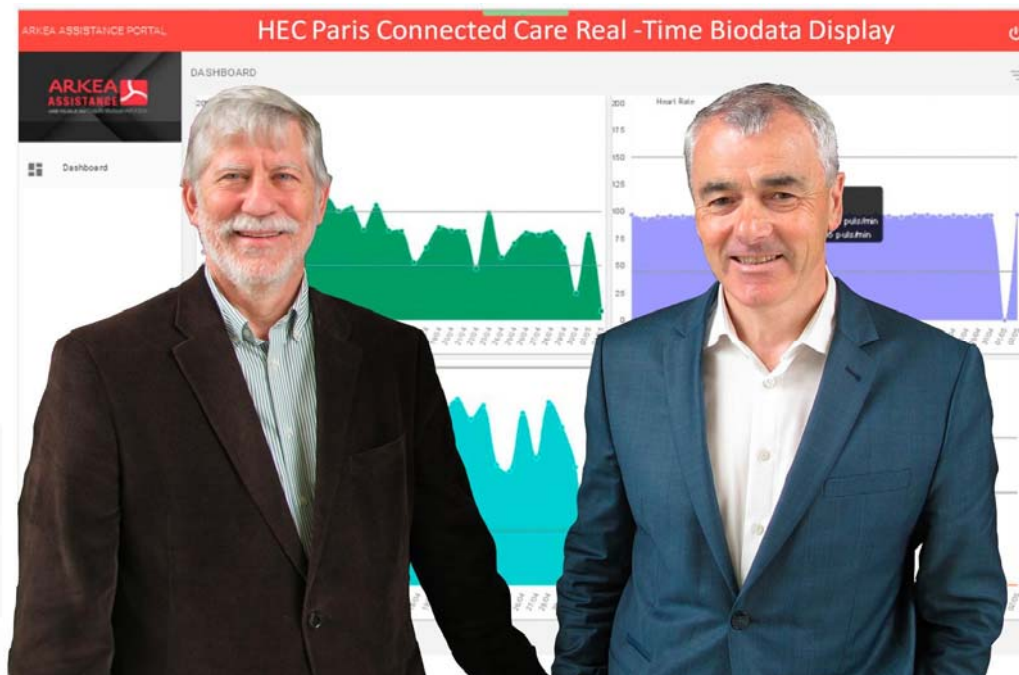


Real-time monitoring of student health, happiness, and well-being is now a reality

Arkéa Sécurité joins the HEC Paris Connected Care Project

HEC Paris now offers its MBA and EMBA students real-time monitoring of their health, happiness, and well-being. Building on the Connected Care Project, financed by Intel, iHealth Labs, and the HEC Foundation, Arkéa Sécurité, a division of Crédit Mutuel Arkéa, will use its dashboard to collect data from HEC Paris and IE Madrid students no matter where they are located. The iHealth Edge and iHealth Air Pulse oximeter automatically upload data through the participants' smartphones which is then stored on iHealth Labs secure servers. The Arkéa Sécurité dashboard extracts and displays this data with a series of graphs. The biodata generated by the students will be updated every 10 minutes. A quick look at the screen each morning will let professors know how much sleep their students had the previous evening in addition to physical activity, cardiac frequency, blood oxygen levels and other data about the students. Occasional mini stress surveys can also be displayed which might encourage faculty to adjust their assignment due dates and work load.



[Michael Segalla](#), Ph.D., Professor of Management in HEC Paris' Department of Management and Human Resources directs the Connected Care Project. Supporting the goal of promoting healthy lifestyles made possible by advanced wearable technology, over 650 students enrolled in the HEC Paris MBA and EMBA as well as IE Madrid MBA programs were offered activity and cardiac trackers to measure movement (walking, running etc.), sleeping pattern, pulse rate, and blood oxygen levels. The MBA and EMBA students will enjoy this unique opportunity from February 2016 to June 2017.

The project collects this bio-performance data along with psychosocial online assessments of health, happiness, and personal stress. This data helps the researchers identify situations that might contribute to lower personal cognitive performance. Continuously measuring the effects of physical activity, sleep, and cardiac function is the key benefit of using these advanced tracking devices. Upon the conclusion of this experiment, HEC Paris will be releasing a white paper containing the results of this experiment.

According to Professor Segalla, "our students will directly benefit from this experiment, made possible by the advanced monitoring software developed by Arkéa Sécurité, because it offers direct feedback reminding them to be active and sleep regularly. Furthermore, we are developing a business case for the technology. It is a sad fact that firms are probably spending more money on monitoring the physical state of machine using advanced sensors connected to networks than they are on monitoring the physical health and well-being of employees. The new technology however helps firms that care about their employees live healthier and happier lives, at work and at home. A major impediment to fulfilling the vision of activity tracker manufacturers is employee acceptance. Although activity trackers come in many styles with varying functions and features, they are often seen as a "geeky" devices that invade the privacy of users. Few users of Google, Yahoo, or Bing search engines or social networks really understand the extent that their privacy is virtually gone. Activity trackers need to deliver more than steps or heart rate and when they find their killer app their acceptance will grow tremendously."

This technology allows the research team, which includes Gilles Montalescot, MD, Ph.D. (Professor of Cardiology at the University of Paris VI, and Director of the Cardiac Care Unit at the Pitié-Salpêtrière Hospital in Paris) and Dr. Donna Spruijt-Metz, MFA, Ph.D. (Co-Director of the USC mHealth Collaboratory at the University of Southern California's Center for Economic and Social Research) access to high quality, near real-time physical performance data. According to Yvon Le Bihan, CEO of Arkea Sécurité "this project leverages our flexible and innovative platform for connected health and telecare services. HEC Paris' offer to be the lead supplier of this highly secure is an important acknowledgment of the capacity of our technology to collect and process huge amounts of data."

Professor Segalla believes that HEC Paris and IE Madrid will lead the way in this rapidly developing technology and that companies will be able to help employees be healthier, happier, and more productive.

About HEC Paris:

Specializing in management education and research, HEC Paris offers a complete and unique range of educational programs for the leaders of tomorrow: Masters programs, Summer School, MBA, PhD, Executive MBA, TRIUM Global Executive MBA, open-enrolment and custom executive education programs. Founded in 1881 by the Paris Chamber of Commerce and Industry, HEC Paris is a founding member of the Université Paris-Saclay. It boasts a faculty of 138 full-time professors, more than 4,400 students and over 8,000 managers and executives in training each year. HEC Paris was ranked the second business school in Europe by the Financial Times' overall business school ranking in December 2015.

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About Arkéa Sécurité:

Arkéa Sécurité, subsidiary of Crédit Mutuel Arkéa, provides Telecare, Home Security and Connected Health services. With more than 12,000 customers, Arkéa Assistance, the telecare division of Arkéa Sécurité, launched with success a connected watch a year ago to offer mobile telecare services. With its open and innovative platform, Arkéa Sécurité can address the need of any customers in the field of health, security and care.

For more information please visit www.arkeassistance.fr or www.arkeasecurite.fr

About iHealth:

iHealth, established in Silicon Valley in 2009, is a world leader in connected health, producing and distributing innovative health products that allow users to better understand their bodies' vital signs. Clinically approved, iHealth has created a complete ecosystem of products, from blood pressure monitors, glucometers, body analysis scales and pulse oximeters, through to activity and sleep monitors. With the free iHealth MyVitals app, available on iOS and Android, users can analyse and follow their health statistics, trends and simultaneously share them with their doctors or families.

iHealth also offers a product line for health professionals, paired with a dedicated application called iHealthPro; connecting doctors and patients. Directed by Uwe Diegel in Europe, iHealth benefits from its experience of over 20 years in the manufacturing of medical devices.

For more information please visit www.iHealthLabs.eu and follow us on [Twitter](#) and [Facebook](#)

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