

# Energising Teams

## An Overview



The Wellbeing Advantage



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# We use Heartbeat technology to support your wellbeing

Energising Teams combines wellbeing coaching with professional grade stress and recovery monitoring for health and wellness.

We use Firstbeat advanced heart rate variability analytics to demonstrate the effects of stress, recovery and physical activity – to learn what works for YOU!

We're all individuals, and what works for some, might not work for everyone. The answer has to come from within.

**You have it in you!**

Elite sport teams

1000+

Professional athletes

23.000+

Scientific publications

210+

Consumer wearables with Firstbeat features

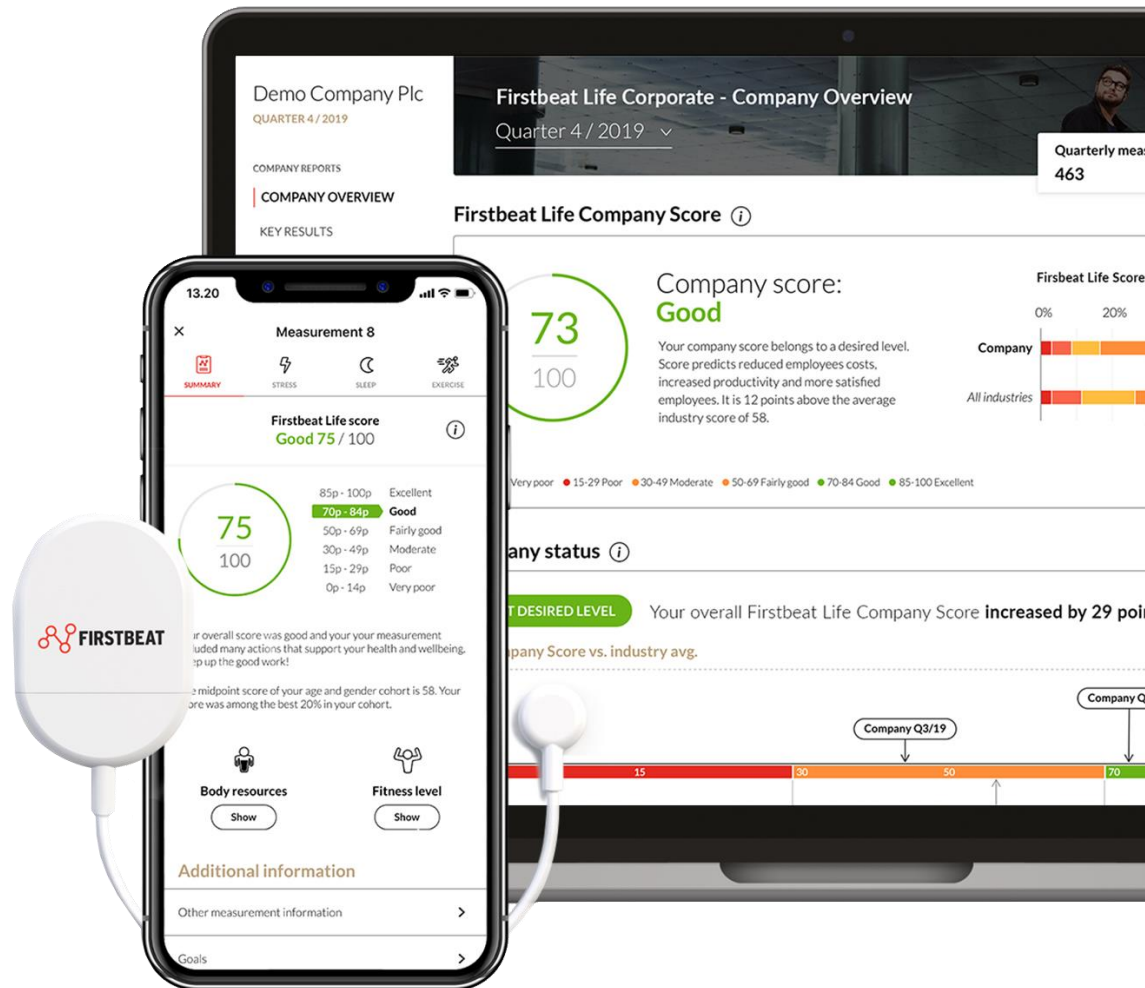
150M+





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# What does Energising Teams include?



## Kick-Off Event and Bespoke Wellbeing Workshops

Focused on Challenges & Opportunities for Growth

## Measurement device and mobile app (Firstbeat)

Stress, recovery, sleep, physical activity, and fitness profiles

## Individual reporting (App & web)

Professional's tool to view and discuss clients' results

## Group reporting (web)

Our tool to view and discuss group-level results

## Individual Coaching Session

Online 121 session

## Company Report

Review and recommendations for strategic wellbeing plans





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# Client Benefits: Identify stress factors and verify effect of daily choices



## Comprehensive overview

Comprehensive overview of stress, recovery, sleep, and exercise help clients learn limitations and find methods for feeling and performing better



## Powerful client experience

Analytics that consider each individual's unique physiology, combined with expert coaching, produce a powerful, personalised experience to support change



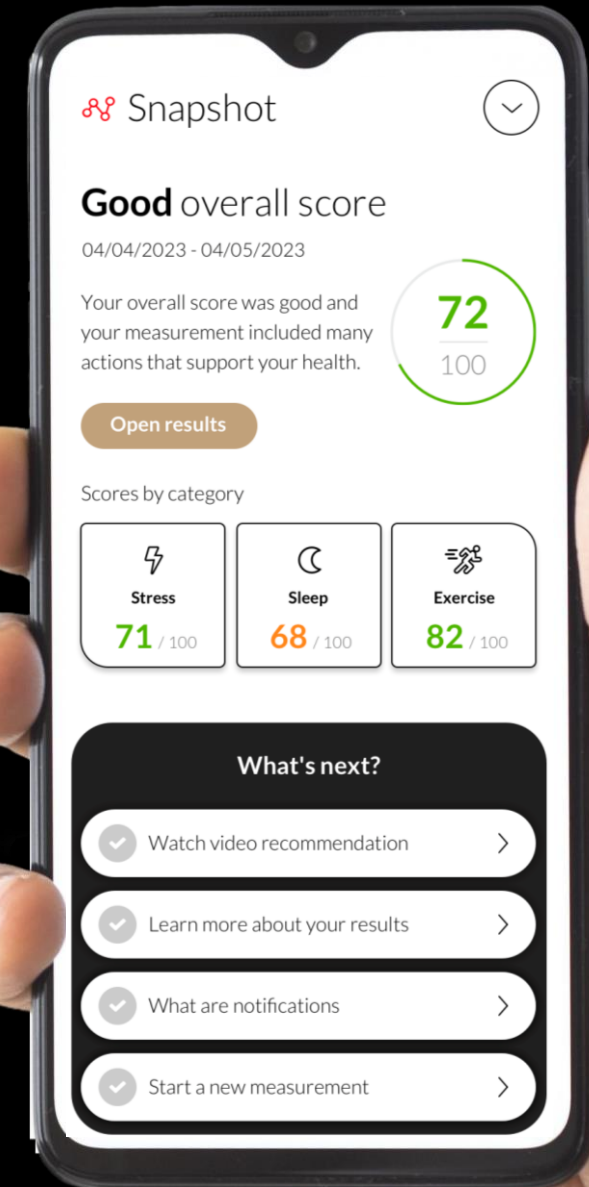
## Notifications on poor results

Our advanced analytics provide notifications about repeatedly poor recovery, and if needed, a recommendation to get a health check



## Laboratory-level reliability

The measurement device that analyses heart rate variability (HRV) produces near ECG-accurate data for the client and the coach





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# Company Benefits: Data to support management of employee health and performance

**Identify risk factors – focus, monitor, prevent**

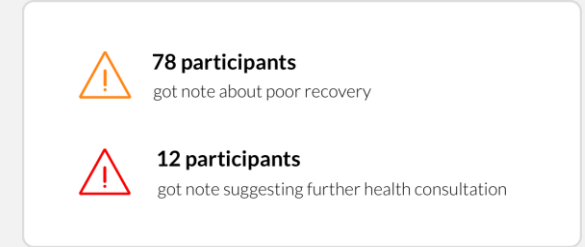
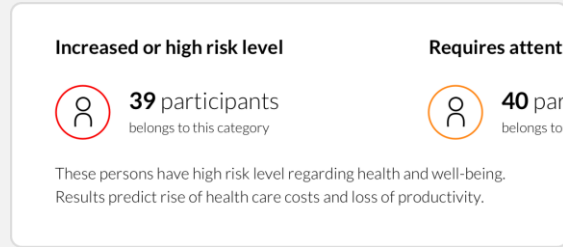
Firstbeat's group reporting feature summarises the individual reports and is a valuable tool to management and HR.

Anonymised group result helps identify risk factors and changes in longer-term trends.

Data informs better planning and targeting of actions for specific groups or teams.

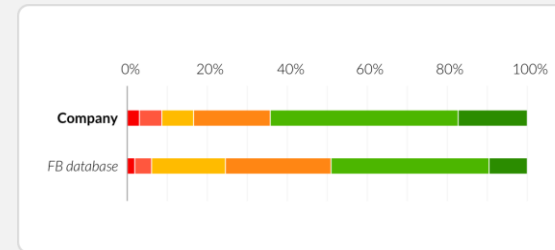
Employee privacy is of utmost importance. Employer only gets anonymized group-level data. Individual employee results are never shared with anyone except the assigned coach.

## Example results in Firstbeat's anonymous group report



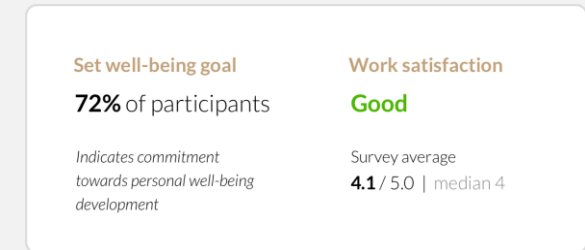
### Risk distribution

Distribution of employees to risk groups (high, requires attention, low)



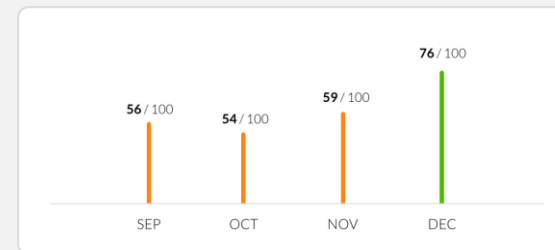
### Risk of overload and notifications

Notifications about poor recovery highlight the need for further actions



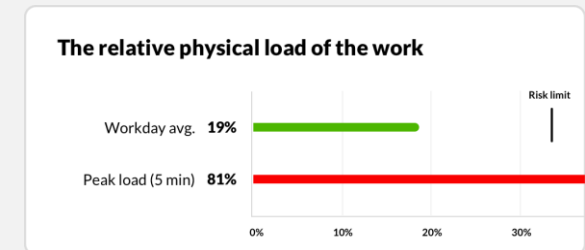
### Key physiological metrics

Comparing the group's results to Firstbeat database (stress, sleep, physical activity, fitness level)



### Subjective metrics

Based on the wellness survey that participants fill out in the app



### Trend in key metrics

Monitoring the trends in stress-recovery balance, sleep, physical activity and subjective wellbeing

### Physical workload

Analysis of the workers' physical workload



# Energising Teams: It's easy to get started

1

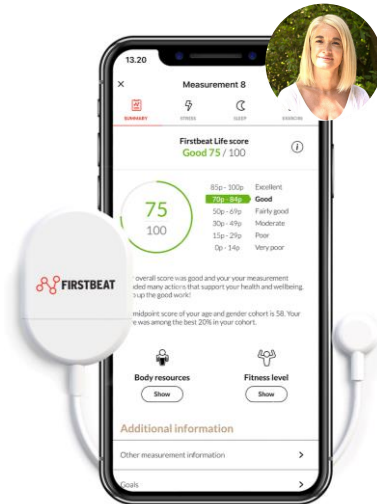
## Kick-off



We will kick-off and sustain engagement with a series of workshops that promote wellbeing in a high-performance workplace.

2

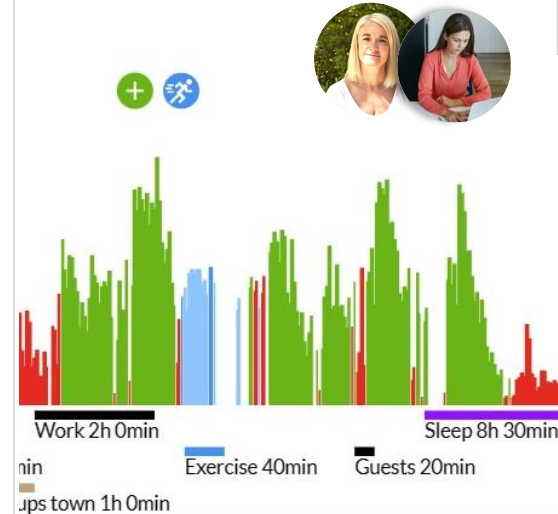
## Firstbeat measurements



Client signs up for Firstbeat Life (app) and receives (*directly or orders via the app*) a device

3

## Individual coaching



With their coach, clients can monitor progress, identify their key challenge and make an individual action plan.

4

## Group reporting (tool for HR and management)

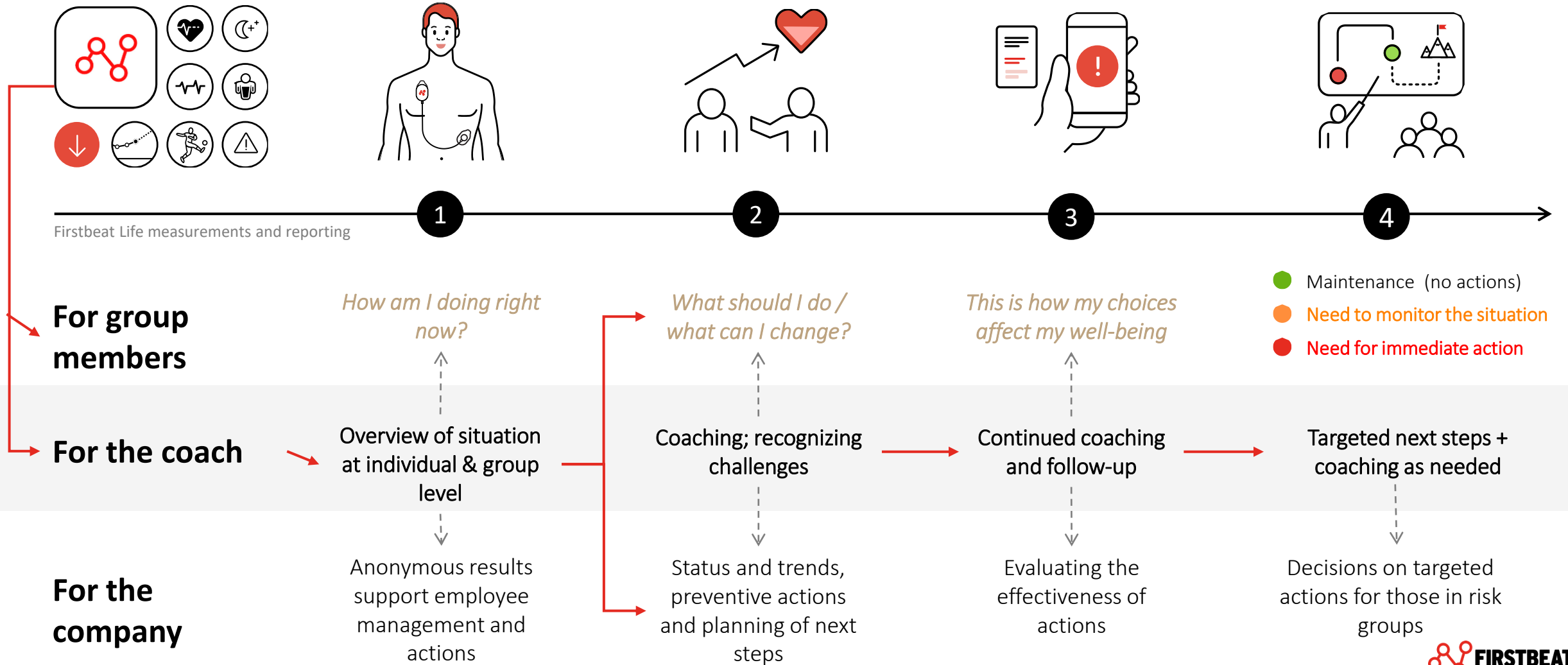


Review of overall situation and group results with management and support them in planning meaningful actions.



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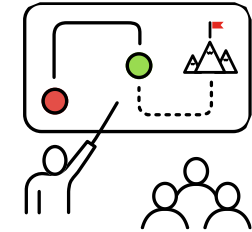
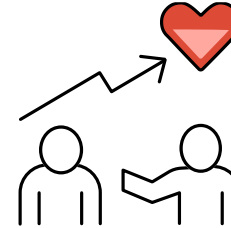
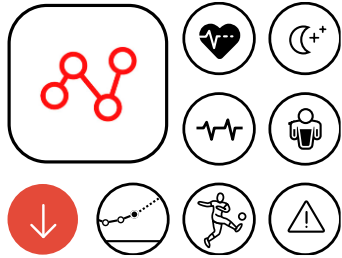
# Benefits of Utilising Firstbeat reporting with Energising Teams





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# Valuable information for targeted problem solving



## Firstbeat reporting

### For the individual

Result is available in the mobile app right after the measurement.

### For the coach

Individual's result is available for the coach (in Admin tool) when the client ends the measurement.

Group reporting tool to support reporting to the management.

## For individuals

Easily understandable overview of the effect of daily choices on well-being and performance

- What causes stress?
- What promotes recovery?
- What disturbs sleep?
- Am I active enough?
- What effect do my choices have?
- Am I going in the right direction?

## For the coach

Comprehensive picture of the client's physiological status and overall situation

- Targeted, individualized actions and regular follow-up of the effectiveness of these actions
- Detect lifestyle-related wellness risks early and identify those at risk

## For the company

Anonymized group data helps make targeted decisions

- Identification of risk factors
- Monitoring effectiveness of actions at group / company level
- Targeted management of employee wellbeing and performance



## Start Energising Teams with The Wellbeing Advantage

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