

# Professional activity and Wellbeing

Protecting the digital wellbeing of your employees



**DIGITAL WELLBEING**

by **flexxible**

- Analyze digital behaviours
- Develop digital wellbeing
- Improve professional activity



Digital wellbeing - Employee wellbeing through healthy technology use.

Companies are digitalizing at a very rapid speed. And it often occurs with urgency and in an improvised way, without taking the time to anticipate its impact on health.

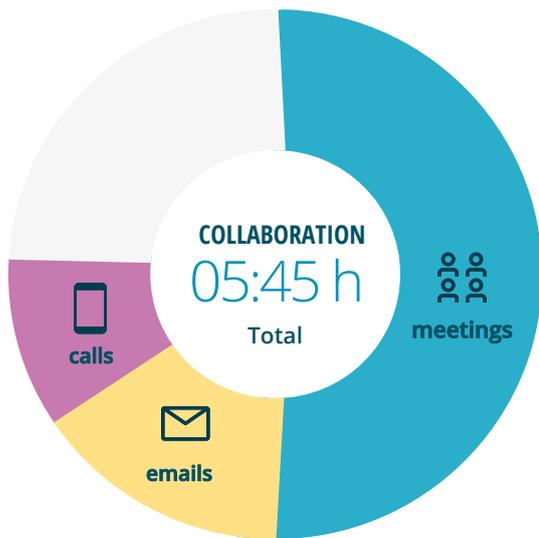
While the benefits for the work and people are undeniable, the irrational use of digital technologies and the new habits that come with it have serious consequences on the health and productivity of employees.

"Technostress", fatigue with online meetings and hyper-connectivity are increasingly causes for concern, generating low performance and increasing psychosocial risks like burn-out syndrome, anxiety and disconnection from the organization.

In this new context, prioritizing digitalization also requires prioritizing care for employees' digital wellbeing.



[digitalwellbeing.cloud](https://digitalwellbeing.cloud)

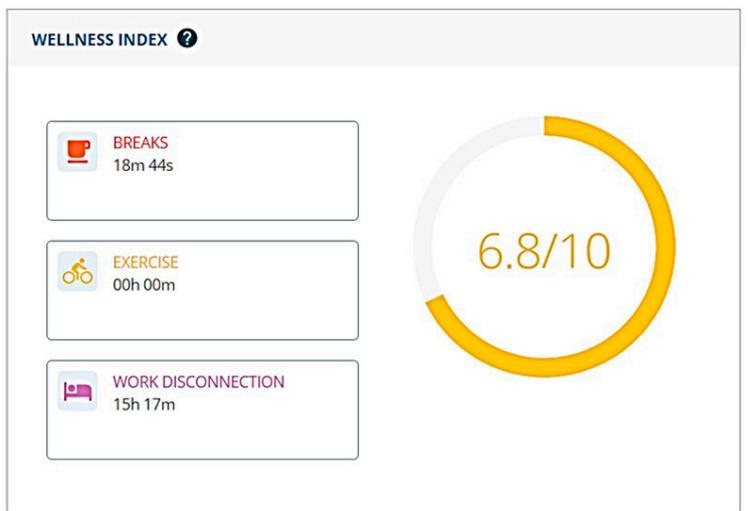
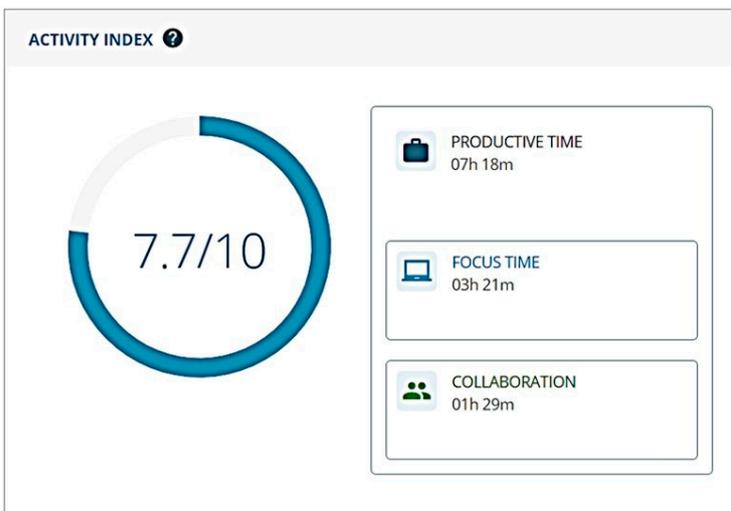


## Understanding user behavior

To protect wellbeing in this new digital age, companies need a holistic vision of how their employees interact with applications and devices.

Technology can be very helpful for evaluating our work day, reporting the amount of time spent concentrating, in meetings, or multitasking with a high level of distraction, making us aware of our actual activity.

Being able to observe how we use our digital environment is a great step forward in employees and executives understanding the challenges they face in doing their jobs in a healthy and efficient way.



## Measure, inform and educate

In a work space that has quickly changed from a physical office to a digital office, employees are facing an additional challenge in doing their jobs.

Finding the right balance in their use of technology is essential not only for maintaining productivity, but also for promoting digital wellbeing. Employees may not be aware, for example, of the most useful collaboration platforms for their daily activities, or that they are continually distracted by incoming emails.

Companies need to find a way to help them reflect on their relationship to technology, as well as provide the advice and tools necessary to achieve a feeling of personal digital wellbeing.



For every euro invested in occupational health, companies save €5.

Deloitte (2020 Report)



## The digital wellbeing management platform

Based on our own experience as a technology company, and on the experience of our customers together with advice from universities and experts in health, occupational risks and data privacy. Digital Wellbeing uses a control panel to evaluate and report on the level of Wellbeing and Professional Activity.

We convert the data into valuable information using highly advanced algorithms. We evaluate the digital wellbeing level, measuring disconnection time, work time, breaks and multitasking.

The professional activity level is evaluated based on total work time, the use of applications identified as productive, the number and duration of meetings, concentration time, and interaction with multiple devices. Designed to help employees identify areas of improvement in their professional activity, and to adopt and maintain good digital health, and for executives to be able to anticipate potential risks with their team members. Digital Wellbeing protects privacy, and it is the employee who decides how to share it.

### Visibility

Analysis of app usage across the entire organization, by department or by user across a day, week, or month provides visibility into working trends.

### Culture of Empowerment

With a bottom-up approach, employees have autonomy in control and improvement actions.

### Promote wellbeing

The evaluation of break habits, concentration and disconnection encourages reflection on improvement initiatives.



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