



Muscle tension, back pain or fatigue?

Not with the digital health coach!

Problems caused by long hours of sitting with insufficient ergonomics and movement are a huge issue in our society. Many suffer from muscle tension, back pain, neck pain or headaches. In addition, such stressful work habits are linked to serious long-term illnesses.

That's why we've teamed up with award-winning German startup Deep Care GmbH to provide you with a personal digital health coach for 6 weeks. The smart and sleek device is simply placed on your desk and off you go. From then on, you'll get the right advice at the right time to develop healthier habits while you work - incidentally and without being distracted by work. For more information about the product, please visit the following links:

- [1 min explainer video about concept \(English\)](#)
- [3 min explainer video about usage \(German\)](#)
- [Deep Care GmbH website \(English\)](#)

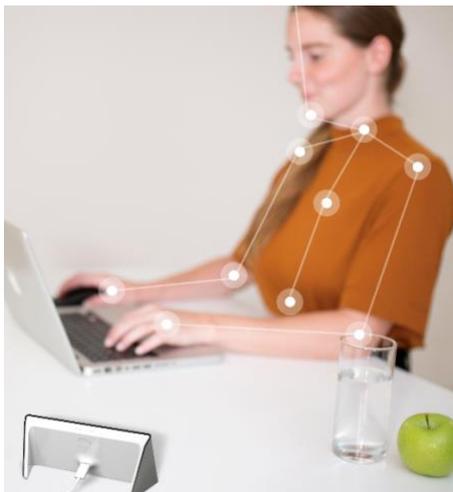


## Tested and approved

After a previous pilot at the institute, we can highly recommend the use of the digital health coach!

### What convinced us?

- The personalized coaching based on the sensor with the following effects:
  - Awareness of one's own sitting posture and improvement of ergonomics.
  - Implementation of targeted movement exercises to accompany work.
  - Avoiding too long periods of sitting and optimizing the use of a standing table.
  - Sufficient and regular drinking.
- Experienced benefits of various test persons of the MPI-FKF: "Es hilft wirklich!"
  - "It really helps!"
  - "Minimalistic, simple to use, very clean shape, not distracting."
  - "I knew that I always have a bad sitting position while working, but I actually tried to improve it while using it."
  - "The posture detector is extremely beneficial and works really well."
  - "The obtained ergonomics signals are noticeable, but not disrupting."
  - "It improved my posture and drinking patterns. That is really great!"
  - "I like the short exercise."
  - "Makes it easier to have a "work-exercise-balance."
- **Privacy:** ISA is offline, does not store long-term data and does not include a camera.
- Easy to start using - plug it into the power socket and you're ready to go. Plug and Play!
- Both office and home office use possible.



## How can I use the offer?

\*\*\*No costs for you - this is an offer of the institute's health management\*\*\*

### **Step 1: Open booking portal**

Link to the booking portal: <https://booking.deep-care.com/MPI-FKF>

### **Step 2: Specify your desired 6-week usage period**

You can freely choose your individual 6-week usage period between 01.10.2022-30.09.2023. It is no problem if you have a few days off or are on the road during this period.

### **Step 3: Select delivery address**

The device will be delivered by mail to your desired address, whether in the office or home office. At the end of the usage period, you will receive a DHL return label for the return shipment.

### **Step 4: You will receive all further information in a subsequent confirmation email.**

