SPRINGH – Sensor data Processed for Reliable Innovative Health Guidance

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Employers use Health Promotion Plans nowadays to provide wearables to employees, with the purpose to promote employee health self-management. These wearables provide feedback to employees. Currently, the effect of this feedback is not clear. Therefore, it is investigated in field experiments within the project SPRINT@Work, which is a collaboration of three faculties (UMCG/Medical, Social Science, and Economics and Business) and nearly 20 business partners. In this project, sensor information is combined to provide enriched feedback from various sensors to users. The effect of this feedback is currently being investigated. The next step after the project SPRINT@Work is to shift from short term effects to long term effects. However, the data science challenges of these long term effects are substantial: they include all kinds of machine learning techniques in order to select the best rules for generating feedback.