



## LIFESTYLE ASSESSMENT PARTICIPANT INFORMATION

### Welcome to the Vita 71 Lifestyle Assessment

The assessment is a scientific evaluation of your lifestyle and the balance between its primary factors of stress, activity, and recovery.

#### 1. Measurement Period

The measurement lasts three consecutive days. Start the measurement in the morning and end the measurement three days later after you wake up.

We suggest attaching the device on Monday morning once you have awoken and showered, taking the device off once you have awoken on Thursday morning.

#### 2. Start the Measurement



a. Attach the electrodes to the cable and device end.



b. Remove the cover.



c. Attach the device end to the right side of the body under the collarbone. The cable end is attached to the left side of the body on the rib cage.



d. The measurement starts automatically when the device is attached.

NOTE: The green LED on the device is easiest to see in a dark room.

If you cannot do the measurement or have any problems with the device, please notify your contact person immediately, and they will resolve the issue.

### 3. During the Measurement

Detach the device during submersion in water (showers, baths, swimming, etc.), the device is sweat/splash resistant but not waterproof.

	Green led is flashing in sync with the heart rate.	Device is recording heartbeat data.
	Green and orange leds are flashing simultaneously.	Battery is low, but device is still recording. If you have just started the measurement, get in touch with your contact person.
	Red led is flashing or burns constantly.	Battery is dead or the memory is full. Recording has ended. Stop the measurement and get in touch with your contact person.

Recording continues automatically when you re-attach the device.

You can leave the electrodes attached to your skin (with the device detached) during submersion in water, should you so choose.

End the measurement by detaching the device from your body. The measurement ends automatically.

The electrodes are disposable. Change them at least once per day, for example after taking a shower or if they become loose during the measurement. The glue or electrode paste can irritate your skin, so clean and dry your skin after removing the electrodes. You can also slightly alter the electrode location between days.

If you know you have particularly sensitive skin, please notify your contact person before starting the measurement.

If necessary, it is advisable to shave the area to ensure a close adhesion.

#### 4. Personal Information & Daily Journal

On the first day of your measurement, you will receive an email from [service@firstbeat.fi](mailto:service@firstbeat.fi) with a link to your personal information and journal forms. Please complete the following, as a minimum requirement:

- Personal & Background Information.
- Sleeping Times (from going to bed to waking up).
- Illnesses and medications, as well as alcohol use if applicable (including units).

You will get the most out of the assessment if you also mark down your work, exercise periods, and especially stressful or relaxing events (e.g. meeting, presentation, nap, relaxation, meditation).

Your background information and journal markers will be used to analyze the data, so completing them accurately and promptly is important.

For details on the use of personal data, please see the Lifestyle Assessment Consent and Release Form.

#### 5. Return the Device

Please return the device and any unused electrodes to your contact person as soon as possible after you have completed the measurement. If you were provided with a return envelope please use this to mail the device back to us. Ideally we expect return of the device within 48 hours of completing the measurement.

You will receive your reports and feedback usually within 48 hours of the device being received by your contact person.

#### 6. Further Questions

Please do not hesitate to contact us should you have any questions, thoughts or feedback.