# Message 2: Introducing the Lifestyle Assessment and kick-off meeting

Email subject: Watch the Lifestyle Assessment introduction video

**Great to have you on board!**

You should have received an email titled ”Welcome to Firstbeat Lifestyle Assessment”. Follow the link in the email to order your device straight to your home address.

[Watch this short video](https://youtu.be/pg1oxMb4z10) to see how easy it is to conduct the measurement even at the busiest of times!

**See the effects of your choices**

Get ready for the measurement by playing our [Lifestyle Assessment game](http://hyvinvointianalyysi-peli.firstbeat.com/?lang=fi)!



* Lifestyle Assessment timeline:
* The kick-off meeting timetable: