Message 3: Have you started your assessment yet?

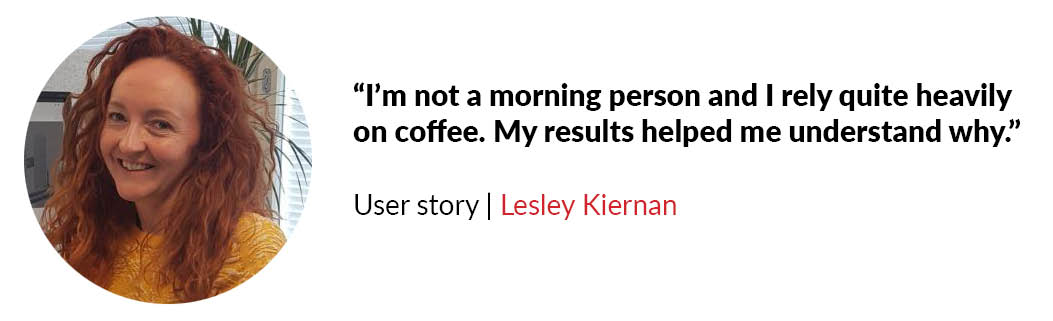
Email subject: Have you started your Firstbeat Lifestyle Assessment yet?

**Improved wellness is just around the corner!**

Give your daily life the boost it deserves with the Firstbeat Lifestyle Assessment. You have received an email titled “Welcome to Firstbeat Lifestyle Assessment” from [service@firstbeat.](mailto:service@firstbeat.)com. Simply follow the link in the email you can order your device direct to your home address.

**Your privacy is protected**

Please note, the Lifestyle Assessment results are for your eyes only – your employer will not see your personal results at any stage. Read more about data processing from our [Privacy policy](https://www.firstbeat.com/en/privacy/firstbeat-lifestyle-assessment-privacy-policy/).

[](https://www.firstbeat.com/en/user-stories/taking-part-in-firstbeat-lifestyle-assessment-what-i-learned/)

See how the Lifestyle Assessment has benefited other users:

<https://www.firstbeat.com/en/your-best-self/>