

**VOL
1**

THE AI LAB IS POWERED BY DEPARTMENT OF HEALTH ABU DHABI

**16 Jan
2020**



The **Ai** Lab

FUTURE SERIES



**FUTURE ADVENTURES!
SPECTACULAR!**

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Acknowledgements

Contributors

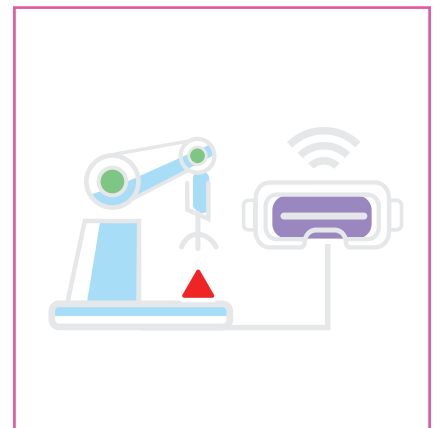
UAE Federal Youth Council
Abu Dhabi Youth Council
ADNOC Youth Council
Department of Energy Youth Council
Department of Health Youth Council
Abu Dhabi Health Services Company – SEHA
Abu Dhabi Center for Public Health

About the Future Series

The **Ai Lab** Future Series is its way to inspire no one and everyone to think about the future regardless of what point of view they might have. The regular publications are aimed at inspiring future action to be taken now for the welfare of humanity.

Most of the publications content is part of sessions, surveys and

workshops conducted by the **Ai Lab**. Because we believe the future can be better created in collaboration, most of the content is inspired by contributors from all walks of life. We hope our publications will inspire everyone, but we are happy if we can only reach one person to start thinking differently about the future.



Introduction

The Youth Council in the Department of Health Abu Dhabi (DoH) in collaboration with the **Ai Lab** engaged other youth councils in the UAE and experts in Public and Occupational Health to envision the future of Healthy workplaces in Abu Dhabi from now and 10 years in the future.

The methods the **Ai Lab** used transported the participants of the session into the future but keeping in mind current and upcoming challenges employees and employers face to create healthier, more productive and innovative work environments.

The current challenges spanned across 8 domains including Physical

Activity, Nutrition, Chronic Disease Management, Tobacco Control, Workplace Infrastructure, Work-Life Balance, Stress Management and Sleep, and Health Screening and Monitoring.

Participants were encouraged to produce challenges that may not fall into any of the mentioned domains – particularly if they were anticipated in the future.

We would like to encourage you – the reader – to immerse yourself in our vision for the future, but we also would like you to design your own preferred future of healthy workplaces in Abu Dhabi. You can send us your future vision on: **AiLab@doh.gov.ae**

Key Challenges

- Lack of creativity-inducing spaces
- Long working hours
- Lack of optimal lighting conditions for a healthy environment
- No relaxation spots
- Lack of focus on health promotion activities
- Overcrowded offices
- Lack of healthier options for snacks and lunch
- Office spaces do not encourage physical activity
- Lack of social support system
- Lack of flexibility in policies and regulations
- Lack of incentives

Key Concepts

A.I.W.A (Artificial Intelligence Working Assistant):

This Ai-enabled assistant work like J.A.R.V.I.S from Marvel's movie Ironman. The overall aim of this device is to assist the employee from the moment they wake up, then go to work and finally leave home. It supports them to do their job more productively and recommends taking breaks and specific foods to enhance creative or technical tasks.

Government Virtual Platform:

the platform connects all government employees in one virtual working environment to share experiences and collaborate to solve problems and explore opportunities. The platform can also be used by individual entities that allow colleagues to work from anywhere in the world. Embedded with hologram, virtual, and augmented reality to simulate facetime in the office.

Health Monitoring Implants:

These implants are hypersensitive to any changes in an employee's health metrics. They are connected to the A.I.W.A's cognitive system to alert the employee of any changes in their health. Luckily, an onsite all-robots operated clinic deals with any "rare" health problems an employee may face.

Social Guilds: These guilds nurture employee engagement and enhance teamwork. They range from horse

riding enthusiasts to technology geeks. Certain working hours per month are allocated for guild activities and they are part of the work week. They also extend to after-work activities to inspire innovation in the workplace.

I.C.S (Intelligent Cafeteria Space):

The cafeteria is connected to the health monitoring implants and suggest the most suitable meal for the employee on that particular day.

The recommendation is based on 10,000 health monitoring points. It's truly precise and personalized. The cafeteria is so intuitive, it pairs similar employees together to support their fitness goals.

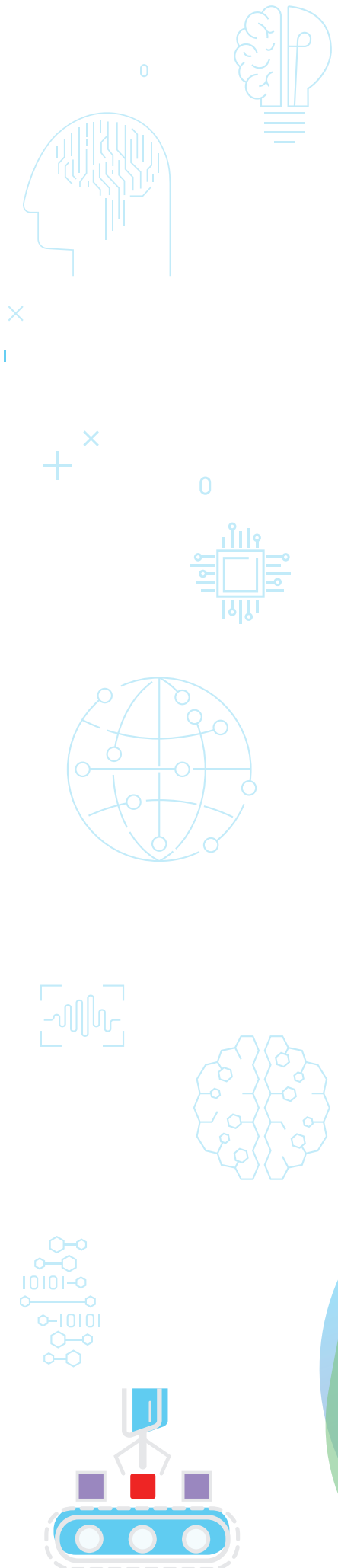
Multi-purpose sports and recreational dome:

The dome has all the employee's needs from world-class gym facilities to meditation rooms. The dome is operated by humanized robots that feel real. They are called "Health Coaches."

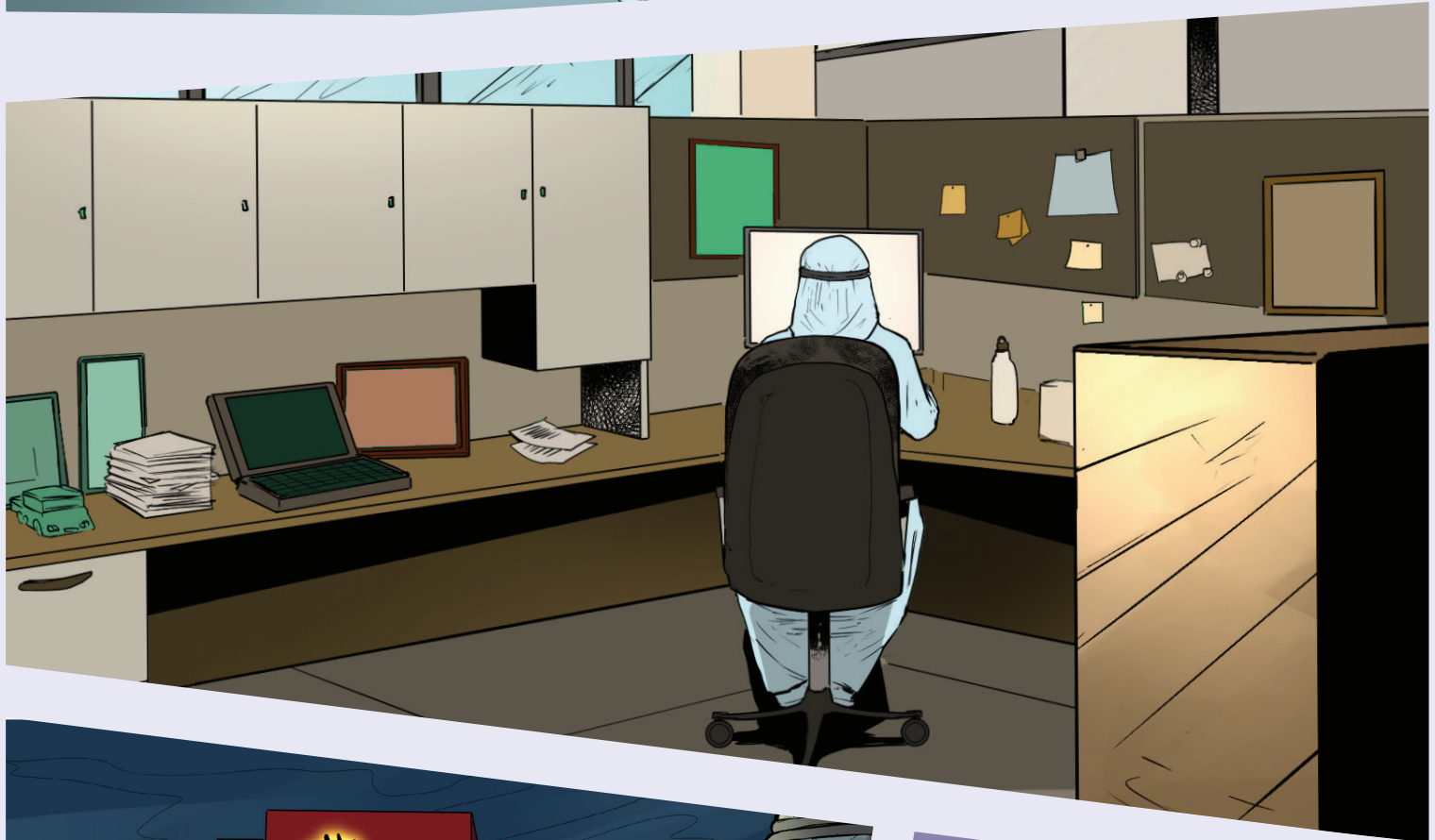
Focus Pods: Unlike other pods, these are made to simulate nature. It's believed that nature including greenery, sounds, natural light boosts one's creativity and productivity.

P.N.S.P (Power Naps Sleeping Pods):

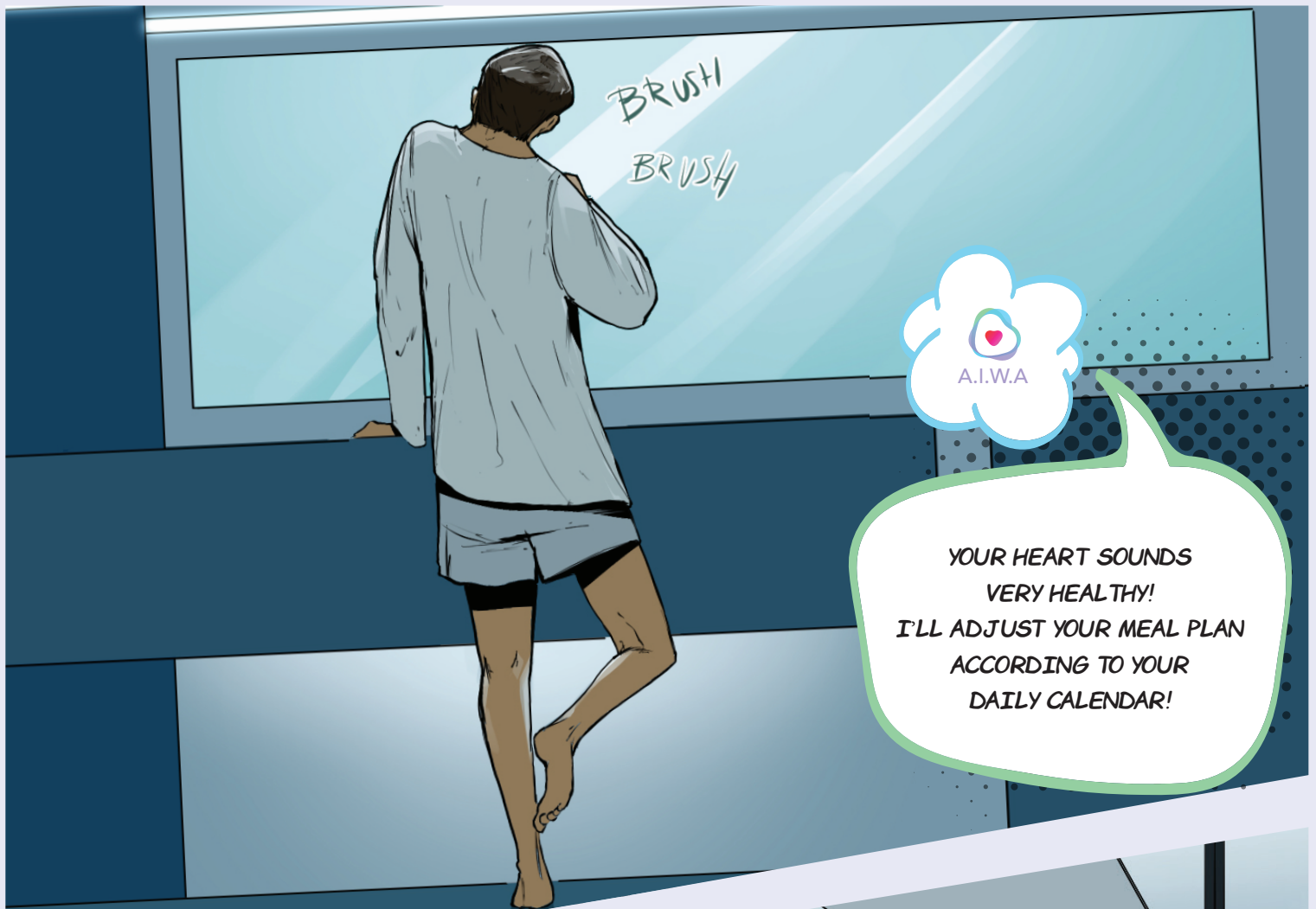
They are made to reenergize employees so that they regain their focus and increase their productivity and engagement in work.



Simulation: Welcome to the Future









HI SARA, IT'S TIME TO GET LUNCH. I PREPARED A MENU FOR YOU THAT SUITS YOUR FITNESS GOALS.





دائرة الصحة
DEPARTMENT OF HEALTH