

HEART
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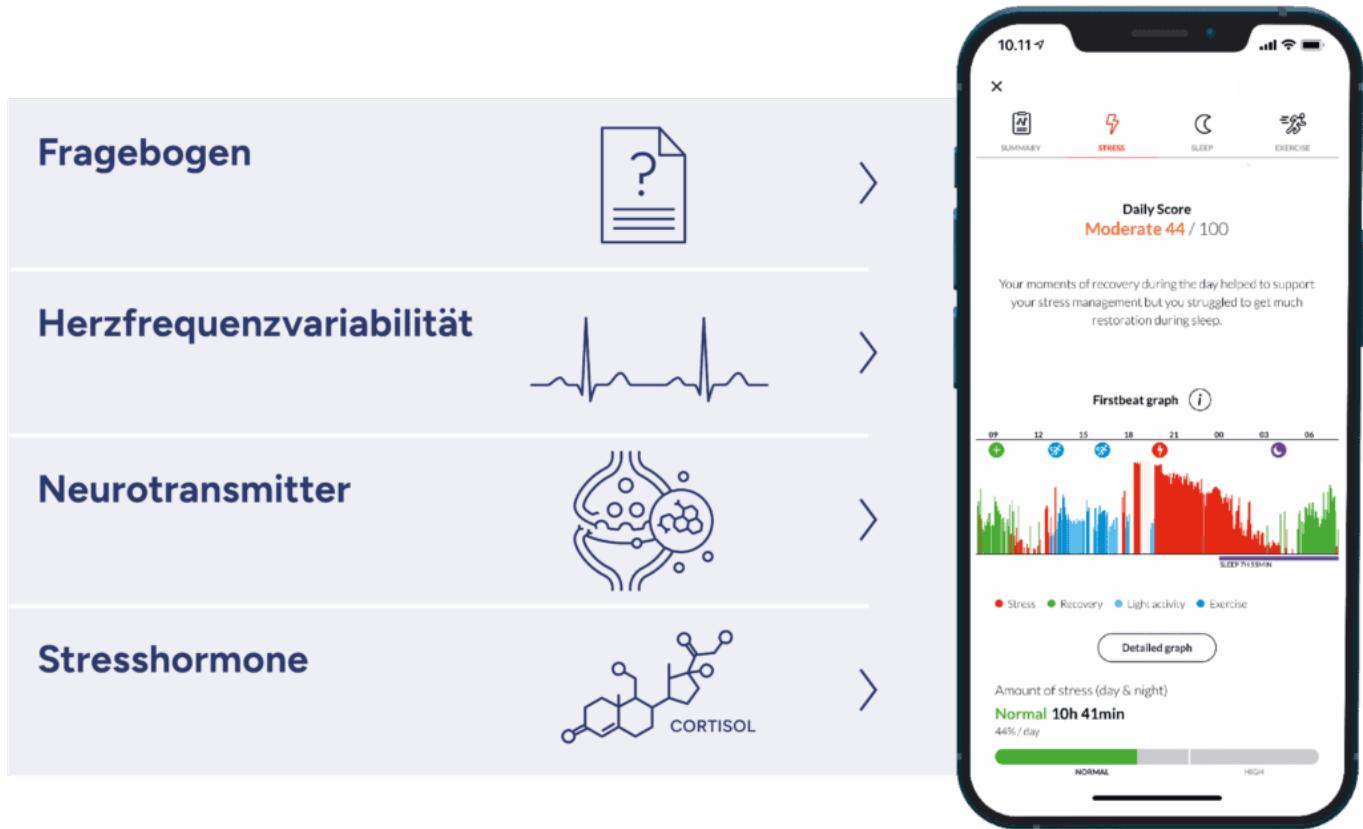
yPTM

Integral Stress TestTM

Integral Stress TestTM

Find out if you've already **exceeded your individual stress threshold**.

The **Integral Stress TestTM** is a holistic analysis that helps you **identify your individual stress level** and find **effective solutions**. It combines science-based methods with an integral approach to identify physical, mental and emotional stressors.



With the help of targeted **questions and measurements**, you will receive a comprehensive **assessment of your stress load**. Afterwards, you will receive **practical recommendations** in a coaching session to address the root causes of your stress – **for more energy, serenity and quality of life for you, for your family and for your organization**.

[Read more](#)

Your personal Stress Test™

Choose the right level for you!

	<u>IST™</u> Level 1+	<u>IST™</u> Level 2+	<u>IST™</u> Combo +
Online questionnaire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 minutes Health Coaching (feedback online questionnaire)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laboratory test (urine, saliva)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart rate variability HRV (3-7 days wearing a First Beat Sensor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60 minutes of health coaching (feedback on online questionnaire, laboratory tests, HRV measurement)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

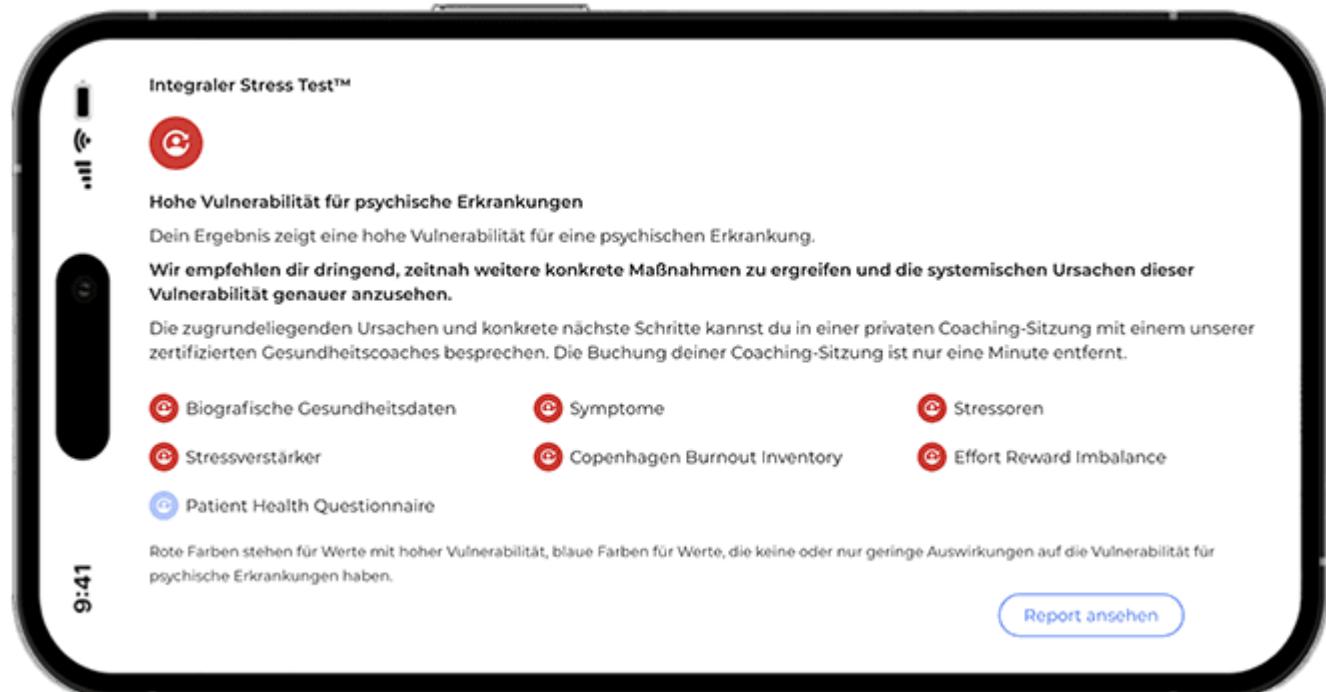
IST™ Level 1+

Online Questionnaire & 30-Minute Health Coaching

“Test your stress threshold online now – receive instant recommendations and plan your next steps with a coach”

Complete the IST™ online questionnaire and immediately receive a scientifically validated assessment of your vulnerability.

Discuss your results with an experienced **health coach** to receive **personalized recommendations** and plan your **next steps**.



Health Coaching (30 Min)

**Online Coaching mit einem zertifizierten
Heart-Based Center Coach**

**Online coaching with a certified
Heart-Based Center Coach**

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[Buy IST Level 1+](#)

[Read more](#)

IST™ Level 2 +

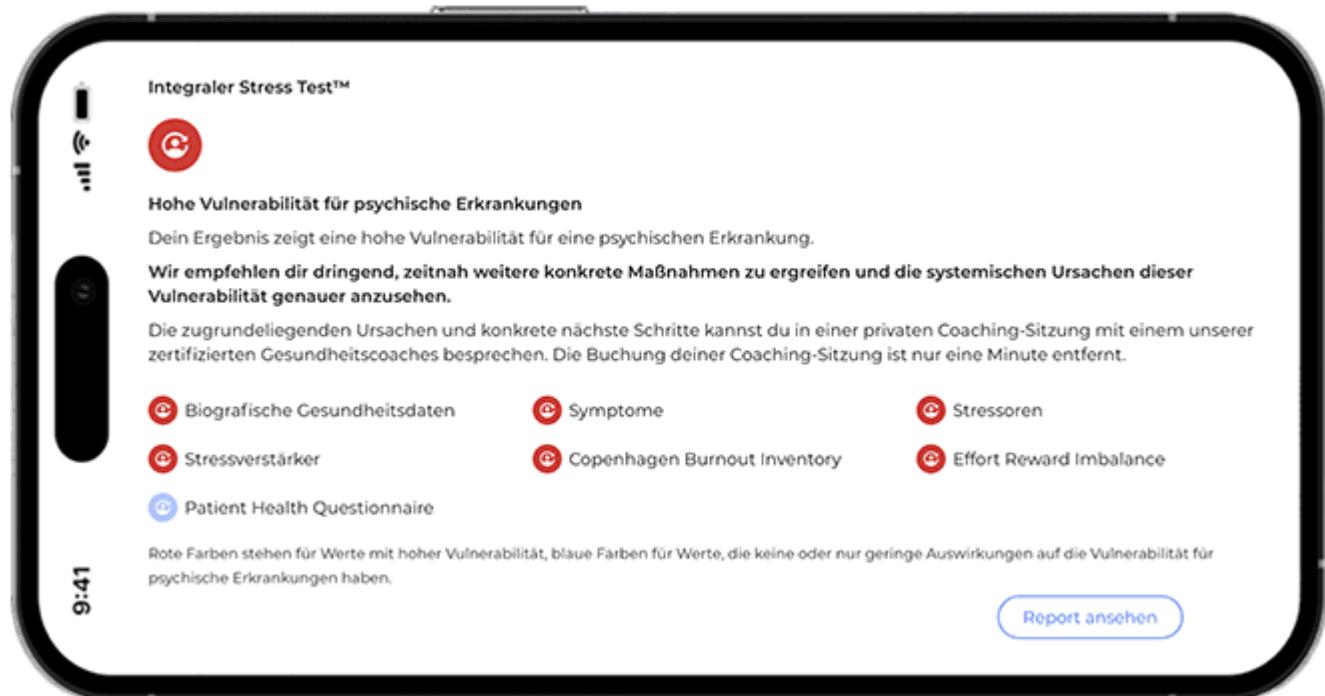
Lab tests, heart rate variability (HRV) and 60 minutes of health coaching

Understand your stress reactions and measure your capacity for recovery – Your coach will help you understand the results and improve your health”

Measure your **neurobiological factors** through the **laboratory tests**: cortisol daily profile (saliva), serotonin, adrenaline, noradrenaline, dopamine (urine). These tests objectively explain changes in your **emotions, thinking and behavior**. Your heart rate variability (HRV) shows how well your body can regenerate. With a measurement of your HRV over several days, you will understand your **balance between stress load and recovery**.

Discuss your results with an experienced **health coach** to receive **personalized recommendations** and plan your **next steps**.





Health Coaching (60 Min)

**Online Coaching mit einem zertifizierten
Heart-Based Center Coach**

**Online coaching with a certified
Heart-Based Center Coach**

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[Buy IST™ Level 2 +](#)
[Read more](#)

IST™ Combo +

Online questionnaire, laboratory tests, HRV and 60 minutes of health coaching.

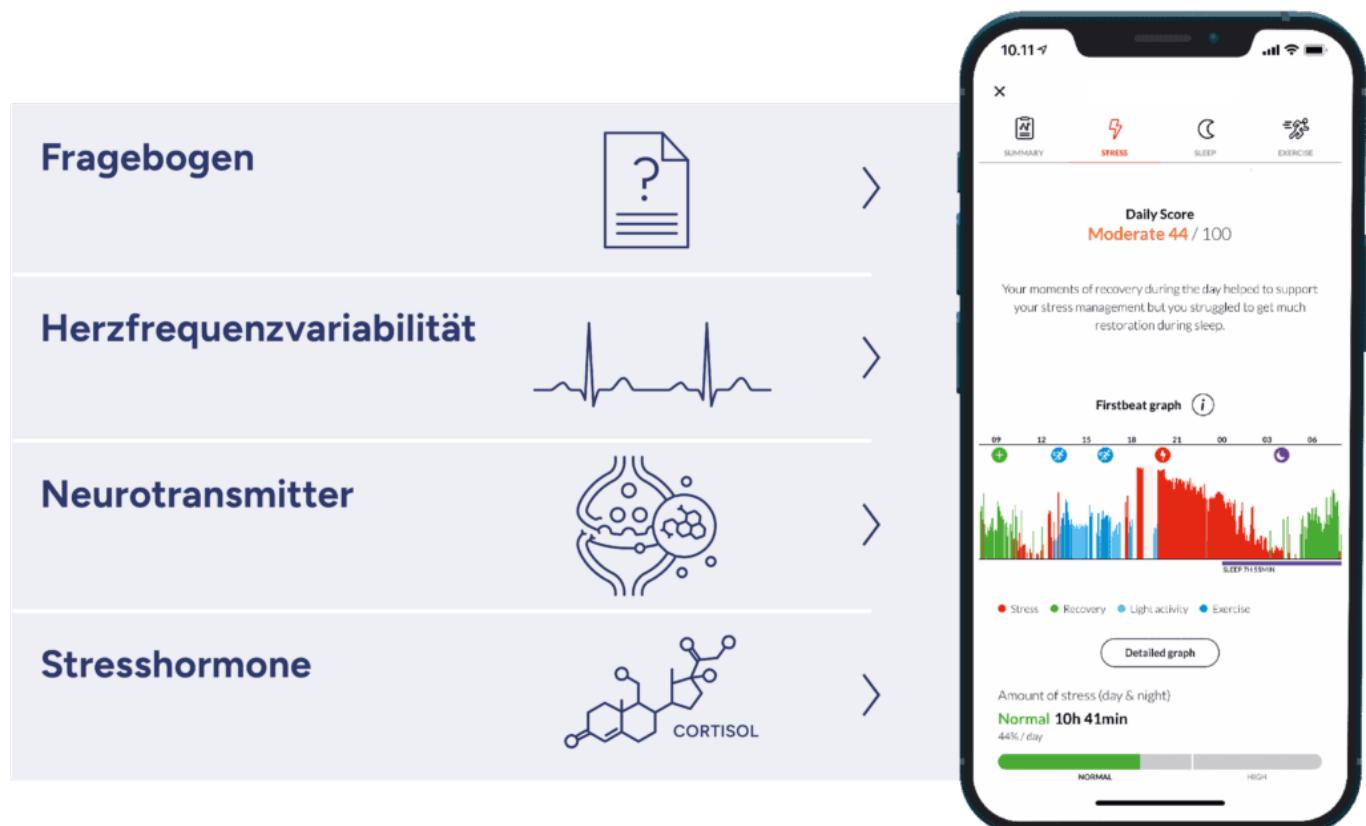
Test your stress load, understand your stress response and measure your recovery capacity – your coach will help you interpret the results and improve your health!"

Complete the online questionnaire IST™ and immediately receive a scientifically validated assessment of your vulnerability. Discuss your results with an experienced health coach to get personalized recommendations and plan your next steps.

Record your neurobiological factors through the laboratory tests: cortisol daily profile (saliva), serotonin, adrenaline, noradrenaline, dopamine (urine). These tests objectively explain changes in your emotions, thinking and behavior.

Your heart rate variability (HRV) shows how well your body can regenerate. With a measurement of your HRV over several days, you will understand your balance between stress load and recovery.

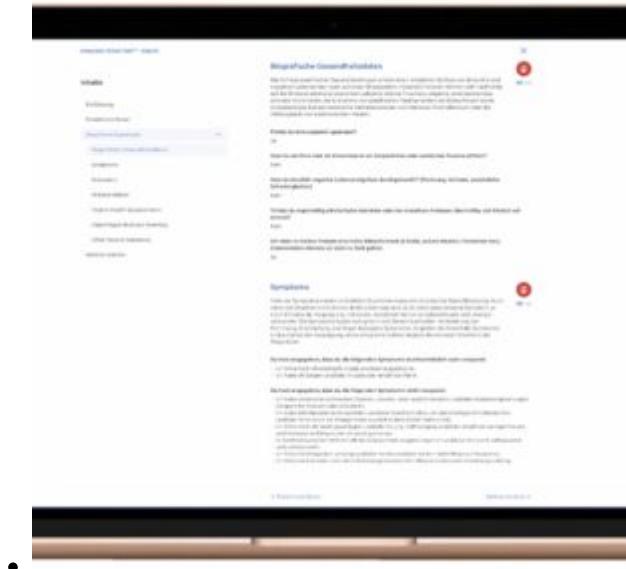
Discuss your results with an experienced health coach to receive personalized recommendations and plan your next steps.



[Buy IST™ Combo +](#)

[Read more](#)

Integraler Stress Test™ kaufen



IST Level 1+ (Online Fragebogen & 30 min Health Coaching)

CHF 228.00 [Add to cart](#)



IST Level 2+ (Stresshormone, Neurotransmitter, HRV & 60 min Health Coaching)

CHF 769.00 [Add to cart](#)



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IST Combo+ (IST Level 1 & 2+)

CHF 787.00 [Add to cart](#)

What strengthens you also strengthens your team!

We look forward to seeing you.

Give us a call, send us an e-mail or drop by:

[Call 061 555 11 11](#)

[Send E-Mail](#)

Heart-Based Center Basel

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