



HRV MEASUREMENT

OCCUPATIONAL HEALTH MANAGEMENT FROM SWICA.

BECAUSE HEALTH
IS EVERYTHING

SWICA



HRV measurement

Measuring the balance between exertion and regeneration

Measuring heart rate variability (HRV) makes it possible to record the interplay between stress and recovery reactions precisely and objectively. It can also be used to measure sleep quality and the intensity of physical activities. HRV describes the natural ability of a healthy heart to continually vary the time between heartbeats and adapt to constantly changing challenges. It is therefore an indicator of the general ability of the body to react and adapt to different situations. The heartbeat is controlled by the autonomic nervous system which has sympathetic and parasympathetic branches. A detailed analysis is then carried out based on the recorded data and an activity log completed by the employee. Employees find out which situations cause them stress and which situations influence regeneration – both positively and negatively.

Target group

- All employees

Goals

- The stress status is determined using objective measurements and the employee's personal activity log.
- Personal stressors and stress-reinforcing thought patterns and behaviours are identified. Countermeasures which make the best use of the individual's personal resources and regeneration possibilities are then defined.

Contents

- 72-hour HRV measurement: The recorder which is used for the measurements is sent to the employee's home.
- Personal analysis
- 45-minute one-on-one advice session

Method

- Diagnostics
- Evaluation
- Advice

Implementation

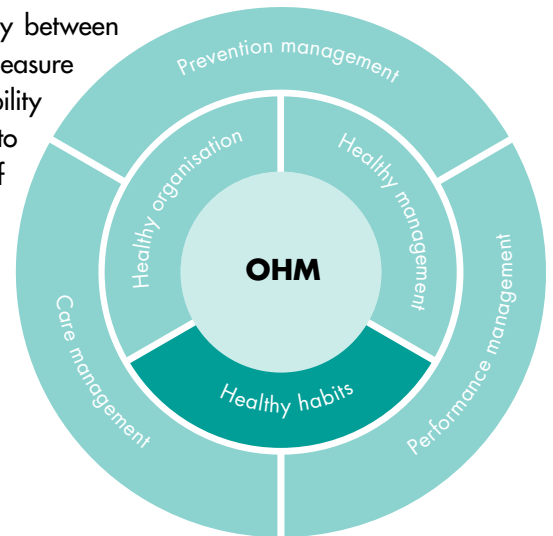
- Certified coach and/or doctor

No. of attendees

- 1+ people

Location

- By phone or, if there is more than one participant, in person at the company's premises



Tip

The "HRV measurement" module can be combined with the following SWICA offerings:

- Mindfulness
- Regeneration
- Sleep
- Stress

SWICA Healthcare Organisation

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