Quantified Self @Work
How can an intervention combining wearable technology and eCoaching enhance labor force participation?
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Problem

Ageing population → people aged 60 years and over from 11.7% in 2013 to 21.1% in 2050 of the total world population → Higher pressure on working-population.

Enhance labor force participation by a workplace health promotion intervention

Promising approach: Wearables and eCoaching.
Because: - Objective measurement of health - Less time and costs - Maintenance by persuasive technology
But: - Relatively new field of research - User-centered design important

Output

Results will contribute to the understanding of:
1. Needs, barriers and opportunities from a stakeholder perspective
2. User-friendliness
3. Effectiveness of persuasive technologies
4. When and by whom does it (not) work
5. Effect on lifestyle/labor force participation

Method

Project 1
Scoping review & Needs assessment

Project 2
Prototype testing & Formative and Summative evaluation


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