

Quantified Self @Work

How can a combination of self-tracking and persuasive eCoaching positively influence employees' healthy lifestyle resulting in an enhanced 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 → rising costs for society → Higher pressure on working-population

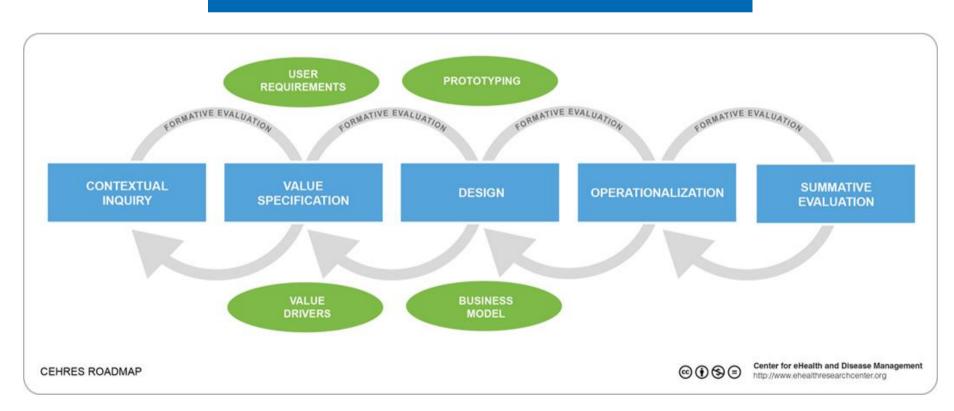
Enhance labor force participation by a workplace health promotion intervention

Output

Results will contribute to the understanding of:

- **1. Needs, barriers and opportunities** from a stakeholder perspective
- 2. Usability
- 3. Effectiveness of persuasive technologies in combination with self-tracking devices on healthy lifestyle/labor force participation

Method



Project 1: Scoping review & Needs assessment

Project 2: Prototype testing & Formative and Summative evaluation

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