

Sample Group Report



Firstbeat Lifestyle Assessment

FIRSTBEAT LIFESTYLE ASSESSMENT

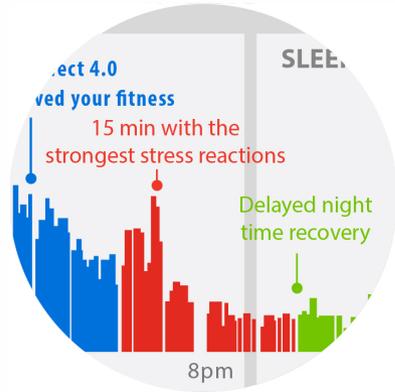


HEARTBEAT MEASUREMENT

112

people underwent the assessment between

05 Jun 2016 -
15 Nov 2016



PERSONAL REPORT

The participants learned to recognize factors that affect their personal and occupational well-being.



SPECIALIST FEEDBACK

178

goals were set to improve well-being and performance.



LIFESTYLE CHANGES

The participants got concrete recommendations to improve their well-being.



FOLLOW UP

A follow-up measurement allows you to see if the changes are lasting.

STRESS – MEASUREMENT RESULTS

Self-reported stress

29% Feel stressed.

Measured stress balance

 61% Stress and recovery in balance

 34% Elevated amounts of stress

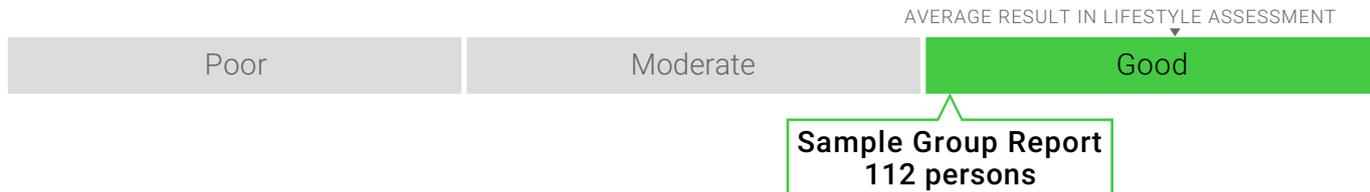
 5% Significantly elevated amounts of stress
- Further consultation recommended

 The result is based on several variables of stress and recovery.

Action Points

20% Of the participants set a goal related to stress management

Measured stress balance - Group result



An employee who knows how to manage stress and balance it with recovery is more efficient and makes less mistakes. Sufficient recovery supports coping, improves resilience and decreases the risk of overload.

SLEEP – MEASUREMENT RESULTS

Self-reported sleep

61% Feel that they sleep enough

Measured sleep

34% Had good recovery during sleep

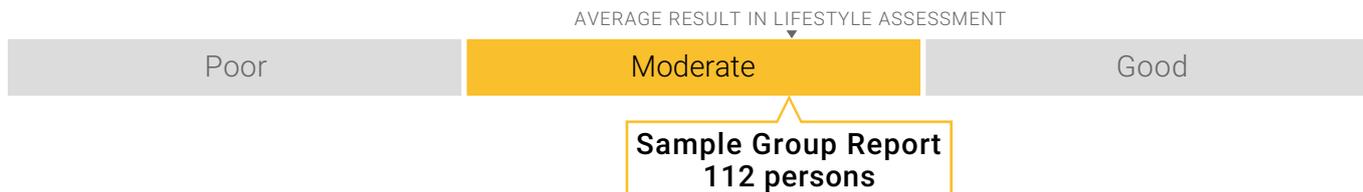
55% Had moderate recovery during sleep

11% Had poor recovery during sleep

Action Points

24% Of the participants set a goal related to sleep and recovery

Measured sleep - Group result



Sufficient sleep and good recovery during sleep improve the employee's ability to cope with stress and heavy workload. By improving recovery, we can build resilience for the days ahead.

EXERCISE – MEASUREMENT RESULTS

Self-reported physical activity

48% Feel that they are physically active enough to get health benefits

Measured physical activity

19% Were physically active enough to get health benefits

45% Were moderately physically active

36% Were not physically active enough

Action Points

18% Of the participants set a goal to increase exercise and light physical activity.

Measured physical activity - Group results



An employee who is in good physical condition is healthier, experiences less stress and recovers better. Good fitness also improves work efficiency.

GOALS

Number of goals

178 Goals in total

1.6 Goals / person

Goal segmentation

20% Related to stress

24% Related to sleep

18% Related to exercise

19% Related to nutrition

TOP3 most popular goals

- 1.** After the workday, I will try to disengage from work by doing things that I enjoy.
- 2.** I will attempt to engage in physical activity at least X times per week.
- 3.** I will attempt to go to bed early enough to get enough sleep.





THANK YOU!

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