



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.

Top News

Tech2Heal Partners present paper at Nordic Conference

Meet the Partners: Dr Antti Isosalo

Tech2Heal Researchers Explore Coast Guard Working Conditions at Sea

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Tech2Heal Partners Present Paper at Nordic Conference



Tech2Heal partners attended the Nordic Conference on Digital Health and Wireless Solutions 2026 in Oulu, 16th - 17th June. The paper, "Beyond the Wrist: Wearables as Reflective Infrastructure for Nurse Well-Being," by Ove Lintvedt, Rune Pedersen, Karla Muñoz Esquivel and Nick Timmons, was presented at the conference, showcasing the design of Tech2Heal's well-being pilot and its use of wearable technology to support nurse well-being.

The conference brought together professional communities in digital health, health technology, artificial intelligence, data and wireless solutions - with the goal of developing better health services for the future.

Meet The Partners – Dr Antti Isosalo

Dr. Antti Isosalo is a postdoctoral researcher at The Centre for Wireless Communications, University of Oulu, specialising in signal processing and various machine learning applications. He holds a Ph.D. in Medical Physics and Technology, with his doctoral research focusing on the application of deep learning and medical image analysis in breast cancer screening examination classification. His current research explores machine learning and distributed computing solutions. In the Tech2Heal project he focuses on studying how connected technology can support in assessing critical aspects of work and working conditions.



Tech2Heal Researchers Explore Coast Guard Working Conditions at Sea



Researchers from the Tech2Heal Finnish consortium, representing the Finnish Institute of Occupational Health (FIOH) and the University of Oulu, visited a Coast Guard station in the West Finland Coast Guard District to study operational working conditions.

During a sea trial on the Baltic Sea, researchers assessed occupational exposures by measuring environmental factors including noise, temperature, humidity and wind speed. The findings will contribute to a better understanding of the physical demands and working environments experienced by Coast Guard personnel.