



Guest Lecture

# Joseph Ollier

**Elena+: A pandemic lifestyle care  
intervention for the COVID-19 coronavirus**

Thursday, September 17, 2020, 9:00 a.m. - 10:00 a.m.

Webinar via Zoom: [ethz.zoom.us/j/97646314399](https://ethz.zoom.us/j/97646314399)

## **About Joseph Ollier**

Joseph Ollier is a doctoral student at the Chair of Technology Marketing, ETH Zurich ([techmarketing.ethz.ch](http://techmarketing.ethz.ch)), and the Center for Digital Health Interventions ([www.c4dhi.org](http://www.c4dhi.org)) researching how digital services and conversational agents can be leveraged in pursuit of behaviour change, particularly in health-care and healthy living domains. Joseph has experience working with major Swiss insurers in developing new digital products, as well as diabetes care with partners from Diabetes Center Bern, University of Hong Kong and the Future Health Technologies program; a collaboration between ETH Zurich, National University of Singapore, Nanyang Technological University.

## **About the Lecture**

The COVID-19 coronavirus represents a health emergency on a global scale and maintaining public health in terms of both preventing virus transmission but also consequences of the lock-down (lack of exercise, poor sleep quality, mental health issues) remains a concern. To meet this challenge to public health, Elena+, has been developed rapidly during the COVID-19 coronavirus crisis. Elena+ is a smartphone app and a pandemic lifestyle care intervention that delivers a series of psychoeducational coaching sessions via a text-based chatbot, aiming to support behavioural activation and changes in health outcomes. The lecture will overview the development of Elena+, the intervention design and materials, and the outlook for both delivering pandemic lifestyle outcomes and research considerations moving forward.

We invite you to join this guest lecture.

### **Prof. Dr. Tobias Kowatsch**

Assistant Professor for Digital Health, University of St.Gallen (HSG)  
Scientific Director, Center for Digital Health Interventions (CDHI), ETH Zurich & HSG

### **Prof. Dr. Elgar Fleisch**

Professor of Information Management, ETH Zurich  
Professor of Technology Management, HSG  
Advisory Board Member, CDHI

### **Prof. Dr. Florian von Wangenheim**

Professor of Technology Marketing, ETH Zurich  
Advisory Board Member, CDHI