



SUMMARY NOTE

iFHP Big Ideas Week Connect | 19 – 23 June 2023

‘Moving the Dial on Workplace Wellbeing’

**Nisha Alberts – Business Designer, Wellbeing and Health
Zilveren Kruis**



Nisha Alberts Business Designer, Wellbeing and Health, Zilveren Kruis

Nisha’s presentation highlights the importance of workplace well-being and its impact on overall health and productivity. Nisha discusses the role of Zilveren Kruis in the health insurance market as a catalyst for improving health in a preventive manner.

Nisha introduced the "Total Picture of Health and Well-being" model, which illustrates the interconnectedness of various factors, including body and mind, environment, relationships, and safety, in influencing health. She also presented their innovative app called MoodMirror, which helps individuals manage stress through the smart use of consumer tech and voice analysis technology.

Nisha discussed the prevalence of mental health problems in Europe and their impact on individuals and society. She emphasized the importance of purpose, physical activity, learning, and relationships in overall health, particularly in the workplace. She also highlighted the significant influence of managers on employee mental health and the need to address workplace culture and relationships.

To address workplace well-being, Nisha described the Well at Work Monitor, a scientifically backed diagnostic questionnaire developed in collaboration with Deloitte and TNO. This tool enables continuous measurement and monitoring of workplace well-being, providing actionable insights for employees, managers, and HR. The monitor aims to create a user-friendly, integrated system to improve workplace well-being through leadership, culture, and individual interventions.

The presentation concluded with a live demonstration of the Well at Work Monitor, showcasing its features and potential for assessing individual and team well-being. The speaker Nisha highlighted the importance of continuous monitoring, privacy protection, and the future development of a prognostic algorithm to enhance the monitor's effectiveness.

Overall, the presentation emphasized the need for systemic solutions to address workplace well-being, with a focus on leadership, culture, and holistic interventions. The Well at Work Monitor offers a comprehensive tool for organizations to measure, monitor, and improve workplace well-being, leading to positive outcomes such as increased productivity, engagement, and reduced burnout.

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