



Project Schedule

Phase 1 with management

1. Get to know each other: Web-Meeting and introduction into our possibilities and exchange of information (20 minutes, free of charge)

2. Proof of concept: 3 starter-sets with HRV-sensor, chest belt, 1-month flat rate, software usage and 30-min. virtual feedback-dialogue

Phase 2 with employees

3. Start: 30-min. virtual kick-off event with a short introduction into HRV-measurements to inform and motivate

4. Transformation: HRV sensor, chest belt, 1-year flat rate and software usage

5. Coachings*: 45-min. virtual coachings based on conducted HRV measurements with a certified HRV professionals

6. Awareness*: Accompanying health communication (what is health, how does it work, how can it be improved, the seven pillars of health, sleep, movement, nutrition etc. etc.) online: interactive and recorded

Phase 3 with C-Level, HR, company doctors, works council

7. Findings: Preparation and presentation of a dossier of the anonymized and aggregated measurement results (from 30 participants on and with consent of all competent authorities)

** optional*