysis, Firstbeat Lifestyle Assessment connects the dots between lifestyle and wellbeing and motivates each employee to make changes for the better. The assessment is a 3-day physiological snapshot of everyday life: work, sleep and leisure time.

# 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.**

**Track progress as employees improve fitness.**

**An effective ROI measure.**

## Saturday Recharging



## MEASURE INDIVIDUAL FITNESS

Help employees discover their Fitness Level from one 30-minute walk and see if investments in wellness initiatives are paying off. A fitter employee is a more resilient employee.





"Every person who participates in [Firstbeat Lifestyle Assessment] will definitely bring positive changes to our business."

**Charles Louw, Health Services Manager at BMW**

**90%**

Of employees recommend

**300,000+**

Individuals coached

**10,000+**

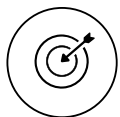
Corporation

**85%**

Of employees feel more productive

**+30%**

Reduction in sick leaves



**Anticipate**



**Lead with data**



**Create results**





# Easy steps for the end client

1

## **ASSESSMENT**

A 3-day measurement is easy to conduct in everyday life.

2

## **RESULTS**

Personal report and feedback from a wellness specialist motivates and engages each employee. Summary for the management shows where you have succeeded and how to achieve the best results.

3

## **IMPACT**

82% of employees are able to improve their stress management, sleep quality and exercise habits.

Start an effective employee program with proven results today!

Contact us for more information:

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