

## Firstbeat Lifestyle Assessment

Ensure the well-being  
of your key personnel

Personalized information  
for better performance



# What is the well-being of your company's key people?

Help your management and key personnel cope with the high demands of today's working life and show your commitment to their well-being with a Firstbeat Lifestyle Assessment.

The assessment provides a comprehensive look at the person's well-being both at work and during leisure time. Personalized recommendations based on the assessment results will motivate people to identify and understand the effects of their actions on well-being and work.

*Firstbeat Lifestyle Assessment helps you to*

**Identify**  
risks at an early stage

**Recognize and solve**  
problems that affect  
work capacity

**Improve**  
work efficiency and  
maintain good  
working condition

**Prevent**  
exhaustion and  
early retirement

**Recognize the effects of  
leisure time and lifestyle**  
on overall performance  
and performance at work

# Firstbeat Lifestyle Assessment

## – Towards better performance

Working in a responsible position can lead to high stress levels and a situation where the demands pose a risk to personal well-being and work performance.

Firstbeat Lifestyle Assessment answers important questions from the perspective of management and key personnel, such as:

How can I avoid exhaustion?

How to maintain a positive energy level?

How can I manage stress?

What is the right amount of physical activity for me?

What events in my life consume & restore my resources?

*The assessment covers important aspects of well-being, paving the way to success in both business and personal life. It is used to identify stress factors, evaluate the sufficiency of recovery and quality of sleep and emphasize the importance of physical activity in one's lifestyle.*

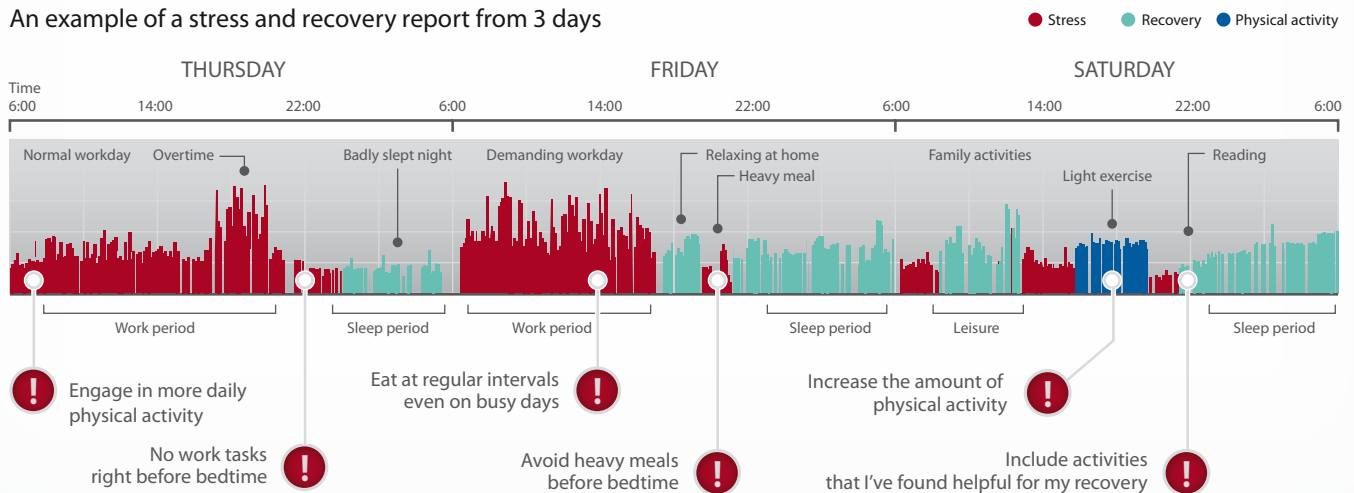


Firstbeat Lifestyle Assessment is ideally suited for example for managers and key personnel, shift workers, people who travel a lot or perform physically strenuous work tasks.

# Objective and measurable information from real life

Firstbeat Lifestyle Assessment is based on advanced analysis technology that analyzes heart rate and heart rate variability to recognize physiological changes in the body. The measurements are conducted during normal working and leisure days, rather than in a lab setting. This provides a concrete basis for feedback and actions in real life.

An example of a stress and recovery report from 3 days



## The assessment leads to tangible actions and results.

*"Feeling more refreshed and energetic, it became easier to wake up for early morning meetings."*

*"I found more time to spend with my family after I learned to manage and balance my work and leisure time better."*

*"With some simple changes, I was able to include more physical activity in my days."*

*"I learned to recognize the situations that tend to cause stress for me."*

**88%** of the people who took part in Lifestyle Assessment felt that they gained valuable information about the effect of lifestyle on their health and coping.



For more information about Firstbeat Lifestyle Assessment and other Firstbeat products, please contact your service provider!

[www.firstbeat.fi](http://www.firstbeat.fi)