



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

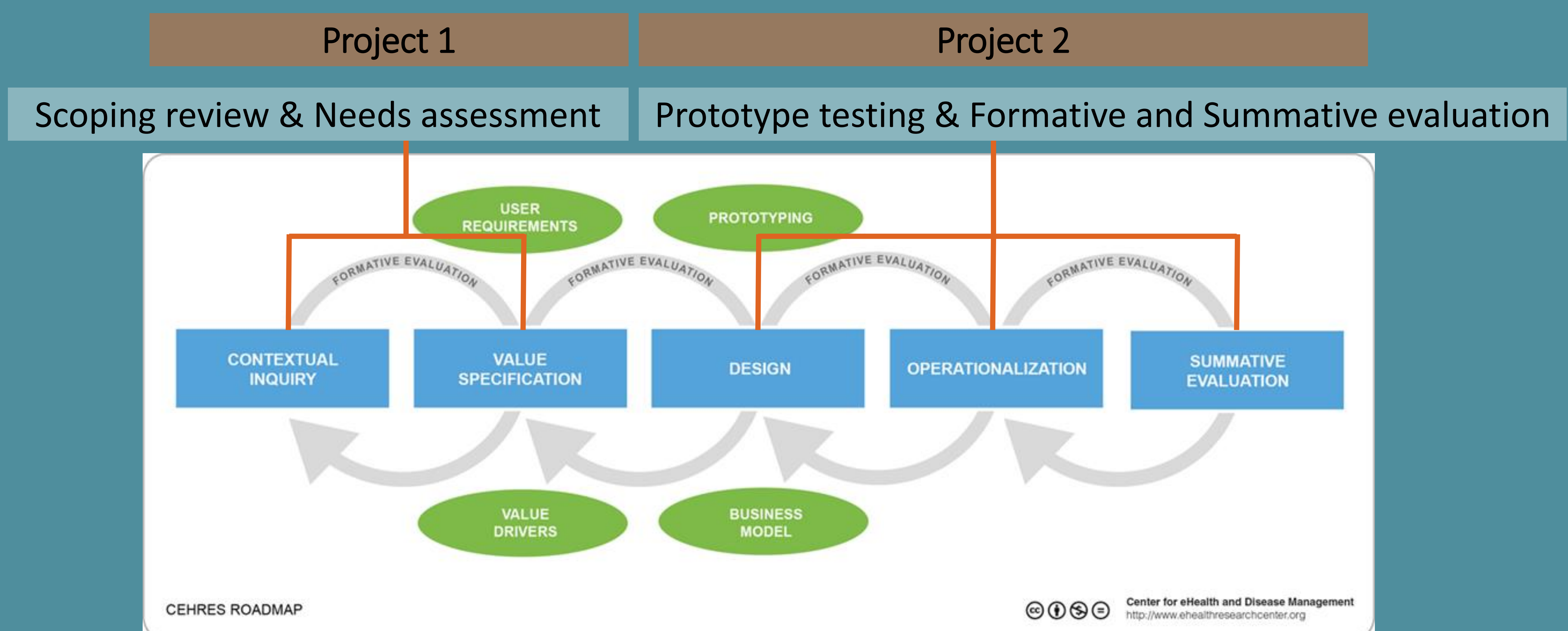
Results will contribute to the understanding of:

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



Question: What are your expectations for such an intervention?

Method



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