

# Inter-Municipality Initiative: Cross-border eCollaboration in the Danube eRegion

<http://eLivingLab.org/CrossBorderereRegion/InterMunicipality>

## Cross-border eSolution/eService Prototype Development Proposal

**Presentation event: *Italy-Slovenia Cross-border eCollaboration Workshop, April 17, 2013***

**Prototype title:**

*“Up-to-date ICT supported holistic assessment of initial and program-based progress tracking of health readiness”*

**Short description of the prototype:**

(problem to be solved, expected benefits, main stakeholders, expansion opportunities, related EU projects, references):

Prototype aim to stress coping, reduce sedentary behaviour and enhance the level of physical activity combined with dietary or other interventions in the population .

The Development centre IKTS from Žalec, lead by Mikropis in cooperation with group of domestic and international professionals from Austria and USA and with the support of EU, evaluated useful information technology solution @life that aim at detecting, monitoring and removing negative effects of stress, providing valuable feedback and leading users to a healthy way of life. @life is the professionally supported web and portal solution for people to become and stay active, for healthy lifestyle, effective coping with stress and decrease occurrence of burn-out syndrome, based on proven methods of psychology, medicine and kinesiology.

Main stakeholders are people exposed to stress, conscious exercises, potential end users are also athletes, overweight people, orthopedic patients, persons with chronic non-communicable diseases, elderly people and many more.

Expansion opportunities are towards the up-to-date ICT supported holistic assessment for occupational health promotion system in organizations.

**ICT requirements for the prototype deployment in another organization/country:**

**Proposer - contact person**

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**Existing partners** (name & family name, position, organization, country):

Janez Uplaznik, general manager, Mikropis Holding d.d., Slovenija

Franjo Pustoslemšek, general manager, Etrust d.o.o., Slovenija

Prof. Alojz Ihan, University of Ljubljana, Faculty of Medicine, Slovenija

Prof. Vojko Strojnik, prof. Matej Tušak, University of Ljubljana, Faculty of Sports, Slovenija

Prof. Marjan Heričko, dr. Aleš Živkovič, University of Maribor, Faculty of Electrical Engineering and Computer Science

Prof. Paul Jimenez, University of Graz, Austria

**What type of partners are we looking for?**

Partners for the execution and evaluation of the pilot project.

Remark: I, the proposer of the prototype, do agree that my personal data is published.