

REMOTE WORK & WELL-BEING



A RESEARCH STUDY

ARE YOU A FULL-TIME EMPLOYEE WHO:

1. Works remotely in the U.S. 90% of the time.
2. Uses the computer at >4 hours per day at work.
3. Has either an iPhone or Android phone (2019-2021 version).

**JOIN OUR 6-MONTH STUDY AND EARN
\$50 AND A GARMIN SMARTWATCH
AFTER COMPLETION.**

**[BOSTONU.QUALTRICS.COM/JFE/FORM/
SV_9EMMPWRO6OTDSIM](https://BOSTONU.QUALTRICS.COM/JFE/FORM/SV_9EMMPWRO6OTDSIM)**



The logo for Boston University, consisting of the words "BOSTON UNIVERSITY" in a white, serif font, centered within a red rectangular border.



STUDY DETAILS

PROCESS

1. Take a survey about your remote work environment (including computer usage), your level of physical and mental well-being, and the impact of work on your life.
2. Submit photos of your primary workstation.
3. You will also be given a Garmin watch, as well as an app on your phone, that will track your heart rate and movement levels. These will be used for six months of data collection, with check-ins on the smartphone app requested three times per day.
4. After the 6 month data collection period, you will receive ergonomic recommendations and implementation strategies via videoconferencing.

All information obtained in this research project will be considered confidential.

**GO TO
BOSTONU.QUALTRICS.COM/JFE/FORM/
SV_9EMMPWRO6OTDSIM
TO REGISTER NOW!**

