

Work Community Measurement – What is that?

Firstbeat Life™ is a corporate wellness solution designed to support employee health risk management and workplace health promotion. As a Firstbeat Life customer, you benefit from monthly corporate reports. They show the current state of your employees' physical and mental well-being.

We recommend you invite your community to participate in Work Community Measurement! This way, you can get the full benefit from the reporting.

Ask all your employees to perform measurements at regular intervals. They could be, for example, every two or three months. That way, you get a comprehensive view of the health and well-being of your work community since the reports consist of more measurements. When results are discussed afterward within your community, everyone can join in planning targeted actions that help in ensuring the work community recovers sufficiently and maintains good performance.

How do I organize a Work Community Measurement?

1. **Select a month** when you ask the whole work community to do a minimum one-day measurement. Since the reports are formed for each calendar month, set the deadline to the end of the month.
2. **Let your employees know it's time for a Firstbeat Life measurement.** Why not make use of our ready-to-use message template (open it here):
 - i. Fill in your selected dates
 - ii. You could also already select a time to discuss the results and inform that to your work community in the same message
3. **Study your corporate reporting results in your community** together during the following month. Take the time to plan new ways to support everyone's well-being and stress & recovery balance even further. These types of activities promote transparency and can add trust and team spirit.
4. **Repeat the Work Community Measurement regularly.** You can repeat it as often as you'd wish, for example, every two or three months.

Team Firstbeat wishes you insightful conversations in your work community!