

# Optimal Office™ Fact Sheet

Optimal Office™ from Logisens is the first device designed to measure stress on the job and provide immediate solutions for decreasing its symptoms. The system improves effectiveness and well-being, at the user's workspace, in real time.

A bio-sensor implanted in a computer mouse measures changes in galvanic skin response (GSR - a clinical measurement of the skin's response to emotional stimuli) and body temperature. The physiological data is registered by the Optimal Office software, which provides ongoing monitoring and reports throughout the work day.

When Optimal Office detects increased stress in the user, the system provides onscreen micro-trainings — proven techniques that include breathing, stretching and calming exercises. The trainings appear several times each day, vary from 30 seconds to four minutes in length and are designed to avoid interruption of the user's work effort. The total training time in an average day is six to eight minutes. With just a few minutes of training each day, Optimal Office users become aware of stress at the point of occurrence and learn ways to help bring it under control for an increased sense of well being, effectiveness and performance on the job.



## Optimal Office Training

Optimal Office turns the user's computer into a wellness coach, offering training and guidance throughout the work day. The system provides moderate physical involvement through progressive micro-exercises — repeated over time, with minimal time commitment, and offering encouragement and acknowledgement of effort.

The Optimal Office system begins with the *Manage Stress* program. *Manage Stress* is a six month program consisting of approximately 16 hours of self-paced training. The system incorporates the Trans Theoretical Model of Behavior Change. This theory is the foundation for developing effective interventions to promote health behavior change and describes how people modify a problem behavior or acquire a positive behavior. Optimal Office incorporates four elements critical to adult learning: motivation, reinforcement, retention, and transference to ensure user success.

After users have completed the *Manage Stress* module and the new skills are second nature, they enter the monitoring mode. The monitoring mode keeps the user in control and is triggered only when a threshold of stress is reached, or at the user's request. Additional software modules are currently in development and will be available to the public soon.

## Optimal Office Features

Optimal Office can benefit any computer user and promises increased efficiency at work and a greater overall sense of well being. Product features include:

- Assessments for baseline stress levels, psychological states and readiness to change.
- Unobtrusive display options.
- Computer use does not have to be constant. Assumes occasional use of the mouse.
- Self-paced, with preferred program options on call.
- Daily training recommended as most effective internalizing learned skills and executing long-term behavioral change.
- Daily reports; reviews of past measurements to investigate long-term trends — enabling users to correlate responses to events in the workplace. Allows the user to insert comments and notes for evaluation during the review.
- Email and phone support for both technical and non-personal questions about stress and emotional response.
- Contracted professionals available to address more specific questions that require certified expertise.

### **Incorporating Optimal Office**

Optimal Office Small Business is available to both individuals and small companies. It requires installation of the SensDevice mouse and the Web 2.0 software via CD or web. Each user is provided with three short tutorials when the system first runs as well as a “help” feature when needed.

When Optimal Office is used in a large corporate setting, employers benefit by increasing their employees’ awareness of stress and giving them the means to regulate it. The result is both happier, more productive employees AND ultimately, lower health care costs.

Optimal Office allows employers to review and evaluate their group’s collective data to measure results and return on investment. An individual’s data is password protected by each individual user.

### **Optimal Office Benefits**

#### *Financial*

Twenty years of studies, involving more than 500,000 people, have proven that implementing stress management programs in the workplace has a positive financial impact. Studies have shown that wellness programs not only increase productivity and employee satisfaction, but reduce absenteeism, sick leave, health

### **Optimal Office – APEX Award Winner**

In 2006, Logisens was presented with the APEX Award from the Colorado Software and Internet Association for the “Most Innovative Technology of the Year.” The award is presented to a technology company that has implemented a new product or service that is new to the industry, creative, fulfills a need in the marketplace, improves the customer company’s bottom line (by increasing revenue or decreasing expenses), improves customer or employee relations, is efficiently implemented, and will have lasting effects on the technology sector.



care costs, and disability and workers’ compensation costs.

#### *Personal*

Surveys of Optimal Office users have reported a decrease in burnout and job-related stress and increased job satisfaction, productivity and overall life satisfaction. Optimal Office provides positive life changes by first creating awareness of stress, teaching skills to manage it on the spot, and finally incorporating that knowledge into everyday life.

### **Optimal Office Study Results**

Logisens conducted three successful pilot studies from 2004-2006 to test and evaluate Optimal Office’s usefulness and effects in the workplace. In all three studies, Optimal Office users reported a significant decrease in burnout and work stress, and a sizeable increase in life and job satisfaction. Additionally, both of the groups asked to rate Optimal Office’s effect on productivity found that the system improved efficiency in the workplace. Lastly, all three study groups found Optimal Office a valuable tool that was easy to use.