24alife Corporate

Healthier and Happier

Alenka Ribic, Paul Jiménez
Land of Green Gold
Mikropis worldwide

Slovenia, Žalec (headquarters)
Slovenia, Ljubljana
Bulgaria, Stara Zagora
Hiteshi Technologies, Indore
United Arab Emirates, Dubai
Serbia, Belgrade
Bosnia and Hercegovina, Brčko
Croatia, Split
USA, Rochester MN
Germany, Duseldorf
Every company is confronted with the first major challenge.

Mr. Janez Uplaznik
CEO and owner
Funded in 2010 by 7 SMEs, University of Maribor, Municipality Žalec and 2 non-profit organisation.

Ambitious and future-oriented SMEs that have joined their visions, ambitions and resources in cooperation with knowledge actors and supporting institutions aiming at strengthening development activities in the field of mHealth, active and healthy aging, general lifestyle and well-being.
A strong international, interdisciplinary research platform has been developed, bringing together more than 100 experts, working in several fields of expertise.

- Annual R&D Campus on the island Mljet in Croatia
- HLS International Healthy Lifestyle Symposium
- Collaboration with Mayo Clinic

100+ experts

University of Ljubljana
  Faculty of medicine
  Faculty of sport

University of Maribor

Uni Graz

Mayo Clinic
The wholesome individual professional programs will keep you on track with your healthy lifestyle.

Have fun tracking your habits and get excited with your progress towards being healthier and happier.
24alife solutions for targeted end users

24alife Corporate
24alife Hotels
24alife Fitness
24alife Seniors

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The Luxembourg Declaration on Workplace Health Promotion in the European Union

Workplace Health Promotion (WHP) is the combined effort of employers, employees and society to improve the health and well-being of people at work.

This can be achieved through a combination of:

- improving the work organization and the working environment
- promoting active participation
- encouraging personal development
24alife Corporate

+ supports a systematic process of design and implementation of Workplace health promotion program

+ includes functionalities which enabling organizations to fully and easily manage workplace health promotion program in accordance with European Union directives and recommendations of OSHA

+ based on scientific and technical knowledge
24alife Corporate

Companies

Employees

Society
One of the best (Internet / mobile) solutions for design and implementation of health promotion in the workplace in the aim of improving health in EU, USA, India, UAE and the other target markets.
24alife Corporate MISSION

Providing support for design and implementation of health promotion in the workplace to provide organizational performance with happy and healthy employees.

One of the main driver for the app development
24alife Corporate workplace health promotion process

1. CONCEPT
   Discuss about the project with all relevant stakeholders (manager, HR, work council, company physician, work psychologist etc.)

2. STEERING GROUP
   Contact persons should be available in every location (leaders, specialists in health and safety, etc.)

3. INFORMATION
   Informing all employees about the project. Important: “Taking fears” and gaining trust

4. ANALYSIS
   Orientation, Screening or In-Depth Analysis (All employees must have the possibility to participate)

5. PRESENTATION OF ANALYSIS
   Presentation for
   a) Manager/Steering Group and
   b) Employees

6. HEALTH CIRCLES
   Developing interventions together with the employees and the organization, based on findings in the analysis

7. INDIVIDUAL ADVICE
   In-depth analysis for individuals and then receiving individual interventions from 24alife Corporate

8. INTERVENTIONS
   Implementing interventions for individual and getting feedback

9. EVALUATION
   Valuation of implemented interventions after 1 year

CORPORATE DASHBOARD
With technologic, sophisticated, simple and effective solution we provide physical and psychological health of employees.
Goals and programs

- identifying the key goals and indicators of workplace health promotion program
- choosing the program activities according to analyze results
- overview over the program implementation and achieving goals
- insight into the history of the program and goals
Administration

- Integration (data import) and synchronization with actual systems
- Possibility to customize (Company logo etc.)
- Possibility to entering data of employees (the HRM program)
- Respecting personal data and anonymity
- Overview of organizational structure

1. **Concept**
   Discuss about the project with all relevant stakeholders (manager, HR, work counsel, company physician, work, psychologist etc.)

2. **Steering Group**
   Contact persons should be available in every location (leaders, specialists in health and safety, etc.)

8. **Interventions**
   Implementing interventions for individual and getting feedback
Administration

List of employees
- 200 employees
  - View personal information

Active personnel
- 120 employees
- 10 activity leaders

Groups

Gender overview
- 90 employees (Men)
- 30 employees (Women)

Employee age groups

00:15:45
you been active
4 activities

This week activities

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Analysis

+ list of high quality questionnaires
+ the possibility of creating customized analysis
+ easy and simply fulfilling questionnaires over the portal
+ showing the individual results to the employees and combined to organizations
+ colorful and simple results overview with descriptions
Attention!

Workload is increased. Your employees have to relax more efficiently or regenerate adequately (e.g. with an easy physical activity, relaxation techniques, breaks during work etc.).

Task and procedure clarification
Working hours
Workplace satisfaction
Dashboard

+ graphic presentation of the workplace health promotion program
  + the number of active employees and activity leaders
  + the most popular activities
  + satisfaction with activities and activity leaders
  + cost overview

+ monitoring progress of workplace health promotion program goals (index of sick leave, the number of accidents)

PRESENTATION OF ANALYSIS
Presentation for
a) Manager/Steering Group and
b) Employees

ANALYSIS
Orientation, SCreening or In-Depth Analysis
(All employees must have the possibility to participate)
Administration of health circles

- possibility to entering health circles (dates, content)
- overview of all health circles
- Integrating health circle dates into the calendar
<table>
<thead>
<tr>
<th>Name</th>
<th>Activity</th>
<th>Stars</th>
<th>Employees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peter Novak</td>
<td>Indoor Sports Activity</td>
<td>⭐⭐⭐⭐⭐</td>
<td>4 employees</td>
</tr>
<tr>
<td>Kaja Novak</td>
<td>Strengthening Interpersonal Relationships</td>
<td>⭐⭐⭐⭐⭐</td>
<td>100 employees</td>
</tr>
<tr>
<td>Janez Novak</td>
<td>Yoga</td>
<td>⭐⭐⭐⭐⭐</td>
<td>20 employees</td>
</tr>
<tr>
<td>Mary Novak</td>
<td>Fit and active 24alife</td>
<td>⭐⭐⭐⭐⭐</td>
<td>200 employees</td>
</tr>
<tr>
<td>Janez Novak</td>
<td>Yoga</td>
<td>⭐⭐⭐⭐⭐</td>
<td>20 employees</td>
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<tr>
<td>Tina Novak</td>
<td>Volleyball</td>
<td>⭐⭐⭐⭐⭐</td>
<td>70 employees</td>
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<tr>
<td>Tina Novak</td>
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<td>100 employees</td>
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<tr>
<td>Tina Novak</td>
<td>Yoga</td>
<td>⭐⭐⭐⭐⭐</td>
<td>50 employees</td>
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<tr>
<td>Tina Novak</td>
<td>Food and habits 24alife</td>
<td>⭐⭐⭐⭐⭐</td>
<td>100 employees</td>
</tr>
<tr>
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<td>Yoga</td>
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<td>20 employees</td>
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**Administration of intervention groups**

- possibility to entering new intervention groups
- possibility to customize (experts’ company logo, description etc.)
- overview of all interventions
- monitoring the number of applications on activities
- review of employee satisfaction with the implemented activities and the activity leaders
Planning and implementation

+ review and easy adding activities into the calendar
+ defining terms for activities
+ simply informing employees about the activities
+ simple and transparent sign up to activities
Management
EFFECTIVE COST AND TIME MANAGEMENT

- overview over the implemented goals, activities and costs of the workplace health promotion program
- effective informing, monitoring and motivating employees
- monitoring the registrations on activities
- monitoring the satisfaction with the activities and activity leaders
Human Resource management

COMPREHENSIVE EMPLOYEE MANAGEMENT (Health and Safety)

+ optimization of work in the field of health and safety at work

+ effective employee management (leading employees to achieving personal and workplace health promotion goals)

+ employees involvement into the preparation and implementation of workplace health promotion program with a simple voting tool

+ the possibility of informing and motivating employees
Health promotor

ACTIVE WORK WITH EMPLOYEES

+ easy overview and organize of health promotion program activities
+ simple monitoring the number of employees involved in the program
+ easy communication with employees
+ management reporting system
## Quality Standards and Norms in Work and Organizational Psychology

<table>
<thead>
<tr>
<th>Norm</th>
<th>Content</th>
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<tbody>
<tr>
<td></td>
<td><em>Part 1: Requirements for the client</em></td>
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<tr>
<td></td>
<td><em>Part 1: Requirements for the service provider</em></td>
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<tr>
<td>ISO 10075-1:2004</td>
<td>Ergonomic principles related to mental work-load.</td>
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<tr>
<td></td>
<td><em>Part 1: General concepts, terms and definitions</em></td>
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<tr>
<td></td>
<td><em>Part 2: Design principles</em></td>
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<td>ISO 10075-3:2004</td>
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<tr>
<td></td>
<td><em>Part 3: Principles and requirements concerning methods for measuring and assessing mental workload</em></td>
</tr>
<tr>
<td>ÖNORM D 4000:2005</td>
<td>Requirements for processes and methods for the selection and development of human resources.</td>
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Scientifically based and evaluated

- Fundamentals of Occupational Health Promotion
- Leading knowledge of Work- and Organizational Psychology
- Implementation of high quality concepts and instruments
- Evaluation of process and results


Alenka Ribic, Paul Jiménez
Thank you for your attention.

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