



What is a Firstbeat Lifestyle Assessment?



Firstbeat Technologies

- ▶ Specialist organization developing heartbeat information –based solutions.
- ▶ Founded in 2002 in Jyväskylä, Finland.
- ▶ Based on extensive multidisciplinary research in the areas of physiology, mathematical modeling, and behavioral sciences.
- ▶ We offer solutions and technology for
 - ▶ Preventive medicine
 - ▶ Occupational well-being
 - ▶ Elite sports



Firstbeat Technology & Products



Preventive health

- Occupational and general healthcare, service providers in the wellness sector, rehabilitation centers

Consumer products

- Garmin, Suunto, Firstbeat Athlete, FRWD



Professional sports

- Firstbeat SPORTS



Firstbeat Analysis

Identifies human psycho-physiological states based on heart rate and heart rate variability.

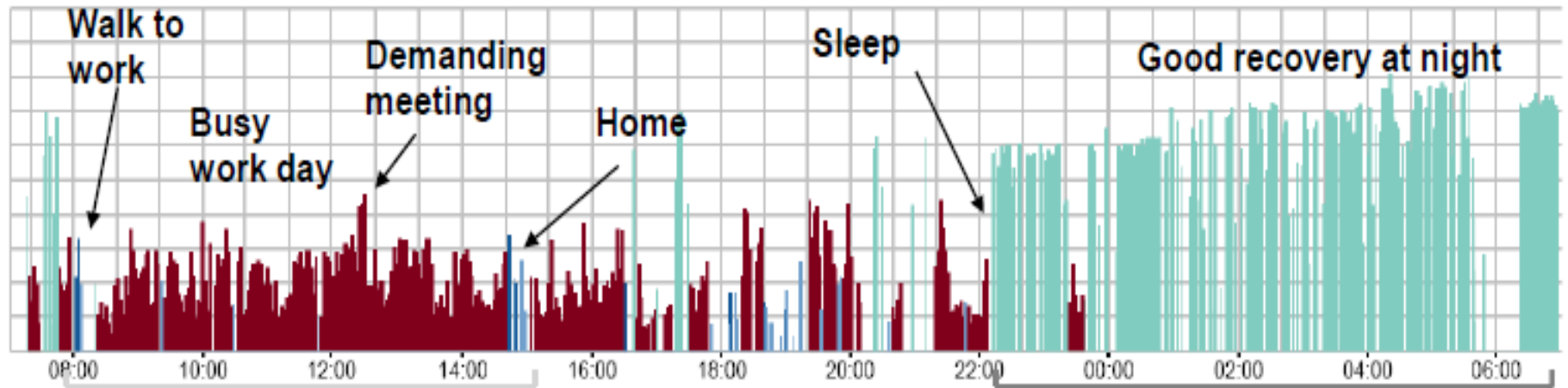
The analysis is based on the interaction between heart rate and autonomic nervous system.

A tool for health, wellness and fitness professionals for focused health promotion and lifestyle guidance.



Firstbeat Analysis Interprets the Body's Reactions

Stress and Recovery Chart



- Stress reactions
- Recovery
- Physical activity

- Do you get good recovery during sleep?
- Are you physically active enough?
- What events in your daily life tend to cause stress or promote recovery?

Goals of a Firstbeat Lifestyle Assessment

- Support coping at work and personal well-being
 - Improve self-knowledge
 - Demonstrate health-supporting lifestyle factors & encourage a more active lifestyle
 - Reduce the number of sick leave days
- Identify and recognize strengths and development areas → *Set personal goals*



Benefits of the Assessment

Employee:

- Promote coping at work and personal well-being.
- Demonstrate lifestyle factors that support well-being.
- Personal results serve as a motivator and a wake-up call!

Employer:

- Promote employee work and functional capacity
- Develop healthy working habits and practices
- Reduce sick leave -related costs

Occupational healthcare / Service provider:

- Tool to guide and support discussion with the client
- Provides an objective picture of the client's situation
- Effective tool for following up the effects of lifestyle changes

Lifestyle Assessment Protocol

