

Get started with Firstbeat Life as a partner! Use offer code LIFE-DANIELLE to receive the online training for professionals (€ 250) for free. firstbeat.com/join

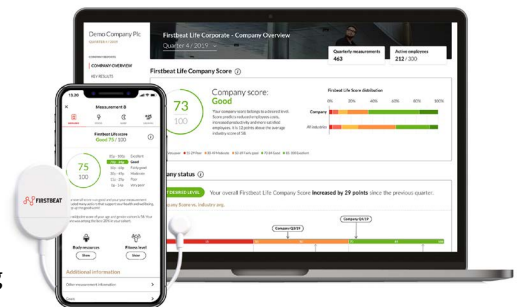


World-leading technology to support your business and promote your customers' health and well-being.

Firstbeat Life™ is a subscription-based corporate wellness solution that promotes health and helps identify potential risks affecting it. With the pro-grade physiological measurement and personalized guidance for a healthier lifestyle, you can support your customers to perform at their best.

What it includes

- **Firstbeat Life app** for meaningful stress & recovery, sleep and exercise insights and guidance
- **The most accurate personal sensor** for HRV measurement and motion tracking
- **Firstbeat Life admin tool** for all admin tasks, from project management to advanced company and group reporting
- **Partner expertise and services** for personal support and coaching



Benefits

Partner

Reach and retain customers

- Continuous subscriptions
- Scalable for individual, group and company coaching
- Enable new way to lead workplace well-being and promote employee health

Make data-driven decisions

- Monitor performance trends together with your clients
- Identify potential risks
- Provide personalized advice
- Make targeted interventions

Gain measurable results

- Build healthy and resilient individuals
- Boost client efficiency
- Validate results with in-depth measurement data and reporting

Individual

Manage Stress

Identify what causes you stress and discover if you have enough moments of recovery to find healthy balance.

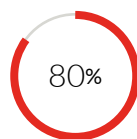
Sleep Better

Understand the factors that affect your sleep and learn how to enhance its restorative effect.

Exercise Right

Discover if you get enough physical activity and learn to exercise according to your fitness level.

We have helped over 10,000 organizations make real change.



of employees make lifestyle changes.



of employees experience an increase in their work efficiency.



decrease in sick days.

Start your company's well-being journey today!