Workplace Vitality Hub: improving office vitality with novel technologies in a real-live fieldlab

Founding partners

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workplace vitality hub

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hub

Introduction
Marieke van Beurden

innovations for
vitality

impact on
end-users

data is vitality

stakeholder
collaboration

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Technology has systematically innovated **physical activity** out of our lives

Technology has also influenced
vitality in our **workplace**

The workplace plays a major role in enabling employees to function **optimally**

Companies increasingly compete for scarce talent

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Relation between vitality & circularity?

Vitality

[vʌɪˈtalɪti] - noun

Degree to which someone is powerful and energetic

1) Energy 2) Vibrance 3) Spirit of life 4) Life force

5) Lust for life 6) Viability 7) Work power

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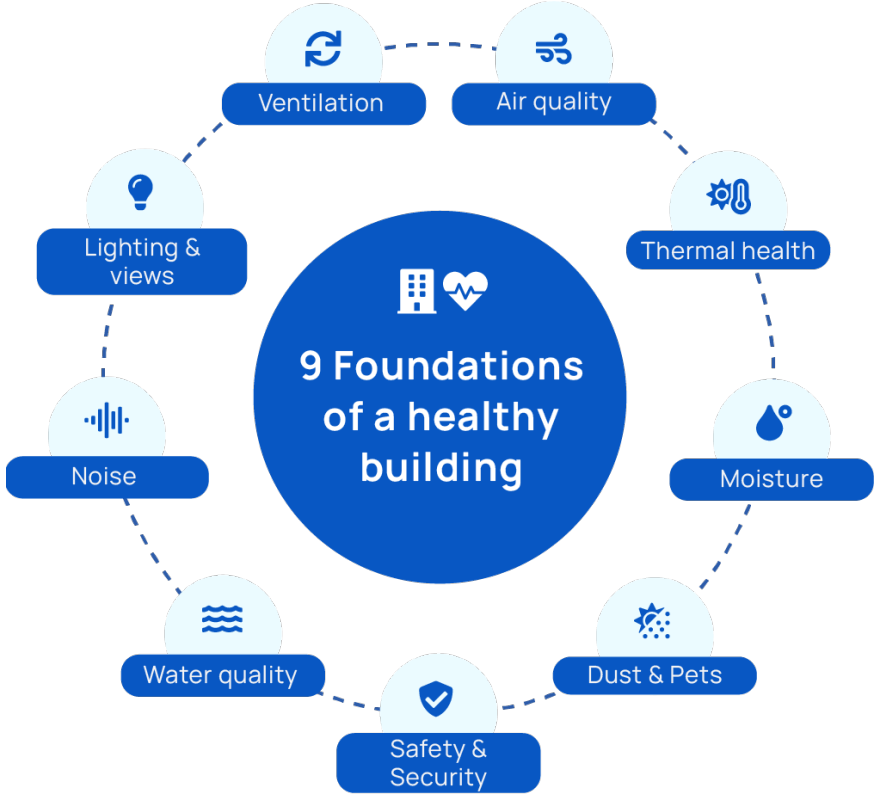
Giving employees measurable insights into their vitality using innovative technology and challenging them to work on this.

Motivating employees (especially those who are less able to do this themselves) to increase sustainable employability within organizations.

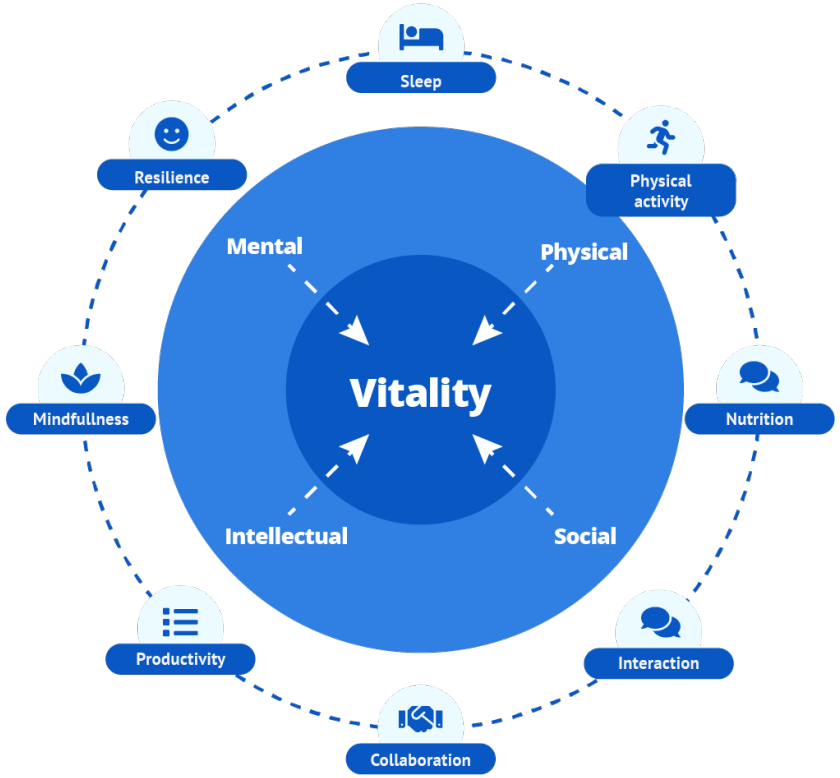
The “Arboportaal” from the Ministry of Social Affairs and Employment notes that more vital employees are more productive and more resilient.

Healthy building ↔ People vitality

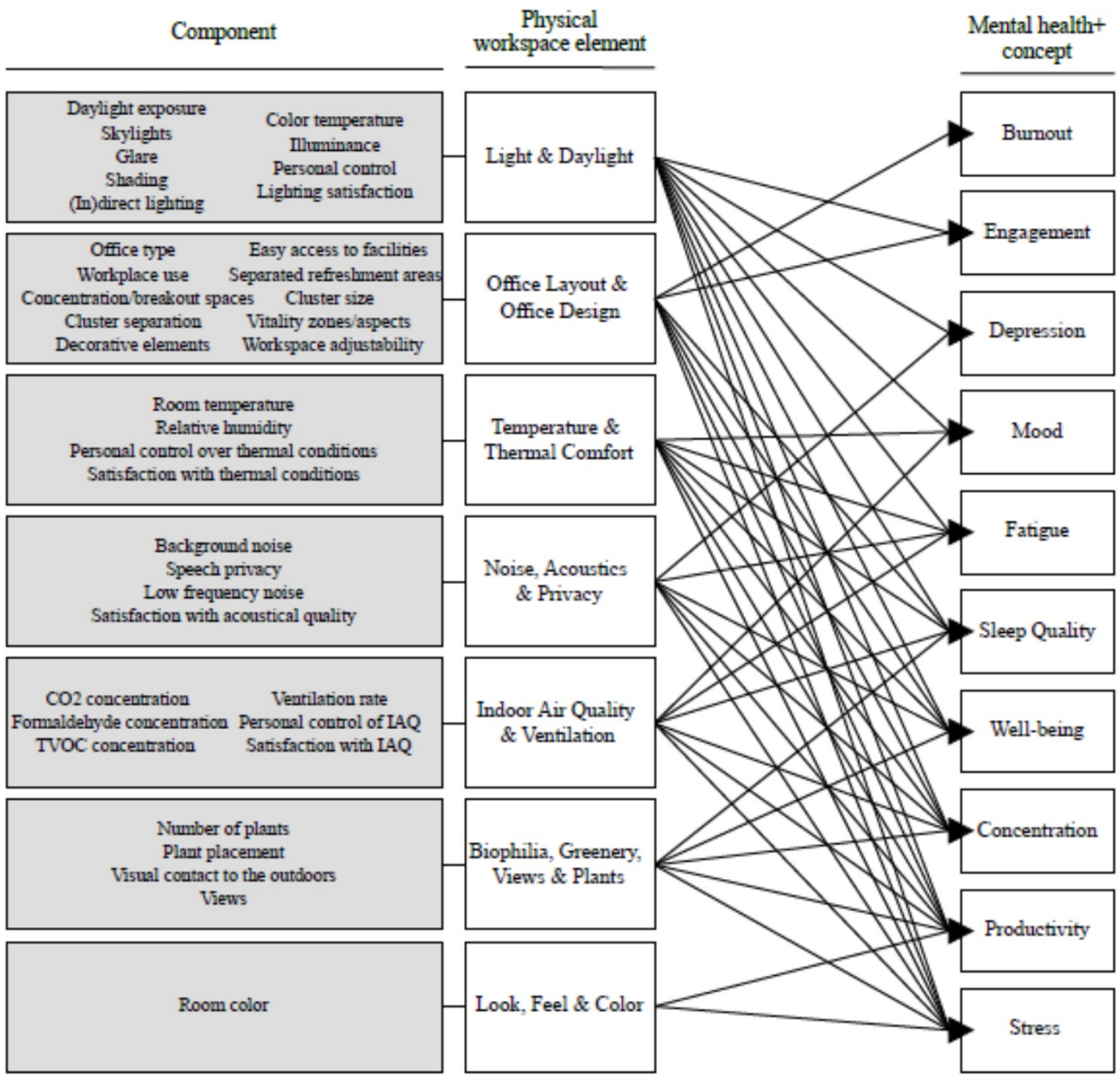


Data is in the centre of this connection

Connecting data of humans into valuable information (privacy proof)



Effects of elements of the physical work environment on mental health + concepts



Source: Bergefurt, L., Weijs-Perrée, M., Appel-Meulenbroek, R., & Arentze, T. (2022)

How
Workplace Vitality Hub: living lab

Test and validate vitality technology

Collaboration: connecting (regional) expertise of technology partners, real-estate, insurers, research institutions and end-users

Experience and improve vitality innovations and interventions

Impact: breeding ground for innovation and new business in vitality

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External partners

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SPACEWELL
A NEMETSCHEK COMPANY

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Leesman®

sparckel

BEYOND EYES

MAAS
SINCE 1889
TREAT YOURSELF WELL

RESET
YOURSELF

COMPASS
GROUP

nemho
next material house

WORKtrainer

CTOUCH®

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workplace
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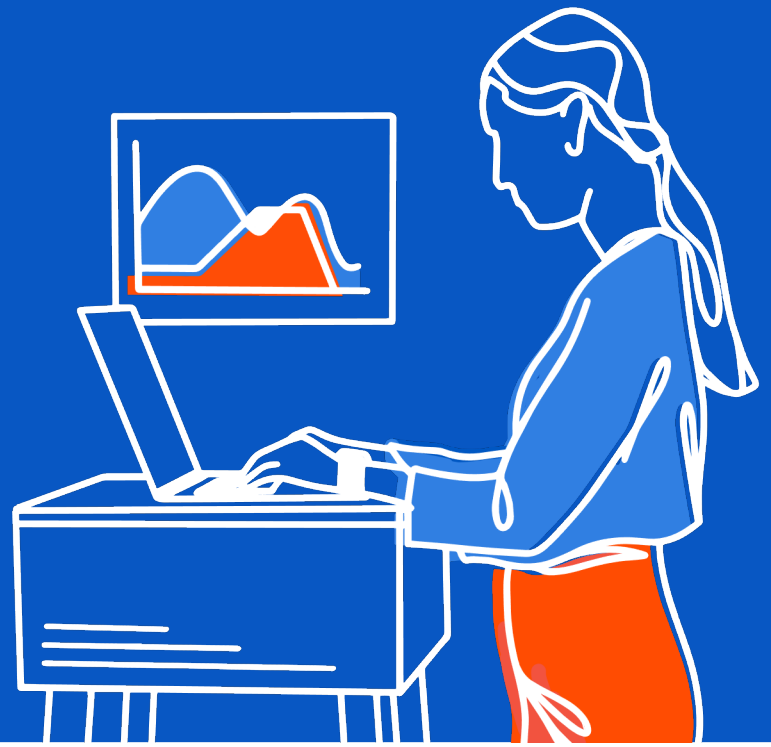
What Vitality innovations do you know?

Innovations for vitality



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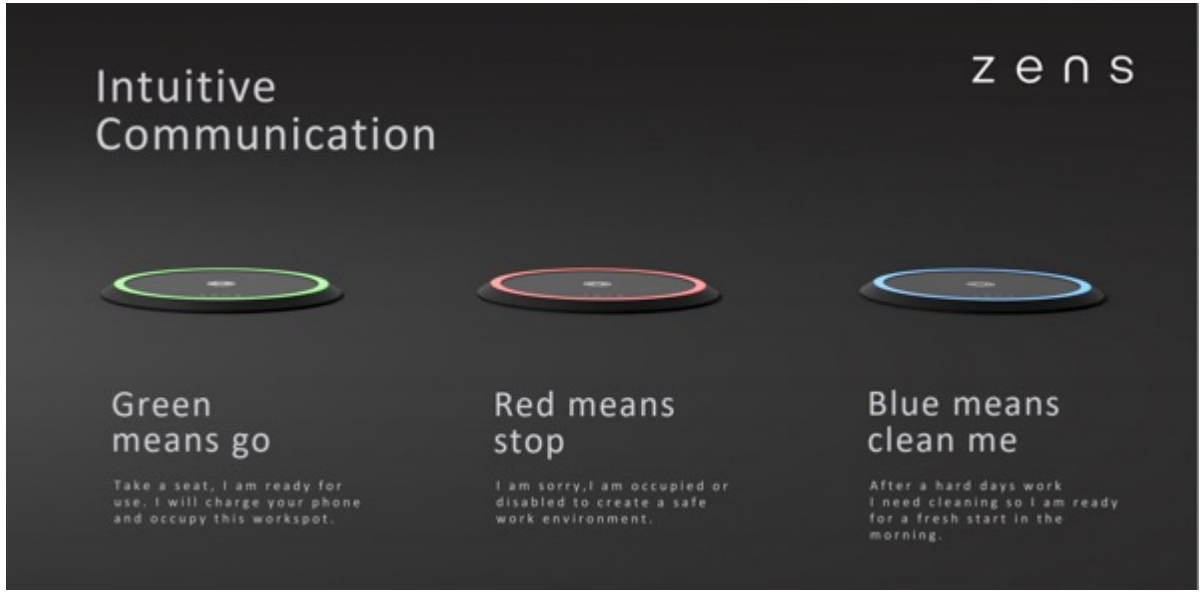
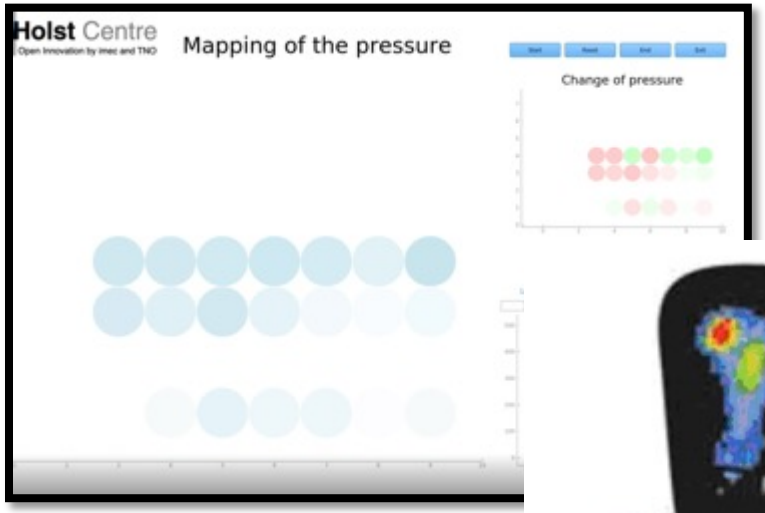
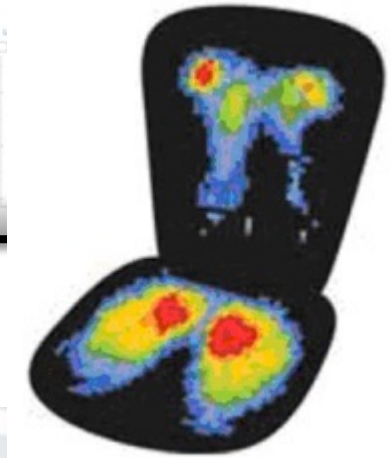
Stimulation of Microbreaks

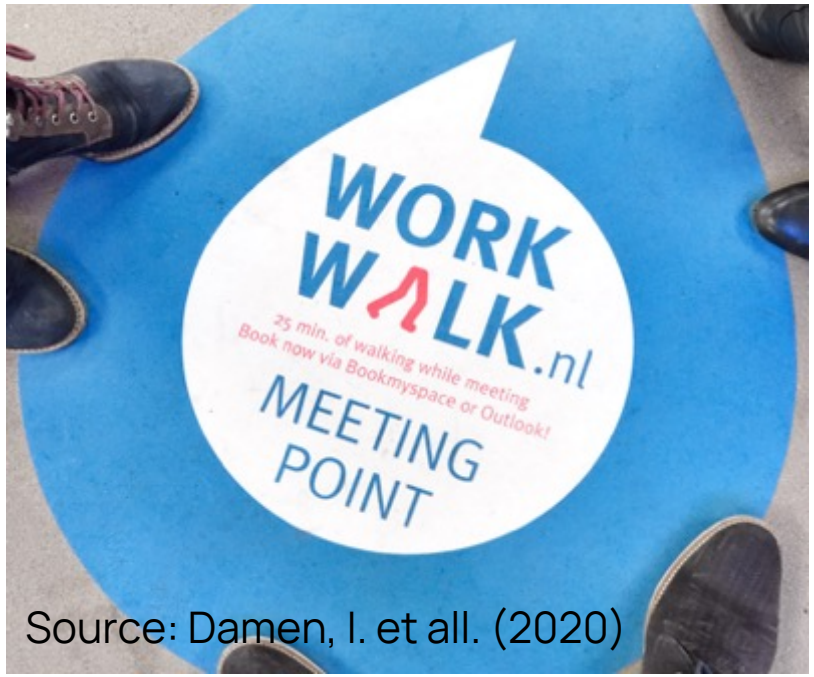


Vitality Chair



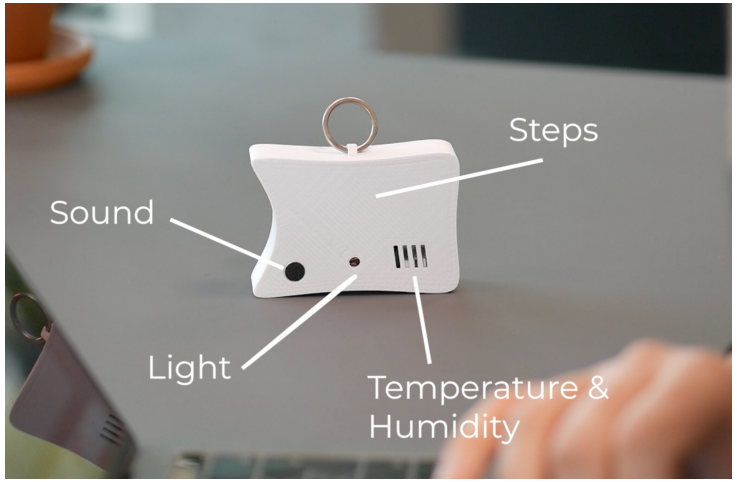


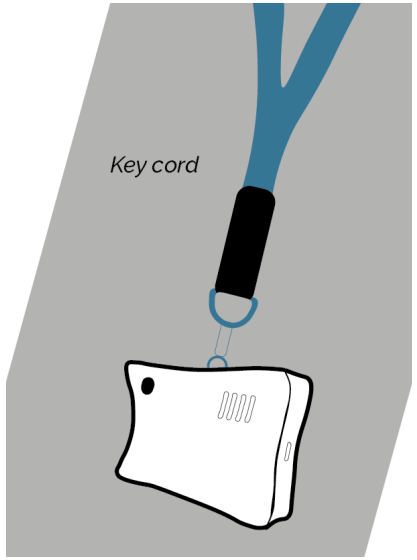
- Integrated sensors for:
  - Posture measurement and activity
  - Heart rate, heart rate variability, respiration rate
- Monitors posture, cardio-respiratory vitality index and stress (HRV)
- Promotes
  - Healthy posture, Regular standing
  - Mental wellbeing (e.g. breathing exercise)
  - Healthy lifestyle (vitality index)



Source: Damen, I. et all. (2020)

SensorBadge

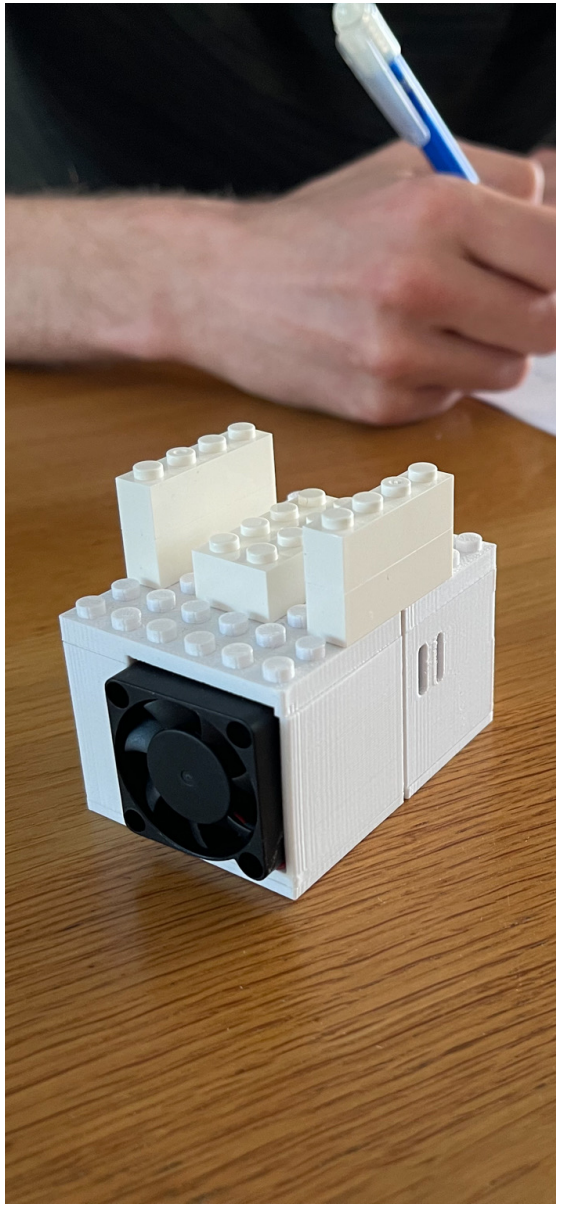




Source: Brombacher, J.G., Houben, S. & Vos, S.B. (2022)

SensorBricks

Source: Brombacher,J.G., Koningsbruggen, R. van, Houben, S. & Vos, S.B. (in submission)



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