



HRV MEASUREMENT

OBJECTIVELY RECORDING THE RELATIONSHIP BETWEEN STRESS AND RECUPERATION.

Measuring heart rate variability is a way to precisely and objectively record the relationship between stress, recuperation and sleep quality. In a one-to-one consultation, employees learn which situations are triggers for stress and which ones affect their ability to recover properly, and they receive tips on how to achieve a healthy relationship between stress and recuperation. During the subscription period, they can independently perform other measurements and track the effect of their measures using the mobile app.

Target group

- › All employees

Objectives

- › Providing employees with objective information about their current stress levels
- › Identifying personal stressors and factors that are hampering their ability to recuperate
- › Pinpointing measures for reducing stress and providing more resources

Content

- › HRV measurement using an inconspicuous HRV recorder worn on the body and a mobile app
- › Initial 72-hour measurement: assessment and 45-minute one-to-one consultation with an expert
- › Subscription period: independent measurements and analyses by employees using a mobile app over the course of one month or three months (as agreed)
- › For a three-month subscription: additional 30-minute consultation with an expert

Carried out by

- › Doctor or specialist

Number of attendees

- › One participant or more
- › For ten or more participants: optional anonymised group report

Location

- › The consultation is carried out over the phone

SWICA's Prevention Management unit aims to reduce absences, increase the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / swica.ch/prevention-management

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