

MAKING TECH HEALTHY!

PAWEŁ W. WOŹNIAK

GOOD NEWS!



51%



77%

satisfied

66%

need help



5669

STEP

2.0
3.5
KM

12:53
16/03
BATTERY

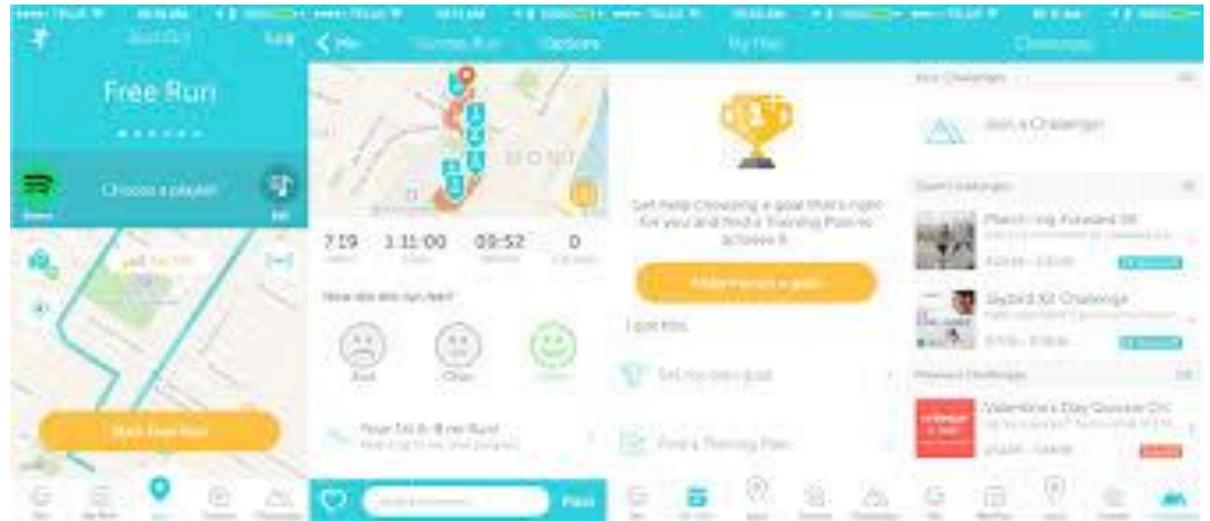
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STEP

**BUT THEY
DON'T REALLY
WORK 😞**

**AS HCI PEOPLE,
WE CAN HELP!**

LET'S BUILD A NEW GENERATION OF HEALTH DEVICES!



**PAWEŁ SHOULD NOW
SWITCH TO THE OTHER
SLIDES FOR A WHILE**

WHAT'S DIFFICULT ABOUT IT?

- **Interdisciplinarity**
- **In-situ studies**
- **Long-term studies**
- **Communication**
- **Personalisation**

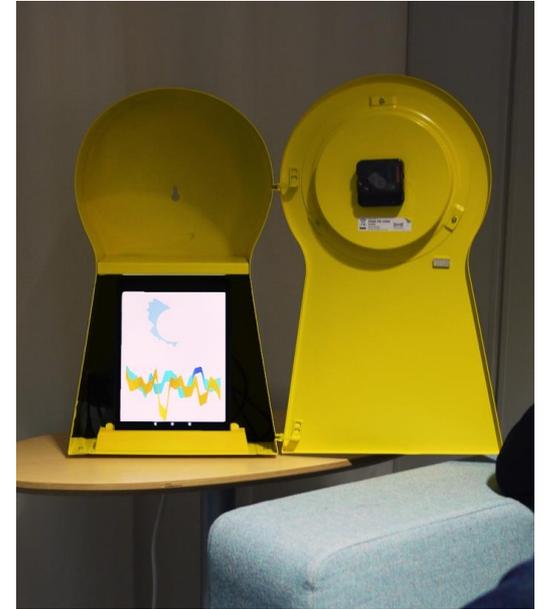
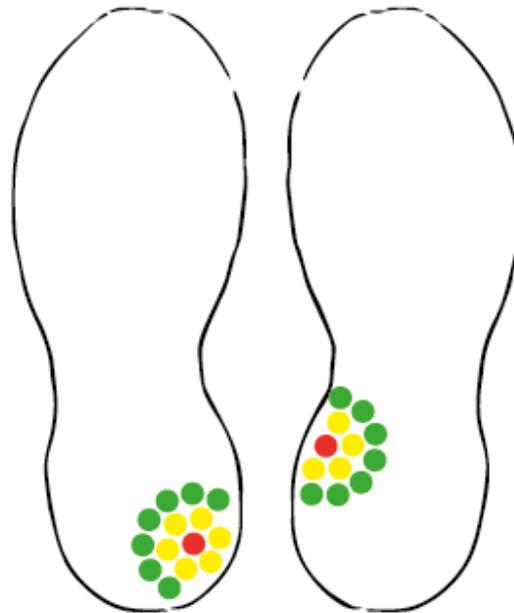
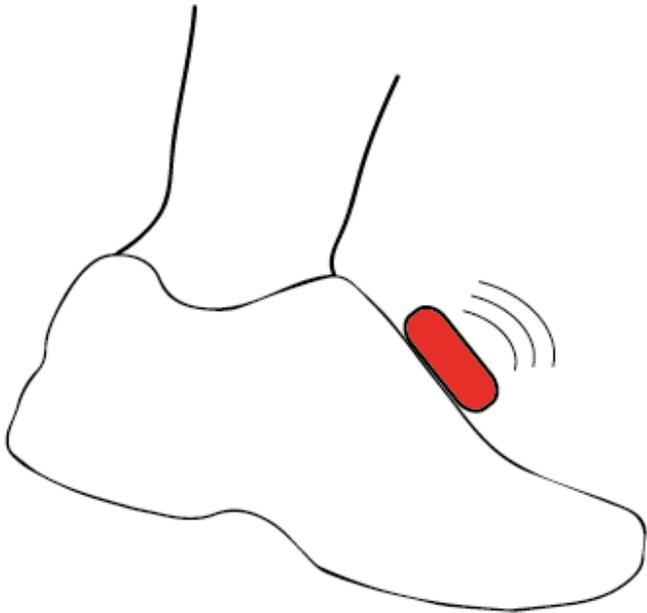
OKAY, SO WHAT'S GOING ON IN RESEARCH?

- **Wellth**
- **Reflection**
- **Mindfulness**
- **The social**

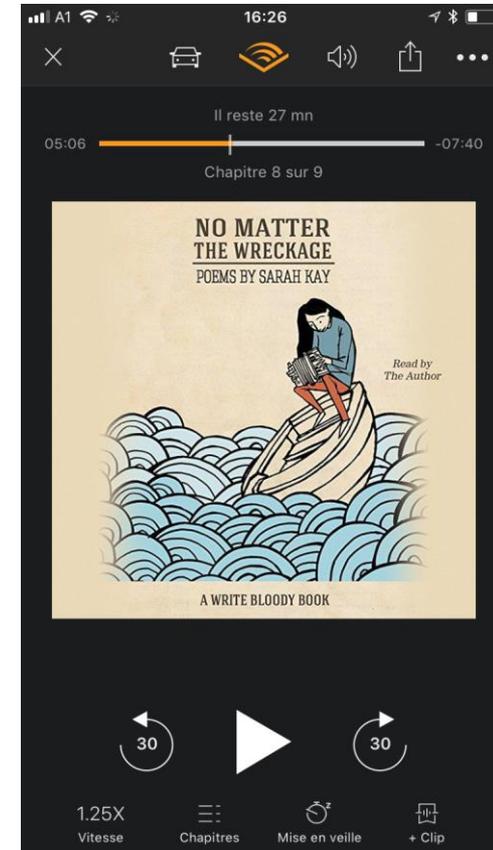
WELLTH

- **Focus on the lived body**
- **Psychological and physical wellbeing as a continuum**
- **N=1**

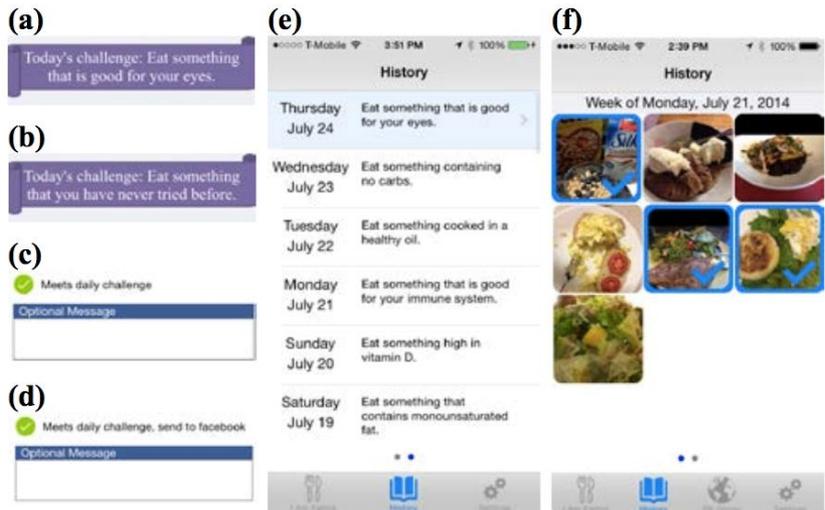
REFLECTION



REFLECTION – BEYOND NUMBERS



MINDFULNESS



THE SOCIAL

