



Using Mobile App to Provide Tailored Advice to Prevent Fatigue in Airline Pilots



Client Business Description

- ◇ KLM Health Services works towards keeping private individuals and employees of (international) organizations fit and healthy.
- ◇ Provide advice, vaccinations, medical examinations and offer bespoke safety training for everyone; not just for KLM passengers and employees.

Background

- ◇ KLM Health Services (a subsidiary of KLM) are the health specialists for travelers and offer a complete range of high-quality services in the area of work, travel and health.

Challenge

- ◇ The profession of pilot requires extra attention to stay fit and healthy.
- ◇ In the aviation sector a large part of the staff has to deal with flexible hours and time zone crossings. By disruption of the biological clock and the sleep-wake rhythm these working hours can lead to lack of sleep and fatigue.

Idea

- ◇ Develop a solution in collaboration with KLM Flight Operations and aircraft pilots.
- ◇ Design an intervention program as a mobile application to promote fitness and health of pilots.
- ◇ These results are of great importance for companies from other sectors apart from Aviation, since more than 20% of the working population in Europe has irregular working hours.

Our Solution

- ◇ The intervention program, consisting of a mobile application (“MORE Energy”) with tailored advice regarding exposure to light, sleep, nutrition and exercise, leads to a significant improvement in fitness, sleep quality and healthy behavior of the participating pilots.
- ◇ Developed Advices Module for managing the interventions.
- ◇ The application was nominated for TEDxAmsterdam Award.

Technologies Used

- MSSQL Database Server
- C#.NET
- JQueryMobile
- Phonegap
- SQLite Database

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