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

Baseline measurements:
- Questionnaire
- Health check

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

Baseline measurements:
- Questionnaire
- Health check

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