NEXT GENERATION STRESS MANAGEMENT

In association with INNOSKART ICT cluster

Cluster Management Excellence
THE PROBLEM

- Work-related stress is the **second** most frequently reported work-related health problem in Europe — after musculoskeletal disorders.
- Around half of workers consider it to be common in their workplace.
- 50–60% of all **lost working days** can be attributed to **work-related stress**.
SOLUTION

An automatic system what is:

- Real Time
- Continually
- Objective
- Non invasive
- Flexible for customer needs

GOALS:

- TO TEACH people how TO LEARN to fight with stress (Do not ignore!)
- To give a PREVENTIVE solution for people, business
METHOD

INPUTS
- E.G. KEYBOARD, MOUSE, VEHICLE, SMARTPHONE, SMARTWATCH

ANALYSIS
- SIMILARITY ANALYSIS
- ROBOT EXPERT

FEEDBACK
- ALERTS
- REPORTS

SOLUTION
- BASIC SOLUTIONS
- ANALYSIS BASED SOLUTIONS
- SUGGEST FOR HUMAN EXPERT

MONITOR & REVIEW
- TEACHING MODEL
- TEACHING USER
- ANALYZE

INNOSKART
ICT cluster

Cluster Management Excellence
Dedicated to cluster excellence
Samples, experiences 1
Samples, experiences 2

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVG stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Samples, experiences 3
Samples, experiences 4

CEO alert

<table>
<thead>
<tr>
<th>Team</th>
<th>STRESS LEVEL</th>
<th>ABS DIFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team 1</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Team 2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Team 3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Team 4</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

TEAMS / GROUPS / DIVISIONS ECT

Yesterday - 30Day AVG - DIFF
Alerts, solutions

DYNAMIC ALERT SYSTEM

Personalized alerts (employees, management)
(real time, daily, weekly, by groups... ect.)

The list of potential alerts are based on the number of other inputs
(e.g. calendars, events, KPI-s ect.)

Basic solutions
Analysis based solutions
Or you have to get other help
(leader, psychologist ect.)

WIDE RANGE OF SOLUTIONS
Opportunities

STRESS BIG DATA FOR THE WORLD

GLOBALSTRESSMAP.COM

GOVERNMENT SUPPORT

PUBLIC TRANSPORT

INNOSKART
ICT cluster

Cluster Management Excellence
DEDICATED TO CLUSTER EXCELLENCE
THANK YOU!

In association with INNOSKART ICT cluster

next generation stress management

Cluster Management Excellence