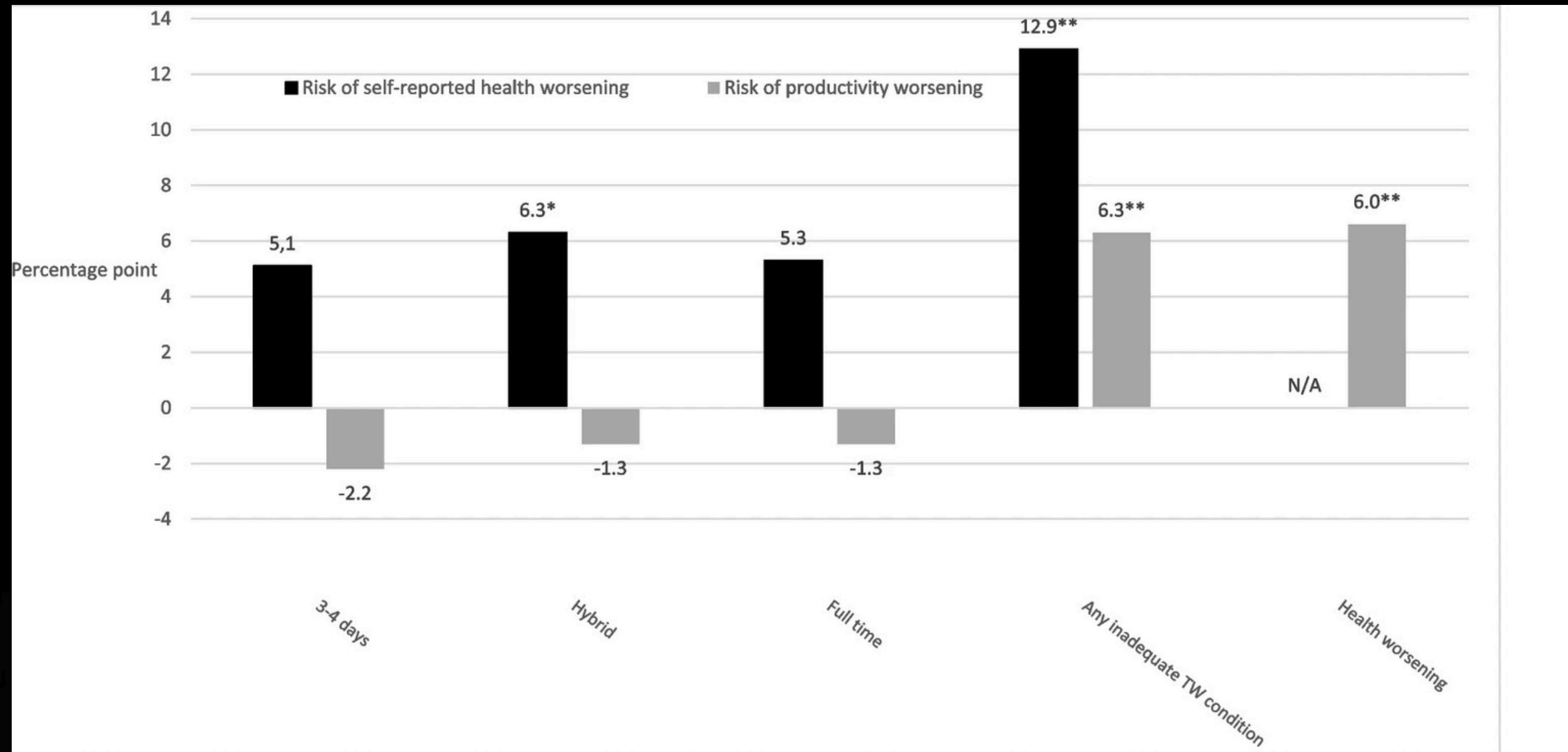




Empeoramiento de la salud percibida +15'9%
Peor dieta +10'1%
Consumo de tabaco +5'5%
Consumo de alcohol +4'5%



The values refer to marginal effects obtained from logistic regressions, adjusted for age, sex, and education. The reference category for the teleworking schedule is 1-day at home, and for home conditions the absence of any limitation (privacy, natural light, adequate heating, and well-being). **p-value<0.01; *p-value<0.05.

Perelman, J., Serranheira, F., Twor4Health Group. et al. Teleworking: does it make workers healthier and productive? A cross-sectional study on a Southern European population. BMC Public Health 24, 1946 (2024). <https://doi.org/10.1186/s12889-024-19481-y>

Shift to telework reduces walking time and increases risk of developing metabolic syndrome

- A longitudinal study of 3869 workers to determine how their physical health changed when they shifted from office work to telework.



Office work
In 2019



Telework
In 2020

- Shift from office work to frequent telework was associated with greater deterioration in physical health indicators within a one-year period among men.



Walking time

Office work $+4.6\%pt$ < Telework $-4.6\%pt$



MetS

Office work $+4.0\%pt$ < Telework $+6.6\%pt$

- When they engage in frequent telework, supportive measures to maintain their physical health among men.

Impact of shifting from office work to telework on workers' physical health: a longitudinal study

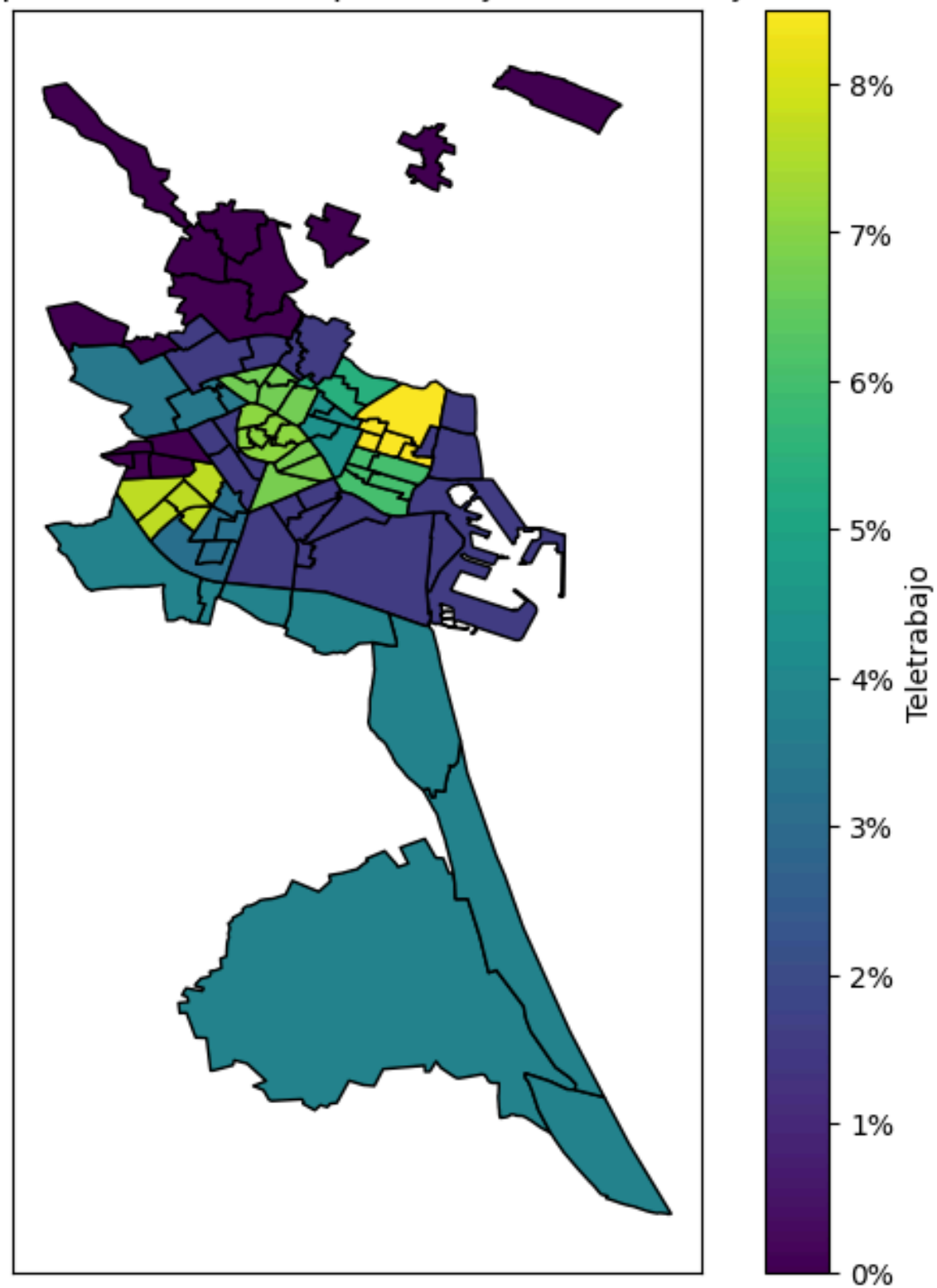
Rena Hoshi, MM, Hiroyuki Kikuchi, PhD, Masaki Machida, MD, PhD, Yutaka Nakanishi, MD, and Shigeru Inoue, MD, PhD.

Table 1: The percentage of the teleworking and office-working participants who acknowledged experiencing the emotions specified in the questions

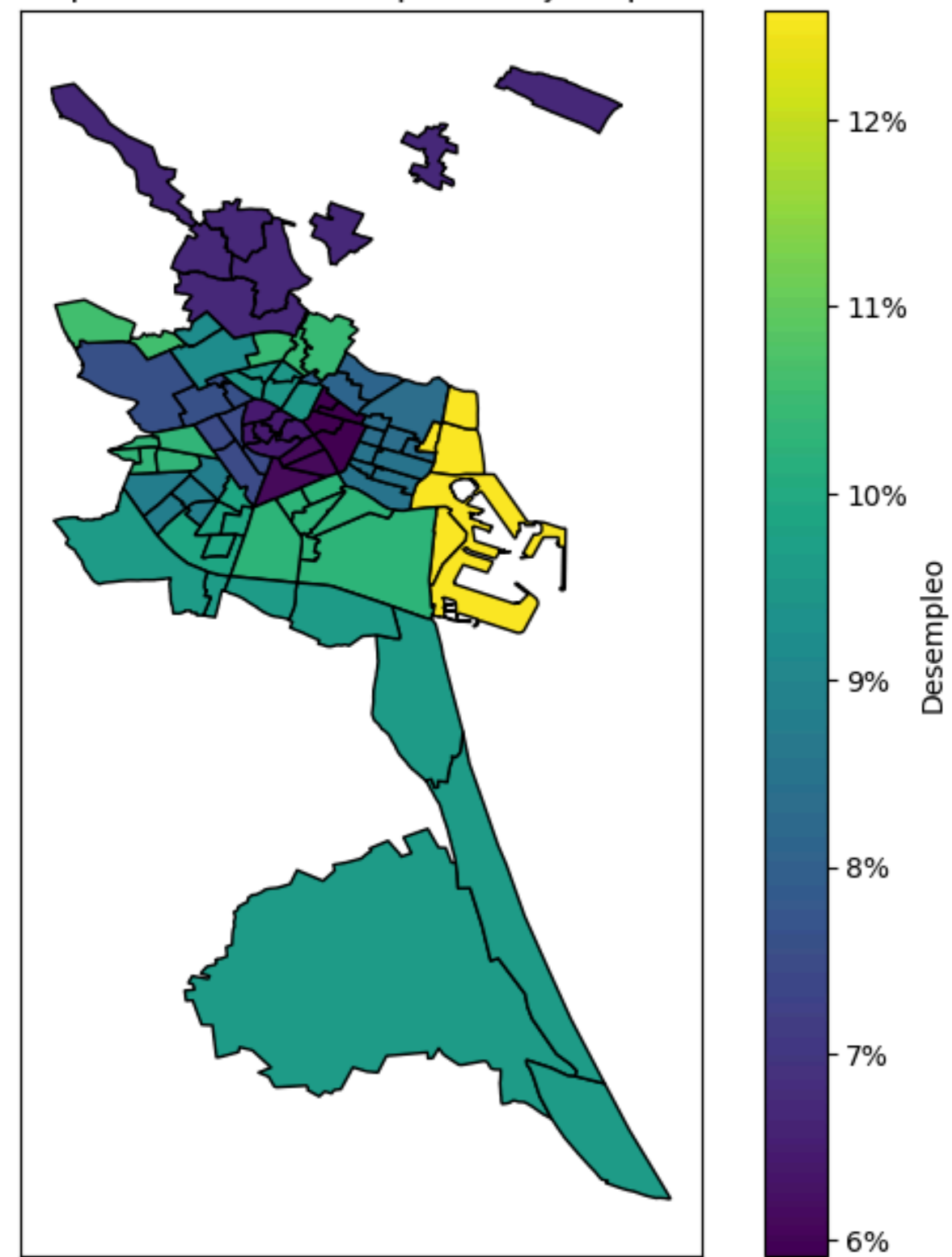
	Office-working	Teleworking
Stress	83%	67%
Loneliness	0	67%
Enjoyment	100%	100%
Irritability	83%	100%
Worry	17%	67%
Resentment	67%	67%
Guilt	50%	67%
Frustration	100%	100%

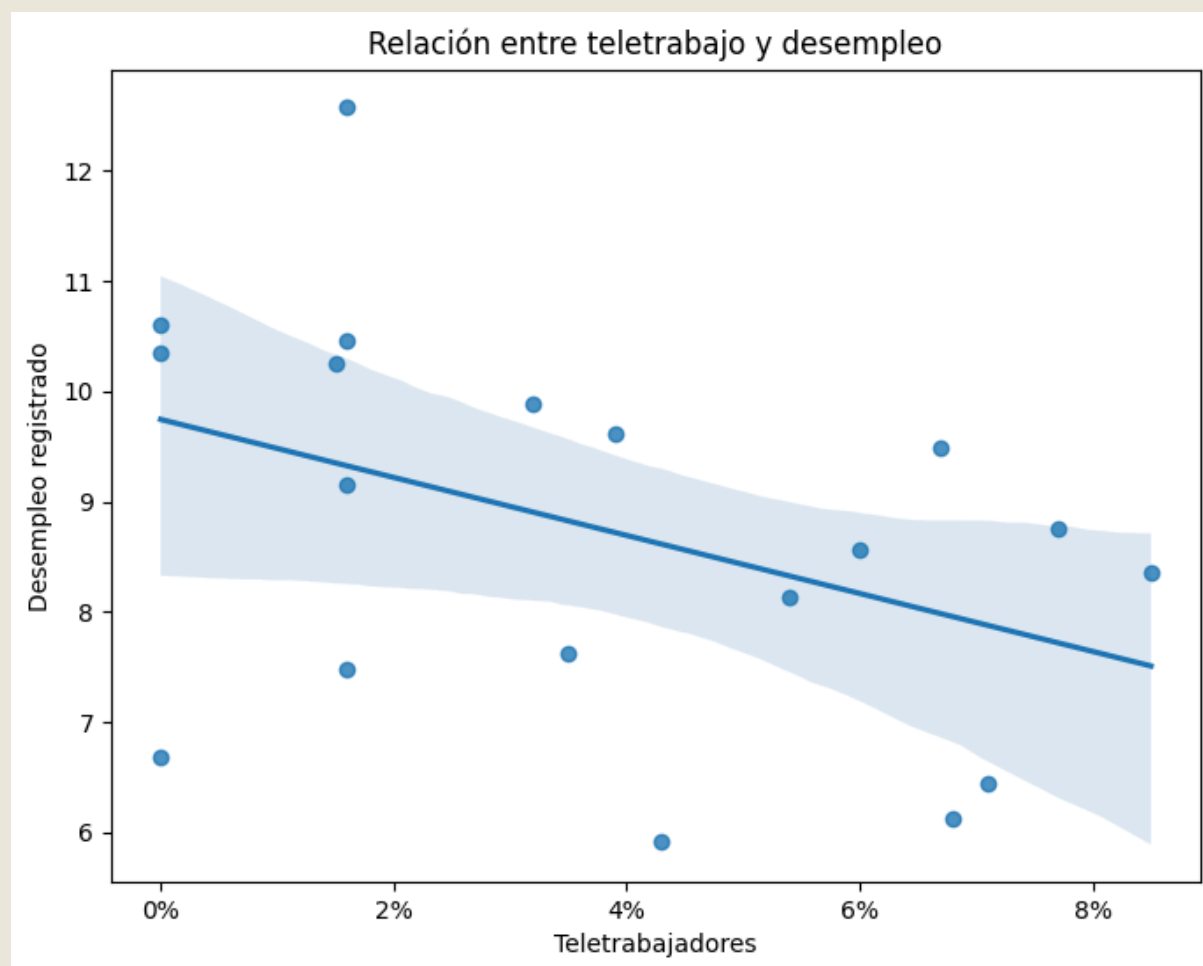


Mapa de Valencia con porcentaje de teletrabajo

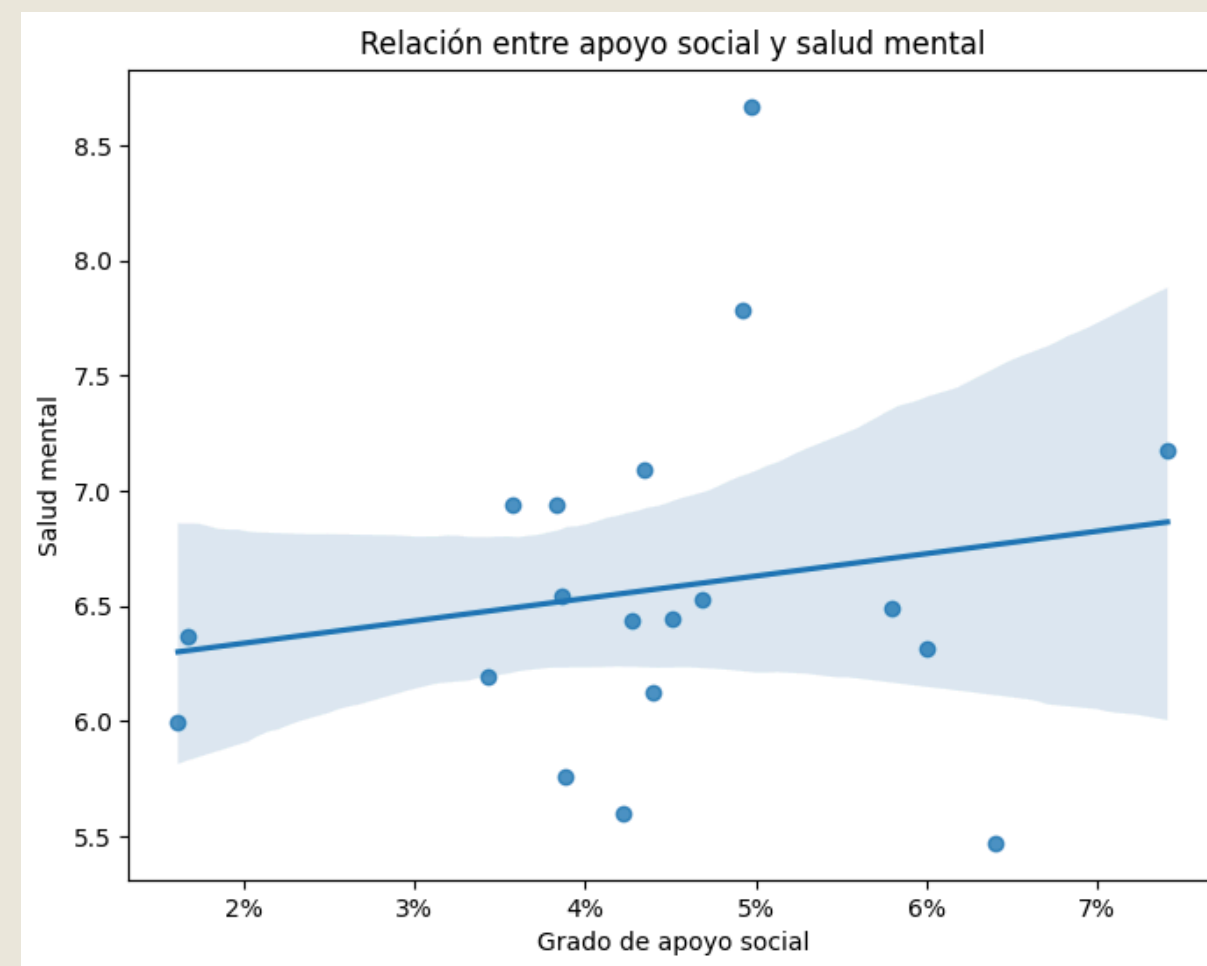


Mapa de Valencia con porcentaje al paro

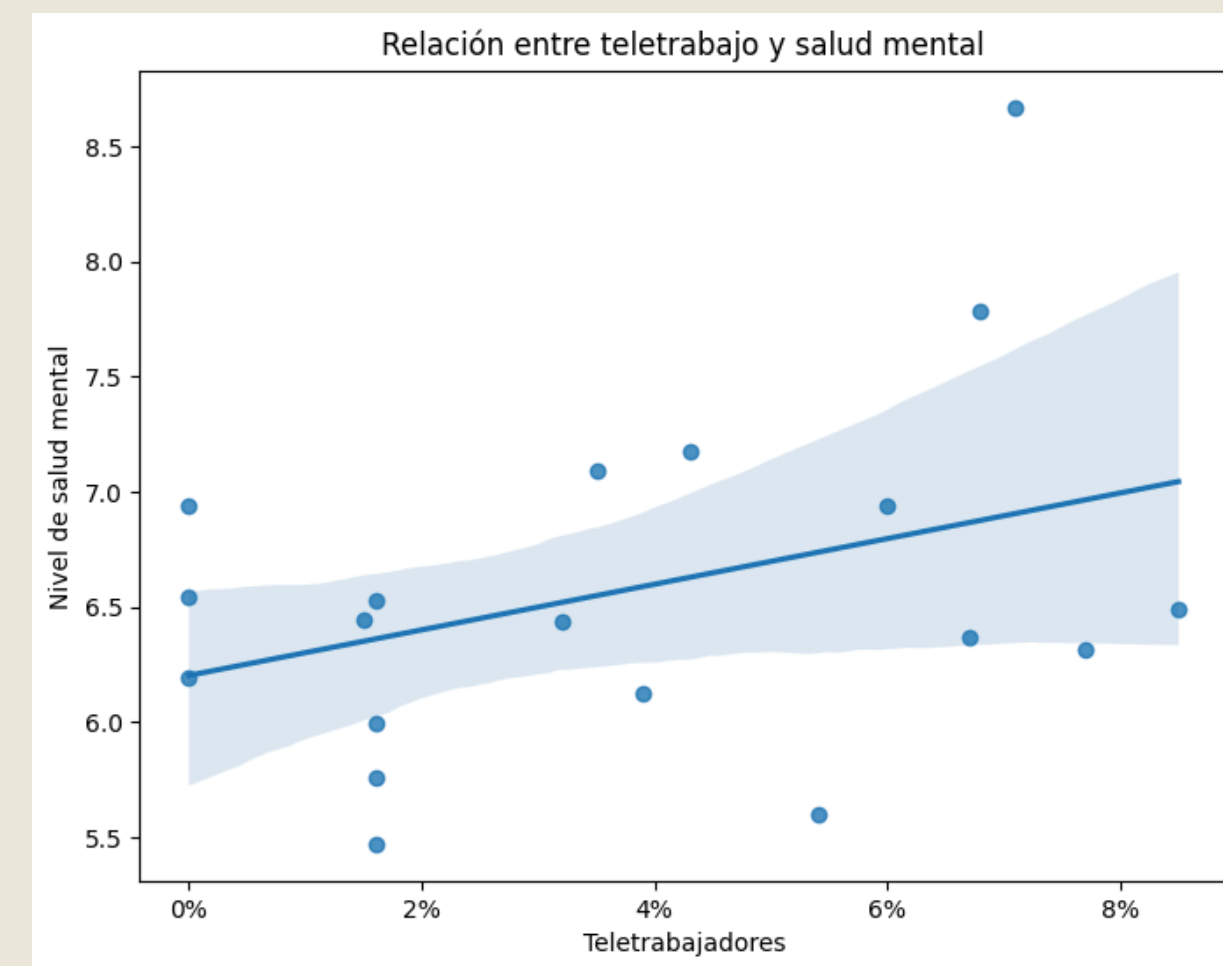




Pearson's correlation coefficient: -0.416
P-value: 0.077



Pearson's correlation coefficient: 0.181
P-value: 0.459

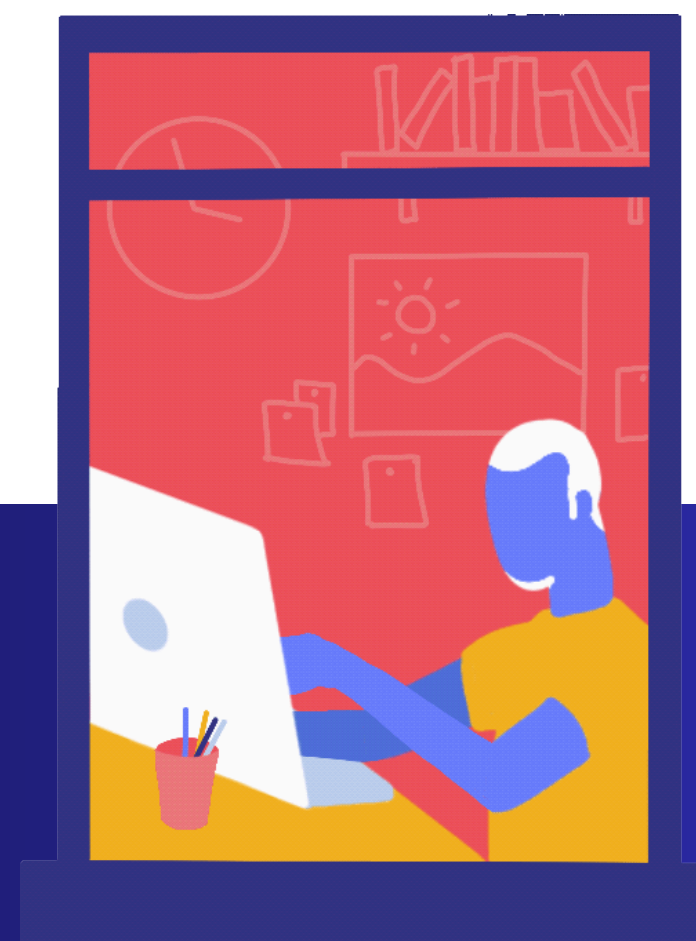
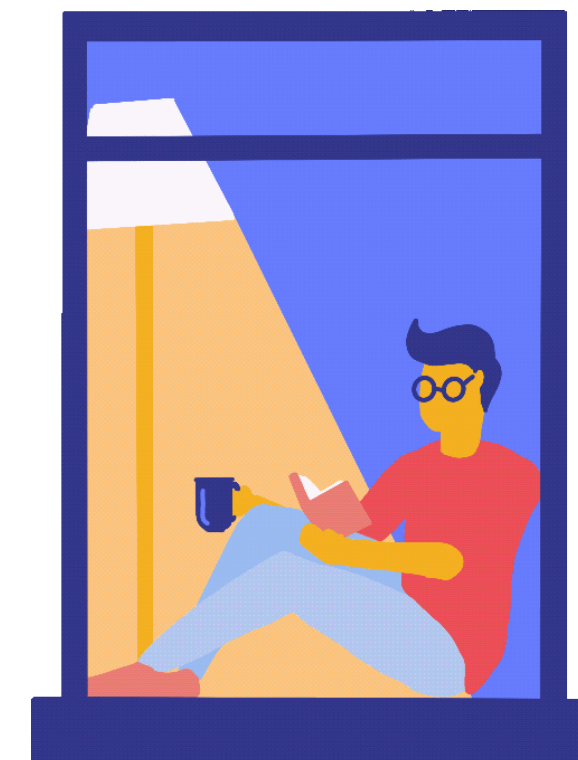


Pearson's correlation coefficient: 0.365
P-value: 0.124

“El teletrabajo ya no nos **CUIDA**.”

¿Y si el problema no es el teletrabajo...

...sino **DÓNDE** se teletrabaja?





Fase Estudio

IAFTERWORK

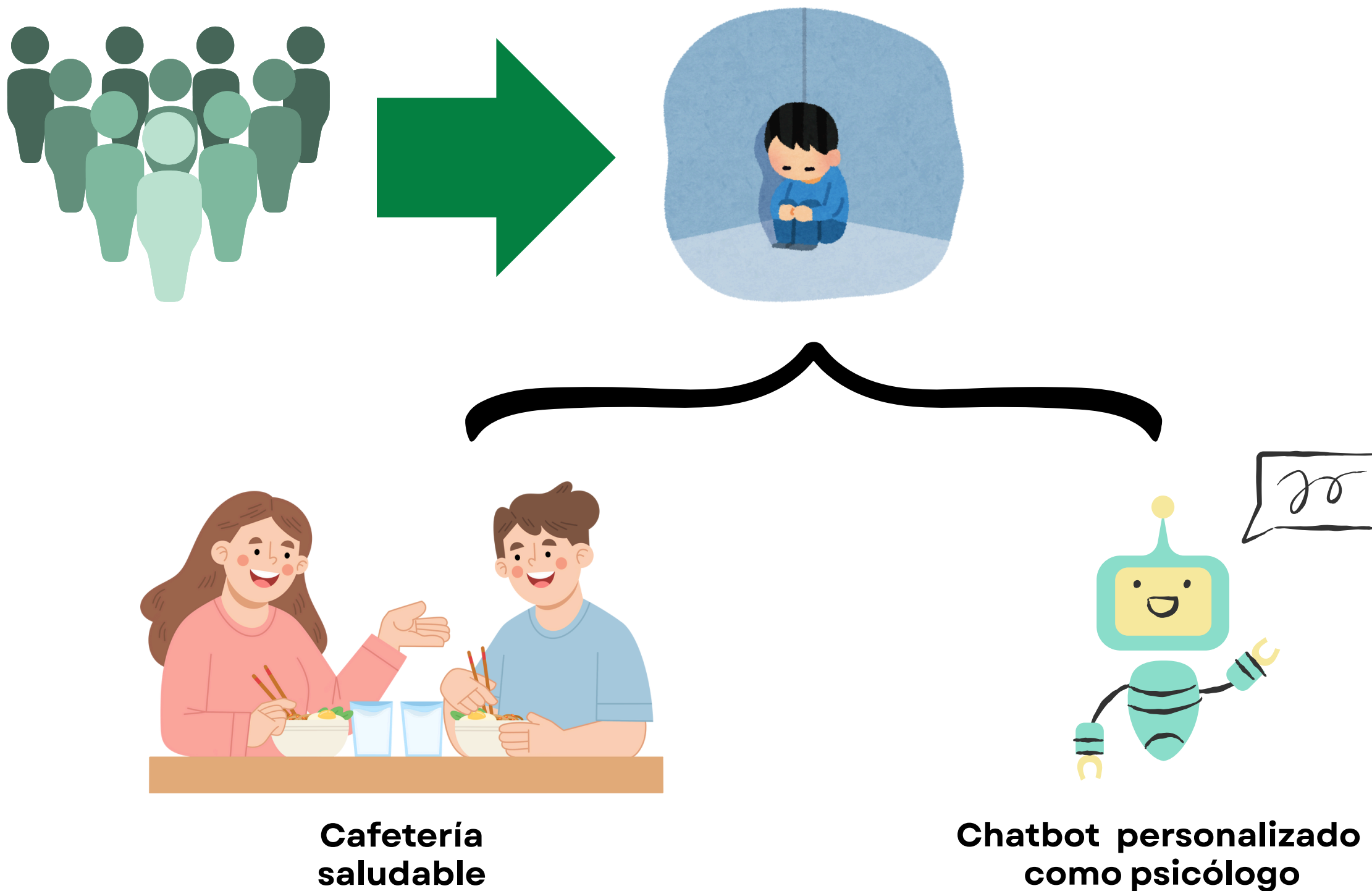
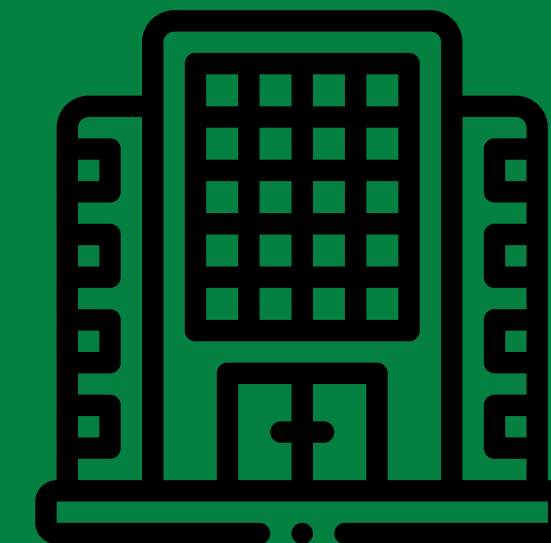
"Reactivamos
bibliotecas,
Reconectamos
personas."

Teletrabajo sin aislamiento



Fase Negocio

Clientes: Empresas



40€/mes por empleado



ViMad Health

***Vienna and Madrid but also BE MAD**



Tobias Haider
Data Scientist
Dataman



David Cruz
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Biomedical Engineer
Healthy Mad



Álvaro Pernas
Physics and Industrial Eng.
Mister Equations