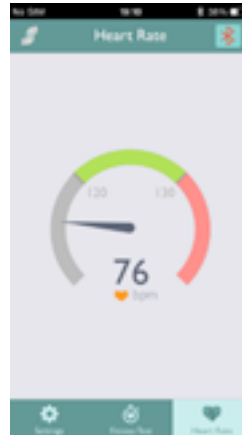


52. Coaching-app helps to find work-life balance

We have developed the SWELL e-coaching app that helps knowledge workers in achieving personal goals related to their work-life balance. The app runs on a smartphone and can access a wide variety of sensors that recognize physical activity, work activity and working tasks.

Before using the e-coaching app the user is screened on physical fitness. Via a questionnaire and a condition test personal parameters and goals are evaluated. Subsequently, a user may enter a coaching program to improve sleep, physical fitness or mental fitness.

Depending on the goal, the app will measure parameters, compare with targets and provide feedback and suggestions. Key issue is that the app avoids unsuitable moments for feedback and that it adjusts the feedback according to the personality of the user.



ICT science question

How to reason on the basis of uncertain information inputs that come from very different types of sensors? The sensors used are not proprietary developed sensors, but are off-the-shelf generic products. Currently, many users stop using feedback apps because they are not enough personalized and because the apps are too little aware of when to give feedback or not. We try to solve this problem by building a coaching app that predicts the suitable moments of feedback for each user.

Application

Recent research (TNO, 2013) indicates that out of the Dutch workforce of 7.4 million people, one million workers show symptoms of burnout. The same research identifies stress and workload as the main reasons for at least seven percent of reported sick leaves. The total costs are estimated to be nine hundred million euro per year.

At present there are no personal coaching products on the market that combine multiple sensors and look at both mental and physical fitness.



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COMMIT/ project
SWELL Smart Reasoning Systems for Well-being at Work and at Home

Our technology partners are Philips, Almende, Sense-OS. Competitors such as Fitbit have a single sensor approach and are only focused on the lifestyle market.

Alternative Application

Sensor-based reasoning and decision making is important to modern life. It can also be deployed in smart cities or other smart contexts. The SWELL platform has the largest potential in other person related monitoring and coaching situations, such as self management of people with chronic diseases, or e-learning systems. Especially an adequate context aware intervention and messaging algorithm would have a wide field of application for apps providing coaching and personal messaging in any field.

Nice to know

Sense-OS will build a commercial pilot along the lines of the SWELL e-coaching app for ASML to reduce and avoid burn-out with ASML employees.

Quote

“We should do more with this!” – Reaction to SWELL presentation on context sensing; Well-being @ work conference, June 2014.



The goal of the e-coach is to do a holistic health related analysis of the work and lifestyle of office workers and to provide personalized activity recommendations in order to prevent burn-out and reduce the cost of sick leave.



With the e-coach we will develop a generic coaching engine that, for the first time, will adapt to personal needs and takes input from many (sensor) sources.



The proposed e-coaching app will decrease stress on the company workforce by having a unique personalized and integrated approach whilst securing privacy of employees.



In the e-coach app, we try to combine knowledge of interaction between the physical and mental aspects of a person, as to how these factors contribute to an over-all sense of well-being or lack thereof.

