

Specialist: How to Conduct a Lifestyle Assessment to a Client Using Own Device

You will need a Bodyguard 2 measurement device and 10 x electrodes. Familiarize yourself with this instruction and conduct to your client a 3-day Lifestyle Assessment.

*If the measurement is part of your **contact training process**, please print the report and bring it with you to the training session (or have it available on your computer, if it's an online training session).*

Content of this instruction:

Step 1: Create a Lifestyle Assessment

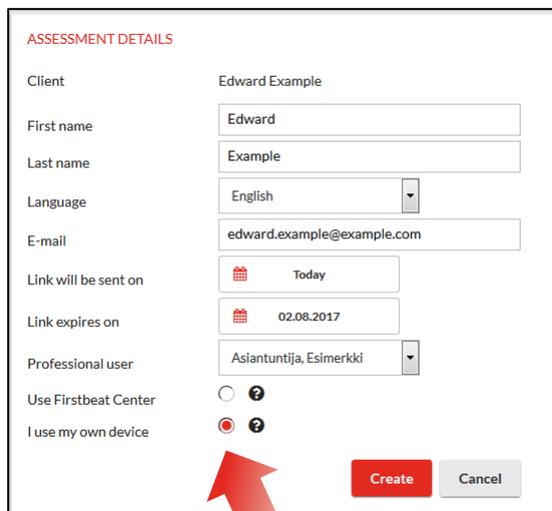
Step 2: After the measurement

Step 1: Create a Lifestyle Assessment

1. Sign into the Firstbeat Lifestyle Assessment with the sign-in credentials you have received via email from 'Lifestyle Assessment' service@firstbeat.fi
2. Create a new assessment
 - a. Select New Lifestyle Assessment. Choose whether you are creating the assessment for a new or an existing client.

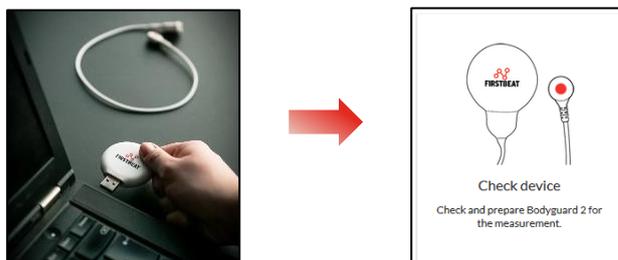


- b. For assessment details, fill in at least the person’s e-mail address and the sending and expiring dates of the link. On the set date, the client will receive a message with journal link from service@firstbeat.fi. Check the box “I use my own device”. When you are ready, click **Create**.



3. Check device

- a. Plug in your Bodyguard 2 to the computer’s USB port. You will find the USB connector by pulling the cable off the device. Select Check device. During the preparation process, the program checks the device’s battery charge, sets the time and empties the device’s memory.



- b. When doing this for the first time, the program states that you should install a Plugin (if it has not been installed). The Plugin allows you to upload data to the server. If the Plugin has already been installed, the preparation process begins automatically, and you can move to step e.

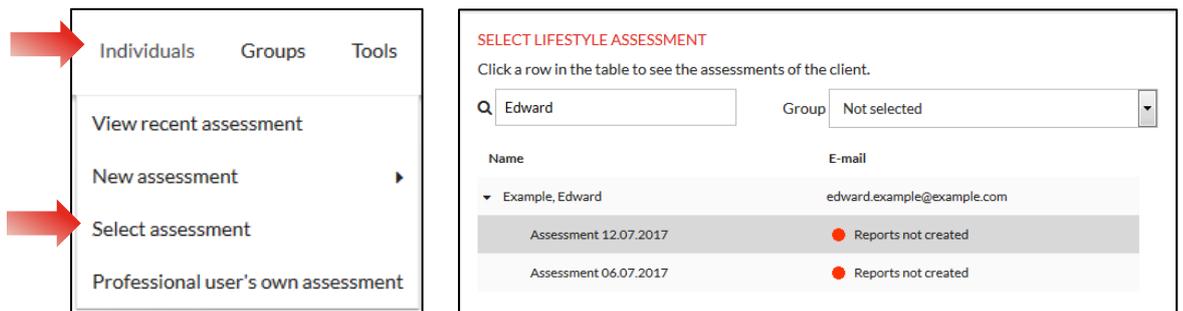
Installing the Uploader Plugin

- c. Click *Download here*. **Make the installation by following the instructions for the browser you use.**

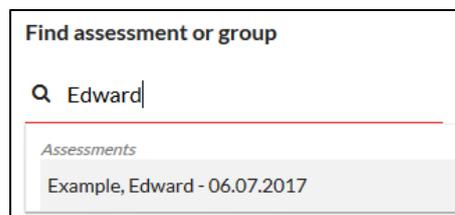


After the installation, the program usually requires that you re-start the browser. Remember to allow the browser's pop-up windows and Firstbeat Uploader plugin. After this, sign out from the Analysis Server and re-start the browser.

- d. Sign into the Analysis Server again. Select *Individuals* → *Select assessment*. Search your client's assessment from the opening list and click *Select*.



You can also use the Find feature at home page to search your client's assessment.



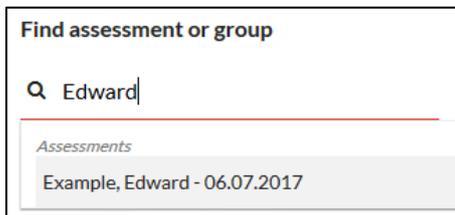
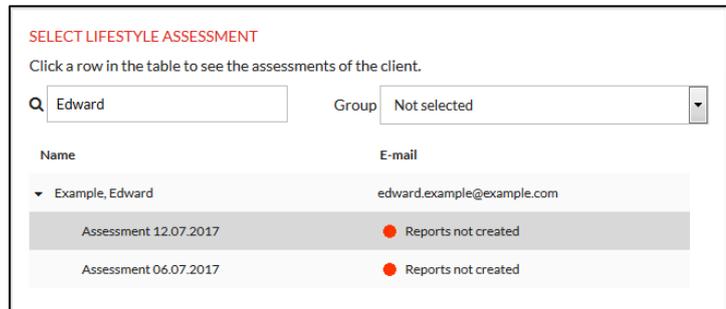
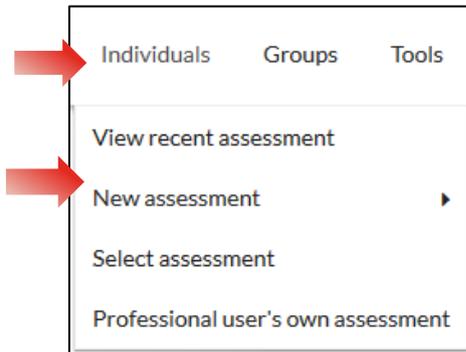
Select the assessment you created for your client earlier. After opening the assessment, select *Check device*.

- e. The program prepares the device for the selected profile and tells you when the check is complete. Click *OK*. **Make sure that the device's battery is fully charged before starting the measurement.** The battery is charged when the device's orange led burns continuously.

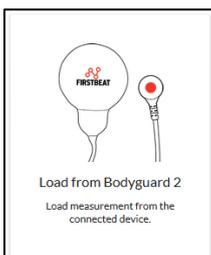
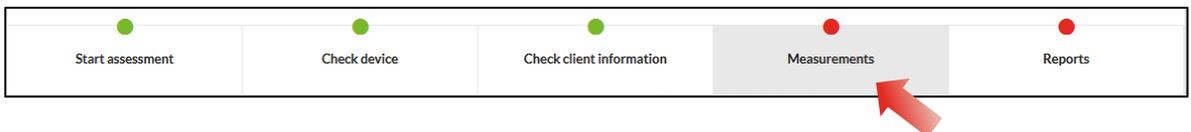
4. You can log out from the Lifestyle Assessment and give the device and needed number of electrodes to the client. The client will receive an email with journal link at the date you set while creating the assessment. Note! If needed, you can edit the link sending and expiration dates at Start assessment step.

Step 2: After the measurement

1. After your client has finished the measurement and the device has returned to you sign into the Analysis Server and select Individuals → Select assessment. Select your client's the assessment from the opening list or use the Find feature at home page.



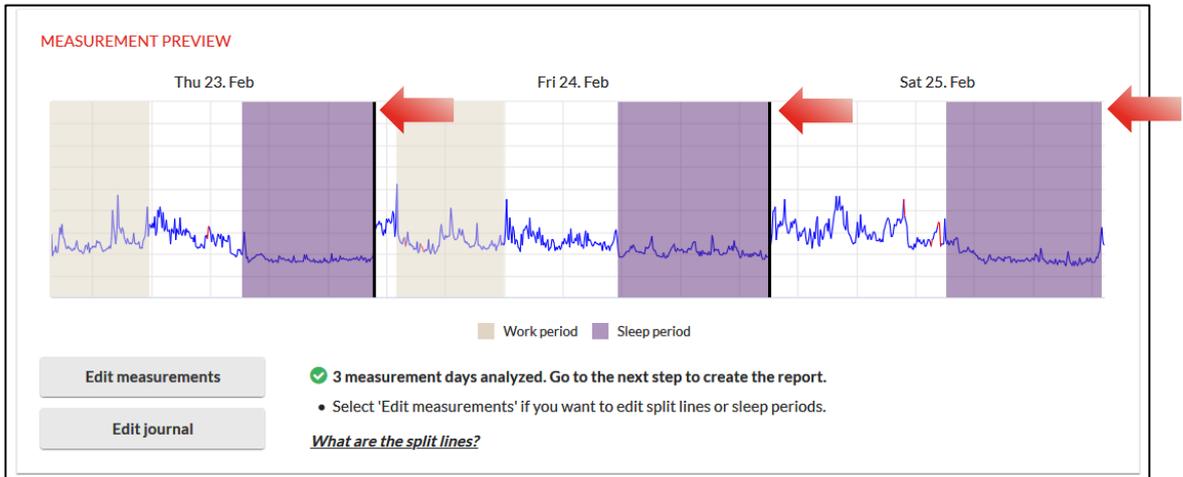
2. Check that the client has filled all the necessary personal information and journal markers (these can be edited in Check client information step). Then plug the Bodyguard 2 to the computer's USB port and go to the Measurements step.



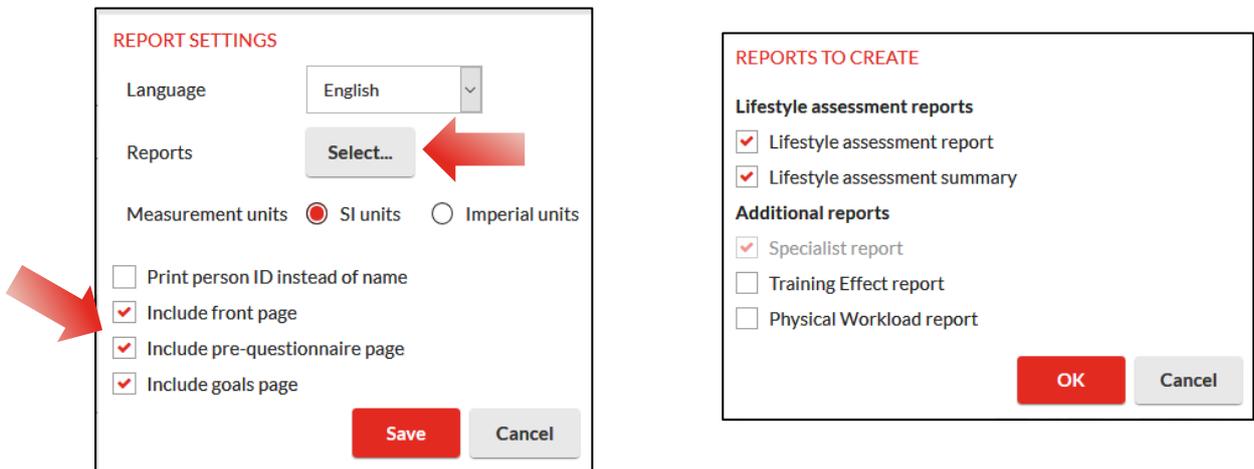
Select *Load from Bodyguard 2*.

The program uploads the measurements found in the device. When the measurements have been uploaded, select *OK*.

3. Check the data quality and make sure there is a black split line at the end of each sleep period (see picture below.) If there is a split line missing, there are too many of them or they are in the incorrect places, you can add, remove or edit split lines by clicking Edit measurements and making the required adjustments. In the end click Save.



4. Create reports at the *Reports* step. There click **Report settings** and from the opening window select *front page*, *pre-questionnaire* and *goals* pages. After this click **Select** from the Reports row. Select Lifestyle Assessment, Lifestyle Assessment Summary and Specialist report. Click **OK & Save** and finally **Create reports**.



The program informs you of new heart rate values (max/min) that might have been found in the measurement. Select *OK*. The reports are ready, and you can open them by selecting the report and clicking *Open*.

5. Check out the reports and print/save them, if applicable. Additional instructions and information about the process can be found from Learning Center: *Learning* tab → *Learning Center*.