Subject: Work community measurement: Take a Firstbeat Life measurement by XX.XX

Dear all,

Together, let´s take a Firstbeat Life measurement this month!

**Please, take at least a one-day measurement before XX.XX.** Or why not measure for a longer period, anywhere up to five days. Start your measurement when it suits you, just make sure you finish your measurement before XX.XX.

The work community measurement will help us get an overall picture of our current wellbeing and health. We will go over our group-level results together next month. Then, we will have the opportunity to think about different ways we can improve our work community’s well-being and stress and recovery balance even further.

The corporate reporting is completely anonymous, and your personal results are never shared with us, the employer.

If you have yet to activate your Firstbeat Life service, you can do so with the instructions in the email received from service@firstbeat.com. If you have signed up to utilize the service and cannot find the email, please check your spam folder. If you still cannot find the email, please contact me.

Thank you!