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HEC Paris leads health and well-being study

HEC Paris and Intel collaborate on cutting-edge project into the potential of wearable technologies for executive performance

Jouy en Josas, January 12th 2016

Leading the development of a new generation of intelligent, connected devices, HEC Paris have embarked on a research study directed by [Michael Segalla](#), Professor of Management at the business school. With the goal of promoting healthy lifestyles made possible by new, groundbreaking, wearable technology, [TRIUM EMBA](#) participants will collaborate with INTEL which provides the entire Trium EMBA class with Intel Basis Peak smart watches capable of measuring: movement (walking, running etc.), sleeping pattern, pulse rate, skin temperature, and galvanic skin response. Our executive participants will enjoy this unique opportunity from January 2016. The study will run for a minimum of six months and could be extended until the end of 2016.

The project will collect psychosocial (lifestyle, happiness, stress, etc.) and biomedical (physical activity, sleep, heart rate, etc.) measures that may contribute to lowering an individual's cognitive performance. It will also examine factors that help integrate wearable technology into daily life. Upon the conclusion of this unique experiment, HEC Paris will release a white paper containing the results of this unprecedented exercise. These results could have an important contribution to the current discussion about the role of health and well-being programs complimented by physical trackers that many firms are sponsoring for their employees. The ultimate goal of the research is to help improve the health and happiness of employees while assisting them to develop productive work habits.

“Benefitting from INTEL’s support is the key to this project succeeding. Receiving such innovative material will allow us to produce the most reliable data on the market. The diversity of nationalities and lifestyles evident across the TRIUM cohort makes the participants perfect for such an experiment. It will allow us to produce results reflecting a real, representative sample of senior executives”, outlined Professor Segalla.

“Supporting research is a priority for our business, particularly when it is done for the sake of well-being and good health”, added Stephane Negre, President of Intel Western Europe. “To be a partner in such an innovative project gives us the opportunity to test in situ the material in which we have heavily invested and for which we have great hope”.

About TRIUM EMBA:

The TRIUM Global Executive MBA is the top ranked degree for global leaders jointly issued by New York University Stern School of Business, London School of Economics and Political Science, and HEC Paris School of Management. Consistent top performance for the past 6 years (three times #1 – three times #2) Financial Times Executive Education Worldwide Ranking 2015 #3 for TRIUM Global Executive MBA Financial Times Executive MBA Worldwide Ranking 2015

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, MBA, PhD, Executive MBA, TRIUM Global Executive MBA, and 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 *Université Paris-Saclay*. It boasts a permanent faculty of 110 professors, more than 4,000 students and over 8,500 managers and executives in training each year.

HEC Paris was ranked second business school in Europe by the Financial Times’ overall business school ranking in December 2015.

Press contact : Leyla Douci-Habane, 01 39 67 94 23, douci@hec.fr