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January 2022



## Falck Pulse kick-off is approaching...

Join us!



### Be ready Tuesday 11th January

We'll help you onboard the Falck Pulse app at the event. So keep your cell phone at hand and get started with a blast.

- Download the Falck Pulse app
- Create your personal health profile
- Receive motivational messages
- Join our photo competition

...and much more. We're looking forward to seeing you from 9.00 am to 9.30 am.

**Get your license code from your manager, at GEMS, Unily, or Mobega.**

### Did you miss out on the video?

If you didn't get around to watching the video in our last newsletter, here's your chance to catch it in a lighter version.

Hear Jakob, Elisabeth, and Anette's view on health and well-being, as well as how Falck Pulse helps them stay motivated in their everyday lives.

[Watch the video here](#)



### Training always at hand

Now you have access to live online team training every weekday!

Choose your preferred exercise form and get going: Roll out your yoga mat, fetch your weights or put the everyday buzz on hold with a little mental fitness.

...Everything close at hand

[Click here to see the schedule](#)



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