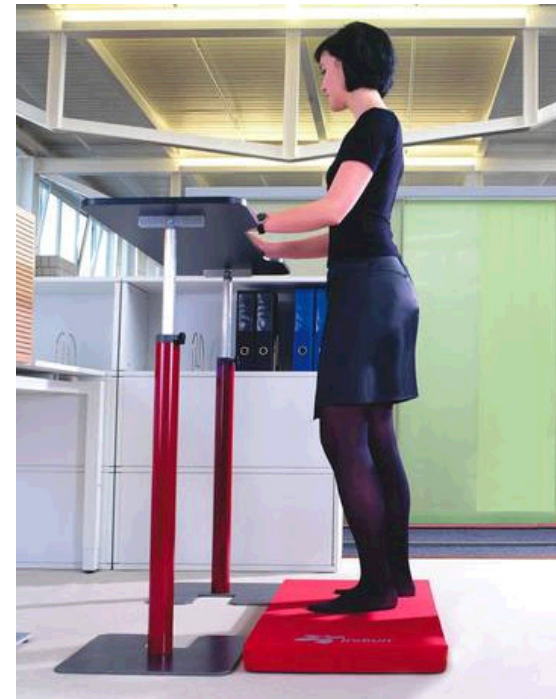


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# “Work Environment”

## Analysis of Pilot Program *kyBounder*



## Objective of the Pilot Program *kyBounder*

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### *Benefits for SGKB*

- Promotes the health and well-being of the employees
- Increases the desired benefits of height adjustable desk usage (today only used approx. 10-15% of the time)
- Collaboration with an entrepreneur in our region with well-established name recognition and thus guaranteeing an innovative and well thought-out product



**The objective of the pilot program is a serious evaluation of whether the *kyBounder* is able to contribute to increasing an employer's appeal as a place of work**

# Pilot Program and Participant Categories

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- 7-week pilot program *kyBounder*
- 43 employees at the company's headquarters participated
- Three categories (types) of participants in the pilot program
  - 14 already make use of the height adjustable desk prior to beginning the pilot program  
Type 1
  - 15 hardly / never used the height adjustable desk prior to beginning the pilot program  
Type 2
  - 10 suffer from physical aches and pains (e.g. back trouble)  
Type 3
- A standard questionnaire was filled out prior to and after the pilot program
  - Analysis of 38 questionnaires
- “Voluntary” test of a *kyTrainer* (work treadmill)

## Management Summary

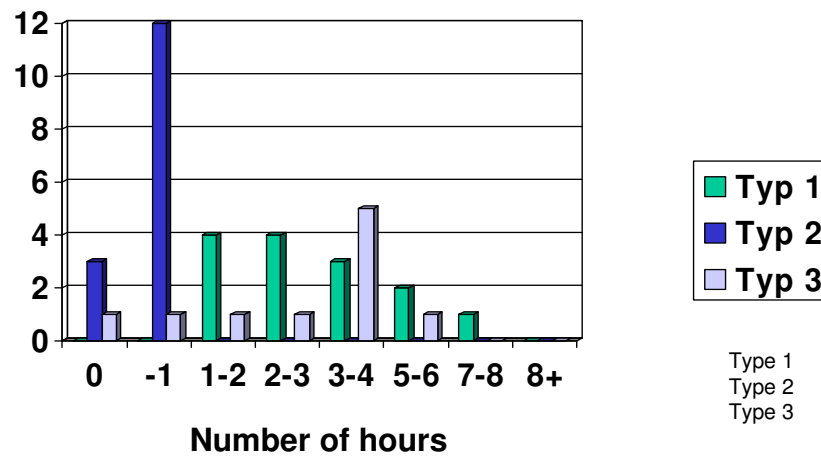
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- The best results for the *kyBouncer* were achieved amongst the “height adjustable desk users” and participants with “physical aches and pains”. However, the results were surprisingly positive amongst the “non height adjustable desk users”.
- With only a few exceptions, the participants reported that they had no problems integrating the *kyBouncer* in their everyday work (even in the front area).
- 86% of the participants in the pilot program reported they would “miss” the *kyBouncer* and two thirds would be willing to contribute financially to the procurement costs.
- As an addition to the height adjustable desk, the *kyBouncer* contributed significantly to the participant’s overall health management (increases the general sense of well-being, alleviates aches and pains) and was as such an increase in SGKB’s appeal as an employer.

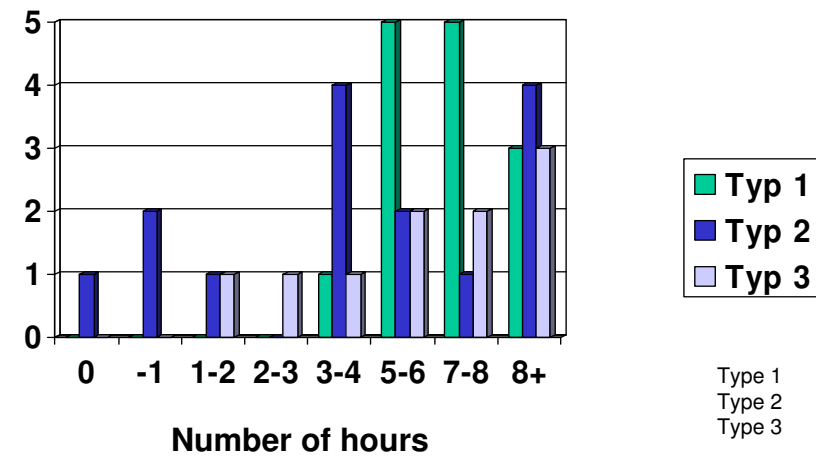
## Number of hours “standing” prior to and during the pilot program

During the pilot program, 70% of the participants worked standing up for five hours or more each day on the *kyBounder*.

Prior to pilot program



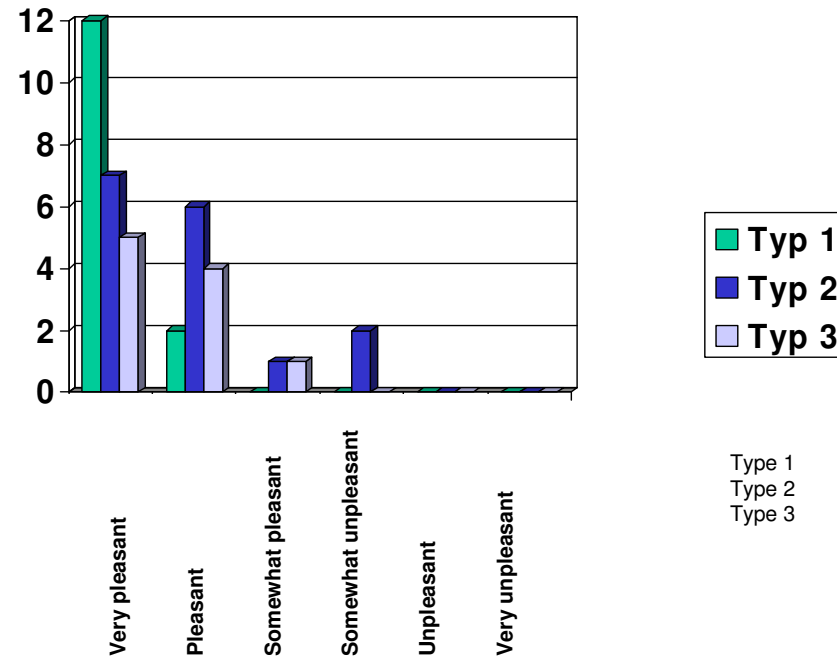
During the pilot program



# Assessment of the *kyBounder*

The majority of participants found that standing on the *kyBounder* was pleasant

- 90% of the participants found that standing on the *kyBounder* was pleasant to very pleasant.
- The assessment made by “height adjustable desk users” (type 1) was the most positive.
- Only two participants of the “non height adjustable desk users” (type 2) were somewhat critical.

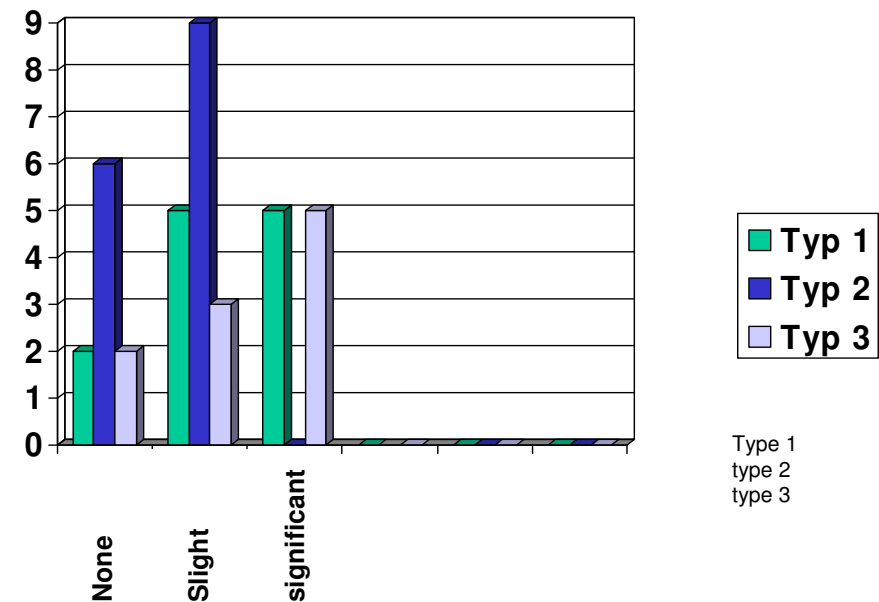


# Improvement to the General Well-Being I

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**73% of all participants generally reported a slight to significant improvement in their well-being with regard to their physical aches and pains.**

- Of the 10 participants with “physical aches and pains” (type 3), three reported a slight and five a significant improvement.
- Of the group of “height adjustable desk users” (type 1), 83% reported an improvement and even those in the “non height adjustable desk users” group (type 2), 60% reported an improvement.



## Improvement of the General Well-Being II

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**In seven of the eleven points, more than half reported a slight to strong improvement:**

| <b>Slight to strong improvement...</b> |     |
|--|-----|
| Endurance / ability to stand           | 72% |
| Posture                                | 70% |
| Physical well-being                    | 67% |
| Fun / enjoyment                        | 64% |
| Less Fatigue                           | 54% |
| Coordination / balance                 | 56% |
| Relaxation                             | 51% |
| Less Physical aches and pains          | 49% |
| Concentration levels                   | 44% |
| Creativity                             | 36% |
| Less Stress                            | 28% |

# Improvement of physical aches and pains

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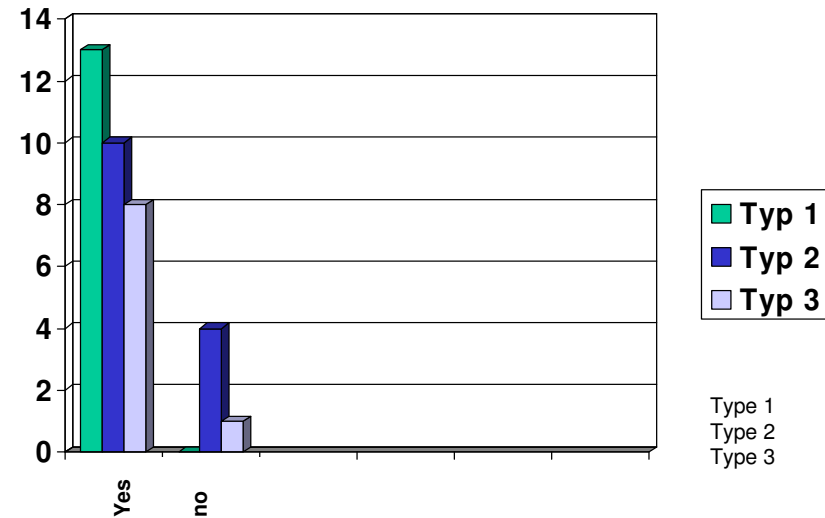
## **kyBouncer effective for discomfort in the area of the neck, shoulders and “slight” back aches**

- Generally, the strain of performing work while seated is assessed as being slight to average. However, five participants find such work as a great strain and also see a correlation between ailments and sitting. All five participants reported a slight to strong improvement of their ailments as a result of the last mentioned activity.
- Most of their ailments were reported to be located in the areas: Neck, shoulders and back. In most cases, the kyBouncer proved to have a positive effect.

# Willingness to Assume Costs

## Will you miss the *kyBouncer* after the pilot program?

- 31 participants reported they would miss the *kyBouncer*, only five participants said no



## Would you be willing to assume a portion of the costs?

- Close to two thirds of the participants would contribute to the costs.
- Consistent to their group, type 2 participants were less willing to assume any costs

