

Firstbeat Life™

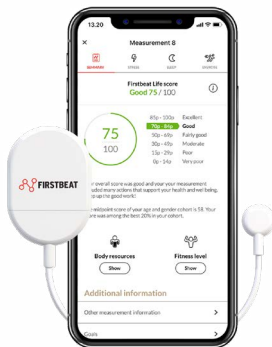
Pro-grade physiological measurements and personalized guidance for a healthier lifestyle



Balance stress and recovery for better health

Firstbeat Life is your personal health and wellness solution that offers highly accurate insights about your stress, recovery, sleep and physical activity.

The pro-grade measurement technology and personalized guidance helps you understand how your body reacts to daily life and which actions to take to keep up a healthy lifestyle and perform at your best.



What it includes

- **Firstbeat Life app** for stress, recovery, sleep and exercise insights and personalized guidance
- **The most accurate HRV sensor** for personal use
- **Firstbeat Life admin tools** for company reporting and risk management
- **Integrated partner services** for personal support and coaching

Manage Stress

Identify what causes you stress and discover if you have enough moments of recovery.

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.

Actionable insights from sleep, stress, recovery, and exercise data help you find balance, one small change at a time.

With regular measurements, you get the most accurate physiological data to connect the dots between daily actions and your reactions. Based on your results, you will get personalized guidance towards a healthier lifestyle.



Record your body's reactions

Monitor your responses with your reliable sensor using HRV analysis and 3D motion tracking.



Learn from data

Boost your knowledge with data-based insights and personal recommendations.



Make positive changes

Get inspired and take small, actionable steps towards a full and balanced life.

92% of our clients improve their well-being.

We have helped over **300,000** people to make real change.

96% of our clients recommend Firstbeat wellness solutions.