

Tech2Heal

October 2025, Volume 1

Interreg



Co-funded by
the European Union

Northern Periphery and Arctic

TECH2HEAL



About Tech2Heal

Tech2Heal aims to address work absenteeism and early retirement due to poor mental and physical health, particularly in remote and sparsely populated regions.

By leveraging advanced technologies such as wearable sensors and AI-driven analytics, the project seeks to better understand and improve the factors influencing work-life balance, occupational health conditions, and employee well-being.

Pilot studies will be implemented across diverse occupational groups to test innovative solutions, analyse outcomes, and propose policy recommendations Norway.

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Visit the Tech2Heal website for more:



www.interreg-npa.eu/projects/tech2heal/home/

Tech2Heal Official Launch Conference at ATU Donegal



Atlantic Technological University (ATU) Donegal hosted the official launch of Tech2Heal in Letterkenny on 2–3 April 2025, bringing together European healthcare experts, researchers, and innovators to explore digital solutions for rural and island healthcare. The two-day event featured keynote presentations, interactive technology demonstrations, and visits to regional innovation centres. Highlights included insights into wearable health monitoring, virtual reality therapies, and remote care models. Speakers from ATU, Tyndall National Institute, and the HSE showcased how collaboration is driving practical, people-centred innovation, demonstrating Tech2Heal's commitment to improving health access and well-being across Europe's remote regions.

Meet The Partners – Rune Pedersen

Prof. Rune Pedersen of the Norwegian Centre for E-Health Research (NSE) brings expertise in digital health evaluation, patient pathways, and semantic interoperability to Tech2Heal. Based at the University Hospital of North Norway, NSE leads research advancing digital innovation and patient-centred care.

As a research partner, NSE contributes to formative evaluations, pilot study recruitment, and data-driven insights that guide occupational health policy. Their work ensures Tech2Heal's digital solutions are evidence-based, practical, and effective in supporting well-being across remote and rural workplaces.



NPA Lead Partner & Communications Managers Event, Cork City



The NPA hosted its Lead Partner and Communication Managers Seminar at University College Cork (UCC) on 18–19 March 2025. Held in UCC's Aula Maxima Hall and the Cork Centre for Architectural Education, the two-day event brought together project leads and communication teams from across the NPA region.

Tech2Heal partners attended the seminar, engaging in sessions on reporting, communication, and community collaboration through living labs. Dr. Nick Timmons, Tech2Heal Project Lead, highlighted the event as “an excellent opportunity to share best practices and strengthen collaboration across the region.”