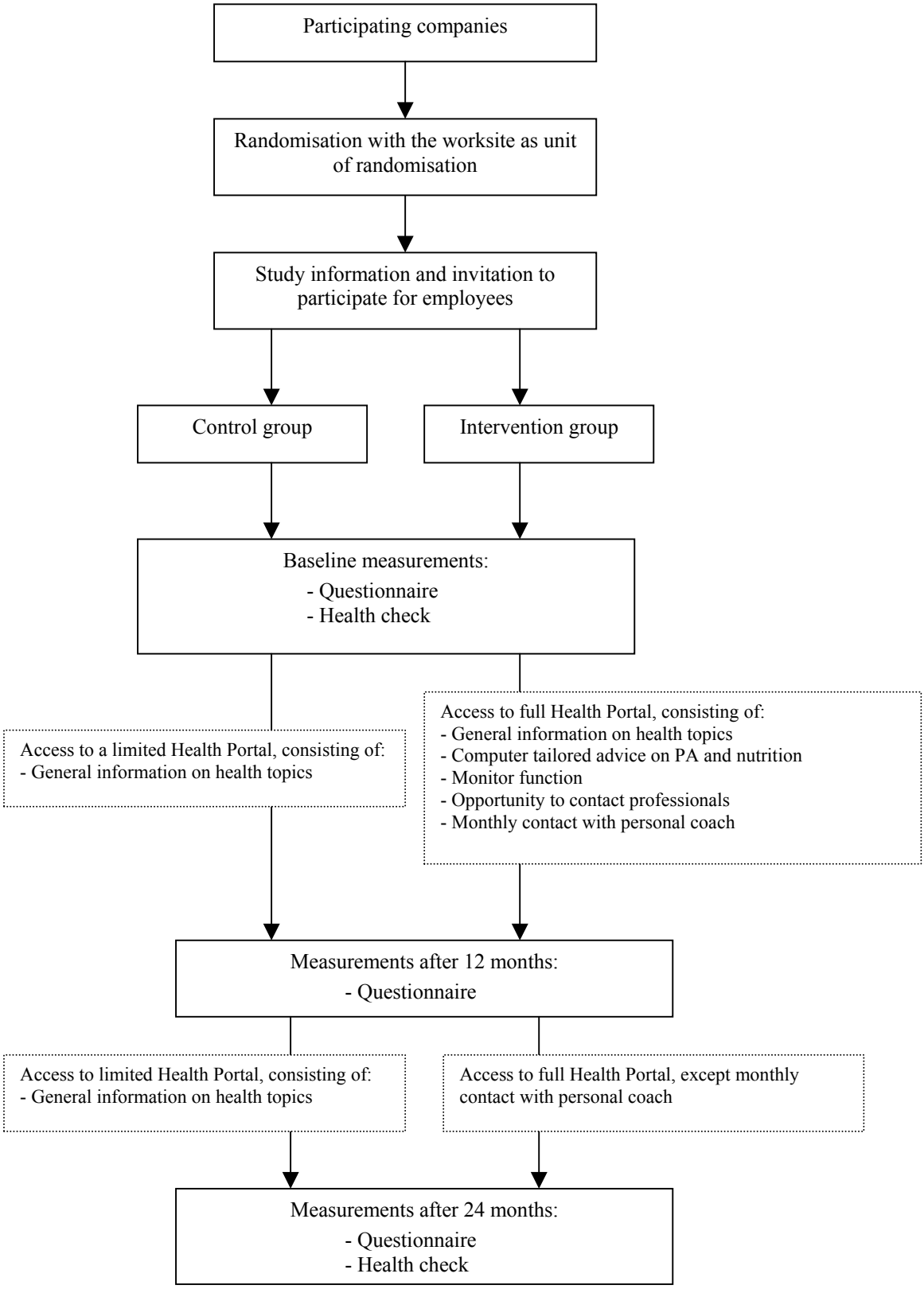
Participating companies
Randomisation with the worksite as unit of randomisation
Study information and invitation to participate for employees
Control group
Intervention group
Baseline measurements:
- Questionnaire
- Health check
Access to a limited Health Portal, consisting of:
- General information on health topics
Access to full Health Portal, consisting of:
- General information on health topics
- Computer tailored advice on PA and nutrition
- Monitor function
- Opportunity to contact professionals
- Monthly contact with personal coach
Measurements after 12 months:
- Questionnaire
Access to limited Health Portal, consisting of:
- General information on health topics
Access to full Health Portal, except monthly contact with personal coach
Measurements after 24 months:
- Questionnaire
- Health check