

# The Results Are In: OfficeIQ Is Getting People Active At Work



Humanscale has always championed movement, and — as millions of people invest in devices and apps that track their health and fitness data — we are creating a modern workplace that not only keeps people active throughout the day, but seamlessly closes the gap in digital wellness tracking.

Humanscale and Tome, a Detroit-based software company with a focus on connectivity and the Internet of Things, have joined forces to create **OfficeIQ** — the ultimate in office intelligence and the next step in changing traditional offices into active, intelligent workspaces.

Compatible with Humanscale's height-adjustable solutions, **OfficeIQ** helps users integrate more balanced movement into their day.

## TESTING EFFECTIVENESS WITH REAL USERS

Humanscale and Tome partnered with Levenfeld Pearlstein, a mid-size law firm providing legal and business counsel to sophisticated clients across a broad range of matters, to test the effectiveness of OfficeIQ in a real work environment. Data was collected from two groups:

- A default group of 17 users using a Humanscale sit/stand desk and OfficeIQ
- A control group of 18 users using a Humanscale sit/stand desk without OfficeIQ

We engaged Ohio University as a third party to support the pilot and run statistical analysis of the results. The goal was to uncover whether software prompts, such as those provided by OfficeIQ, keep users significantly more active during work hours than workers who do not receive software prompts.

## THE RESULTS

The data analysts from Ohio University concluded that OfficeIQ and software prompting does keep users significantly more active and engaged throughout their workday.

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What's more:

- Those with the software stood over **5x more** than those without it
- The frequency of movement while at the workstation proved to be significantly higher as **the team with software moved 10x more than their counterparts.**

## THE TAKEAWAY

Being more active is essential to health and well-being, especially at work. Recent research has shown that alternating between sitting and standing throughout the day can help reduce the effects of sedentary behavior, including heart disease and high blood pressure, and can contribute to boosts in energy, focus, and mood.

By integrating Tome software into Humanscale's expert ergonomic design, we have created a solution to combat sedentary behavior that aligns with our core values of simplicity and ease of use. OfficeIQ will help ensure that sit/stand users gain the full benefits of their ergonomic workstations and will help employers see real returns on their investments in developing healthier and happier places to work.

For more information, visit [humanscale.com/OfficeIQ](https://www.humanscale.com/OfficeIQ)