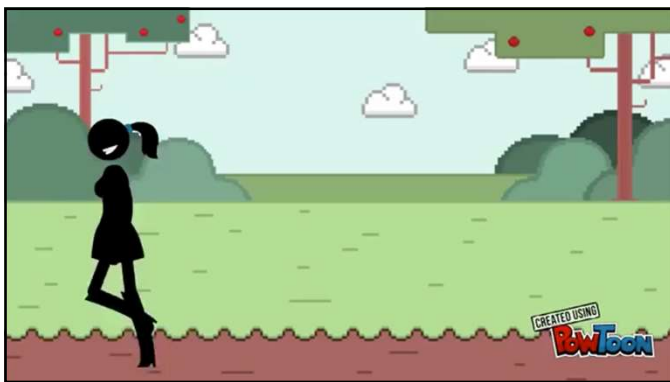


Use Technology to Map a Positive Path to Wellness

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Objectives

- Describe self-regulation and how it helps existing and future health and wellness efforts.
- Describe how to integrate intelligent assistance through technology into wellness promotion efforts.
- Map an effective plan to use positive health resources to achieve both personal and operational goals.
- Practice integrating intelligent assistance through technology into wellness promotion efforts with peer support.

Technological Integration: Daily Life

In the Beginning
Technology was used on rare occasions by select individuals.



Now
Most people have access to technology and use it frequently throughout the day, making tasks easier in many domains.



In the Future
Access to and use of intelligent assistance to increase quality of life becomes the norm.



Technological Integration: Impacting Society

LimeBike at East Carolina University



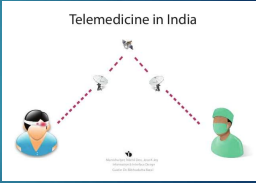
#LetsLime

Benefits with Technology

- Cost
- Implementation
- Maintenance
- Communication
- Where has technology been recently integrated in your company or your life?
- How has technology helped your company and created benefits for many domains?

Opportunities with Globalization

- Reach of Product
- Varying Demographics
- Cultural Specifics
- Shared Interests
- Has anyone connected internationally through their company?



Connecting Sustainably

- Resources
 - Driving
 - Mail adverts and billing
- What are some other ways technology has proved to be more sustainable than previous means of communication?
- Face-to-face contact



What is Wellness?

- Is wellness a Product, Process, or Potential?
- What would be motivating?
- Is Wellness Progress...
- Wellness with Technology...

How do we Achieve Wellness?

- Wellness = Collaboration and Communication
- Does more good equals less bad?
- Create a Gain
- Environment
- How do we create the gains with technology?



Is there a Positive Path to Wellness?

Can we....

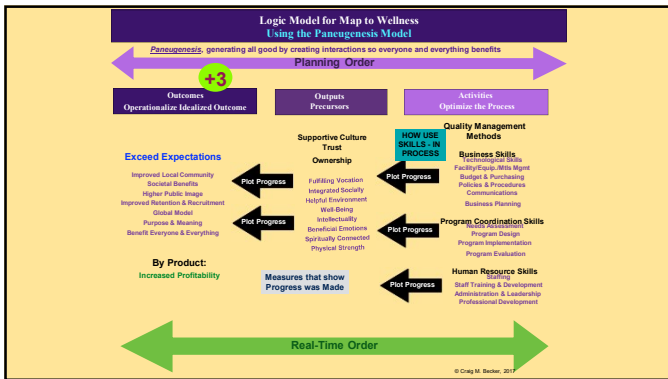


Is there a model to follow?

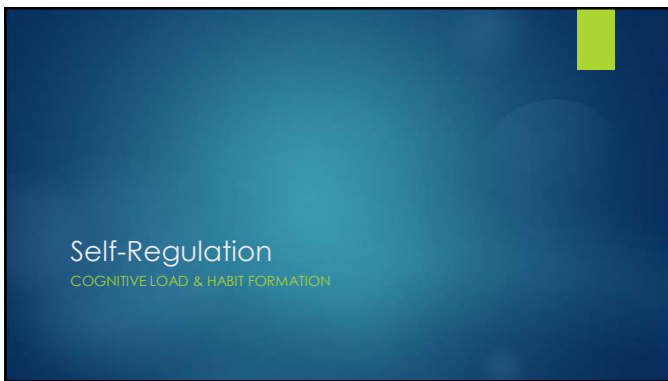
Mapping a Path

Map No, Model, Yes
- Model, however...
"All models are wrong, but some are useful." - George Box









Steps to Self-Regulation



Cognitive Load Working Memory Habit Formation

Technological Integration: Self-Regulation

- Can you recognize self-regulation in your life?
- Using self-regulation techniques in technology
- Creating positive feedback through intelligent assistance
- Forming healthy habits with the help of technology
- Creating wellness through technology

Research in Self-Regulation

- Self-regulation has shown to improve:
 - Emotional stability
 - Work performance
 - Academic performance
 - Relationships
 - Physical performance...
 - Progress or wellness

Scoping Review


- What is a scoping review, pic of someone researching
- Exceed goals in enhancing common good and pursuit of happiness
- Look at individual and community performance measures
- Longitudinal analysis needed

Applying Technology to Daily Life

IMPROVING WELLNESS IN THE COMMUNITY AND AT WORK

Technological-based Improvements

- Business - Robotics
- Policy - Virtual and online information systems
- Health - Patient portal systems
- Environmental - Sustainable transportation



Current Application Development

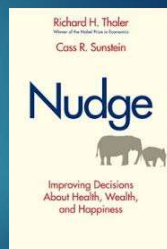
- BeWell'r system
 - Self-regulation
 - Positive Habit formation
 - Lifestyle changes

Technology Based Behavioral Interventions

BACKGROUND AND DISCUSSION

Use Habits as a Default

- Goal of self-regulation technology
- Nudge as optimizing the process



Applying Nudge to Wellness


- Interactive portion
- Discuss how integrating tech to these techniques helps with wellness

“Nudge” in the Classroom (Study)

- Study Setup
- Create Idealized Outcome – Successful Students
- Precursors – health and scholar
- Process – nudge to improve physical mental and social well being
- Plot Progress – engagement in physical, mental and social activities

“Nudge” in the Classroom (Study)

- Student implications
- Teacher implications
- Education implications



Applying "Nudge" to Wellness

- Health implications
- Wellness implications
- Personal implications



Take home points

- Use technology to influence behavior changes
- Self-regulation benefits
 - Personal
 - Organizational
- Communicate and collaborate
- Provides a map to wellness
- How will technology nudge you?