

**Project Identification**

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<b>Website</b>	www.youpers.com

**Personalized adaptive workplace health promotion for older employees****Document Identification**

<b>Deliverable ID:</b>	D5.3 Training Concept & Materials
<b>Release number/date</b>	V0.1 10.01.2016
<b>Checked and released by</b>	Stefan Müller
<b>Work Status</b>	draft
<b>Review Status</b>	draft

**Key Information from “Description of Work”**

<b>Deliverable Description</b>	D5.3 Training Concept & Materials healthy@work addresses two different user roles: the responsible enterprise representative (e.g. a human resources leader) and the employees as end-users. For each of these groups, it will be necessary to provide training on how to promote respectively and/or use the healthy@work service. In this task, we therefore will develop, test and validate training concepts for the different user groups, and revise training concepts and materials.
<b>Dissemination Level</b>	CO=Confidential
<b>Deliverable Type</b>	R = Report
<b>Original due date</b>	Project Month 24 / 31.03.2016

**Authorship & Reviewer Information**

<b>Editor</b>	Stefan Müller
<b>Partners contributing</b>	ROM, YP, USE, HSLU
<b>Reviewed by</b>	Person name/partner name

# Release History

Release Number	Date	Author(s)	Release description /changes made
V0.1	15.02..2015	Stefan Müller	First version

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## 1 Goal of HEALTHY@WORK

The goal of HEALTHY@WORK is to improve the quality of life of employees with a new approach in workplace health promotion. The project addresses the often-experienced gap between just knowing what would be good for your body and mind and actually starting to change your daily behaviour.

## 2 Service description

The “HealthyTeam” mobile app is a digital health service for employees. The app promotes healthy activities at work with a team challenge/gamification approach in a fun and informative way.

Team members (users) can download the app easily in the apple or google app store. One team member acts also as healthy team leader. The healthy team leader can but does not have to be the formal working team leader. The healthy team leader creates the team, selects the first free team challenge and the system automatically invites the team members to join the healthy team and to participate in the first team challenge.

The app motivates the team members with daily healthy missions (e.g. “take an outdoor walk with your colleagues” or “eat a healthy lunch”) to participate in the weekly team challenge. After completing the daily mission, the user has the chance to do an extra mission (Quiz or Online-Game).

It’s our aim to address as many employees as possible, not only sports enthusiasts but also people who like to play, enjoy achieving goals in a team and even couch potatoes.

The system awards the successful completion of a (weekly) team challenge. After the completion of a team challenge, the healthy team leader can select a new team challenge for the following week (after in-app payment).

Personal mood tracking, team mood monitoring and pause planning accompany the daily healthy missions.

## 3 Training Concept & Materials

The final mobile app for iOS and Android has been deployed to the public Apple AppStore and Google Android Playstore. It is available in those places:

### 3.1 Downloading the App

#### 3.1.1 Downloading on the App Store

<https://itunes.apple.com/us/app/healthyteam-a-team-challenge/id1033436814?mt=8>

**iTunes Preview** Overview Music Video Charts

**HealthyTeam – A Team Challenge** [View More by This Developer](#)

**By Youpers AG**

Open iTunes to buy and download apps.



[View in iTunes](#)

**+** This app is designed for both iPhone and iPad

**Free**  
 Category: [Health & Fitness](#)  
 Updated: Jan 15, 2016  
 Version: 0.5  
 Size: 10.4 MB  
 Language: English

**Description**

HealthyTeam is a simple and innovative app to promote healthy behavior within working teams in a fun, social and informative way.

The app motivates the users:

- to fulfill small daily health missions in the area move, nutrition or social
- to win additional points for the current TeamChallenge in an Extra-Mission (Quiz or Game)

For HealthyTeam leaders:

- Become health promotor of your working team by registering your HealthyTeam
- Create weekly TeamChallenges for your HealthyTeam

For HealthyTeam members:

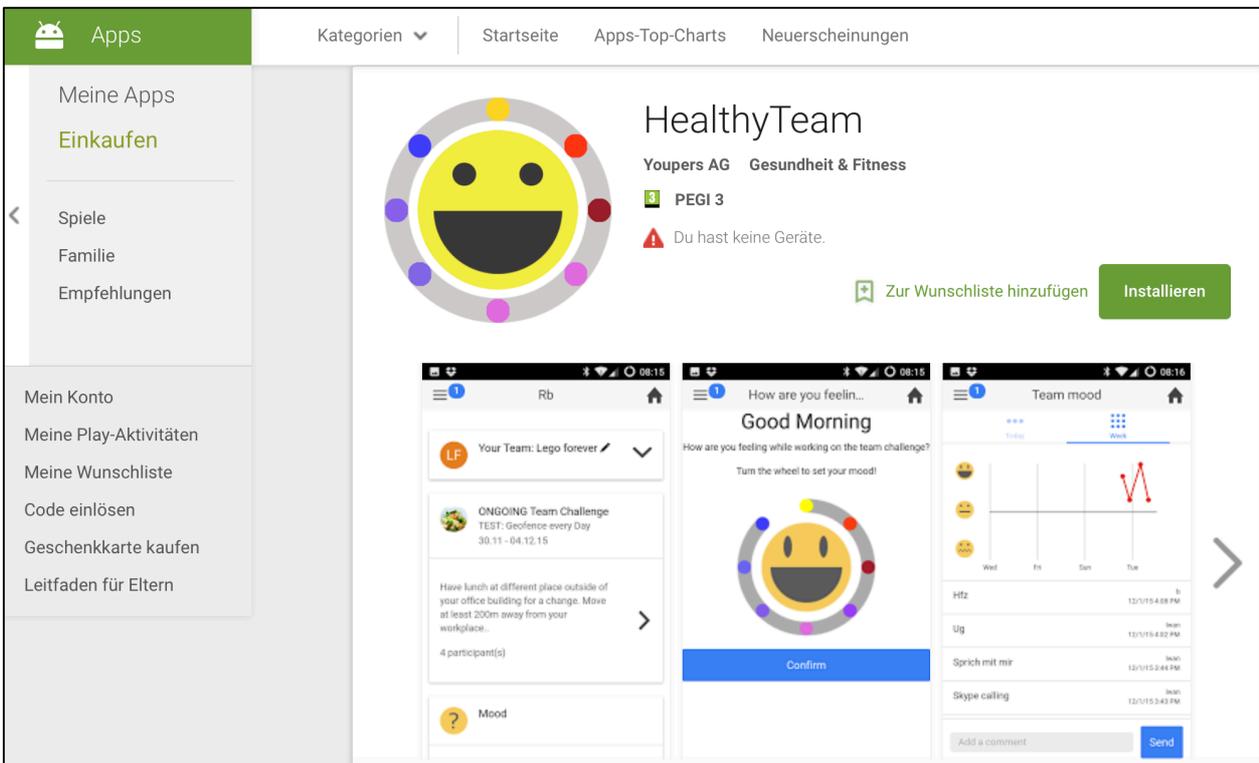
- Accept the invitation from your HealthyTeam leader and register yourself as new member of the HealthyTeam

For HealthyTeam leaders and members:

- Participate in the weekly TeamChallenge and try to fulfill the daily health missions
- Assess your personal mood when requested by a corresponding notification
- Improve your mood by inviting your colleagues to a break
- Take a look at the progress and results of your team

### 3.1.2 Downloading on Google Play

<https://play.google.com/store/apps/details?id=com.youpers.healthyteam>



The screenshot shows the Google Play Store interface for the 'HealthyTeam' app. The app is by 'Youpers AG' and is categorized under 'Gesundheit & Fitness'. It has a PEGI 3 rating. A message indicates 'Du hast keine Geräte.' (You have no devices). There are buttons for 'Zur Wunschliste hinzufügen' and 'Installieren'. Below the app information, three preview images are shown: 1) A team challenge notification for 'Your Team: Lego forever' with an ongoing challenge 'Geolence every Day'. 2) A 'Good Morning' mood check screen with a 'Confirm' button. 3) A 'Team mood' screen showing a line graph of mood over the week and a list of team members with their current mood and location.



## 3.2 Description

HealthyTeam is a simple and innovative app to promote healthy behavior within working teams in a fun, social and informative way.

The app motivates the users:

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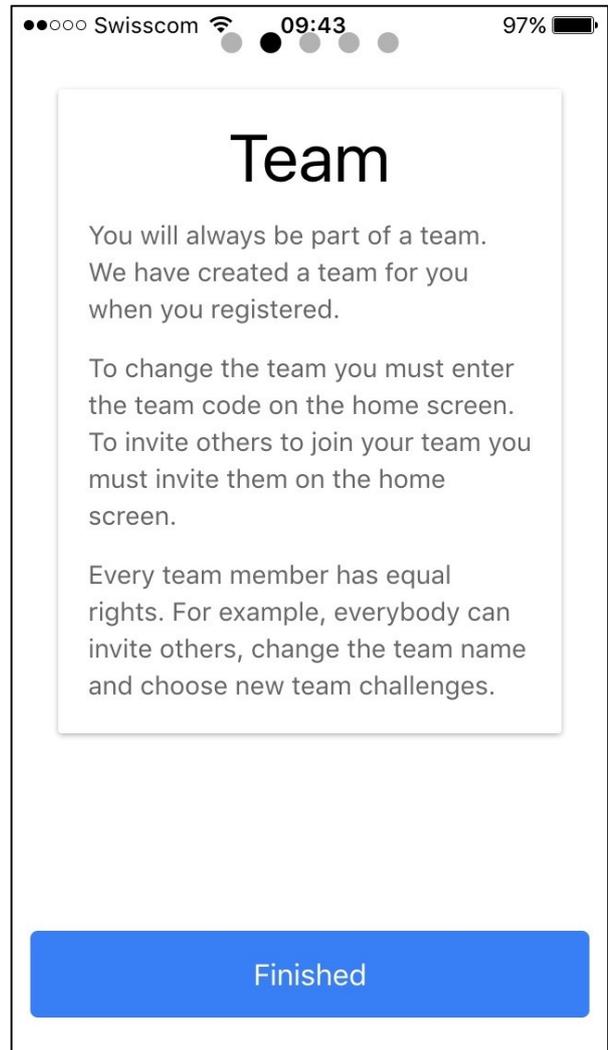
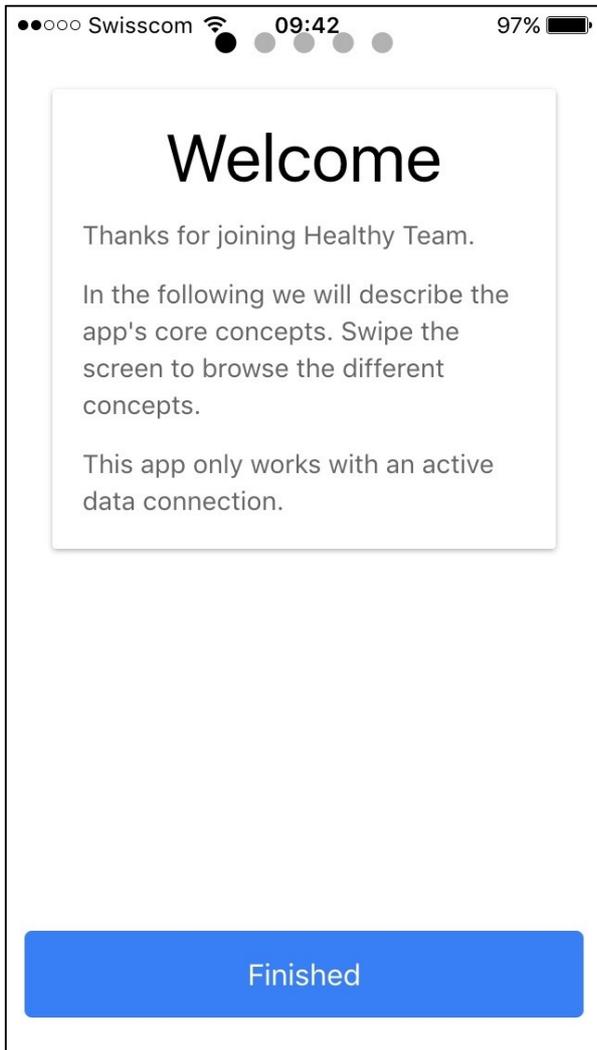
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## 3.3 User Instructions

After downloading the App and entering the registration details (user name, Email, password) the reader get the following user instruction on his display.



●●○○ Swisscom 09:43 97%

## Mission Types

There are two kinds of missions: daily missions and extra missions. Each weekday you have to first complete the daily mission before you can access the extra mission. You earn two points for your team when successfully completing a daily mission and one point for each extra mission

**Daily mission**  
Daily missions are designed to improve your health and are typically done over lunch.

**Extra Mission**  
Extra missions are a fun bonus to get extra points.

Finished

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## Mood

Moods are inquired regularly from each team member. The goal is to help you maintain a good mood by embracing the social aspects between you and your colleagues. It also gives you a chance to see how your colleagues are currently doing.

Finished

