

WHAT IF UNIVERSAL HEALTH MEANT SOMETHING ELSE?



WE ARE MORE EQUIPPED AND BETTER ENTERTAINED THAN EVER, BUT WE AREN'T EXACTLY WELL. CALL IT THE PARADOX OF PROGRESS. COULD THE POWER OF DESIGN BE OUR SALVATION?



WORDS: Charlie Keaton

FORGET POLITICAL GRIDLOCK AND NEVER-ENDING DEBATES ABOUT POLICY REFORM. IN THE FACE OF A NATIONAL HEALTH CRISIS, A WAVE OF INTEGRATED DESIGN INNOVATIONS, FROM FACILITIES TO TECHNOLOGIES TO CONSUMER PRODUCTS, IS DISRUPTING THE SYSTEM AND GIVING CONSUMERS BETTER CONTROL OF THEIR OWN WELL-BEING.

Cars drive themselves. Drones deliver groceries. We talk to our phones and our phones talk back. If you blinked, you might have missed it: The future arrived while we were busy doing other things.

Modern life is dependent upon, if not flatly ruled by, technologies that barely existed a decade ago. We have precious little understanding of the invisible wizardry that sends our emails or navigates our GPS, but we'd be lost without it. Even our entertainment options, limited mostly to compact discs and cable networks at the turn of the 21st century, are boundless. Americans now spend more than four hours per day watching TV, and nearly three hours on mobile devices like phones and tablets.

And yet despite these great advancements—or perhaps in large part because of them—we face an unprecedented health crisis. Preventable, lifestyle-related conditions proliferate. Even here in Colorado, which routinely ranks as one of the healthiest states in the nation, more than half of all adults are overweight or obese. Depression and other mental health-related illness is at an all-time high. We are more equipped and better entertained than ever, but we aren't exactly well. Call it the paradox of progress.

But wait, hang on, don't give up just yet. There is hope on the horizon, and that hope lies in the power of the very technology that engulfs us. More precisely, it is the power of design that just might be our salvation.

Design, after all, is the force that allows for greater efficiencies among doctors and nurses in today's hyper-connected healthcare facilities. It drives the development of everyday consumer products, which address issues of hygiene, hydration, sleep, fitness, and nutrition. It informs the evolution of modern workspaces, which support and encourage employee wellness. And in an age where 86 percent of mobile device use is devoted to web applications, it powers the cutting-edge programs that allow us to track, analyze, integrate, and improve our behavioral patterns in ways never before imagined.

We are a species at a crossroads. The stakes are immense and the road ahead is littered with obstacles and opportunity. For the sake of our health, and our loved ones, and our future: Let the burning embers of innovative design light the way.



THE WEIGHTING IS THE HARDEST PART

The rapid evolution of health technology has tipped the scales—literally. Qardiobase is a fully integrated “smart scale” that measures not just your weight, but also muscle mass, body fat, and body mass index (BMI). It automatically recognizes multiple users, has a pregnancy mode for moms-to-be, and, of course, syncs with your smartphone to provide real-time data in the form of charts, statistics, and overall trends.

The solid base design is sleek and minimalist, with a glass top, LED display, and secure wireless capabilities. Perhaps best of all, hitting your fitness goals is rewarded with the most universal praise of all: a smiley face. [+getqardio.com](#)

A NEW YEAR INEVITABLY BRINGS WITH IT THE RESOLUTION TO TAKE BETTER CARE OF OURSELVES. NOW MORE THAN EVER, TECHNOLOGY PLAYS A ROLE IN THAT STRUGGLE. WANT TO GET IN BETTER SHAPE? THERE'S AN APP FOR THAT.

The average American now accesses more than 26 different apps per month, spending well over 37 hours Tweeting, Snapchatting, or crushing candy. But while gaming continues to dominate in terms of market share, health and fitness apps are increasingly well represented.

Some of these are relatively lightweight in nature. Streaks, for instance, is a simple push-button tool for developing new habits. If your goals include trimming down, Streaks integrates with your iOS Health app to automatically track and log, say, how many steps you take each day. Rise is an app that lets you upload photos of your meals and share them with a nutrition "coach" who provides targeted feedback on ways to improve your diet. With some patience and a little discipline, apps like these can move the needle in your battle of the bulge.

But others take a more ambitious approach. Colorado-based DispatchHealth is on a mission to do nothing less than reshape the way patients seek out and receive acute care. Research varies, but it's generally accepted that more than 30 percent of all emergency room visits are not medical emergencies. One recent study found that Colorado residents spend as much as \$800 million per year on unnecessary ER visits. Mark Prather, who founded DispatchHealth along with Kevin Riddleberger, is a veteran ER doctor who saw an opportunity to change that—and in the process, to shift the paradigm in a way that makes health care more consumer-centric.

DispatchHealth developed a website, phone service, and smartphone app to complement their existing relationship with 911 dispatch, which dates back to 2013. Users in need of medical care can tap into DispatchHealth's growing roster of doctors and nurse



ZEN AND THE ART OF HEART RATE VARIABILITY

How well do you know your body? Probably not as well as you think, which is why Asian startup Zensorium developed the Tinke. Designed to dock easily with your iPhone or Android, Tinke utilizes a simple touch system to monitor heart rate, oxygen saturation, respiratory rate, and heart rate variability. Every bit of that data syncs to the mobile app, allowing you to track progress over time and compare your numbers to established baselines. There's also the Vita Index, a fitness score that blends the data into one easy-to-follow measurement, and the Zen Index, a proprietary algorithm that calculates stress levels. [+zensorium.com](http://zensorium.com)

practitioners in real time, getting mobile (or virtual) health care in their own home while potentially avoiding thousands of dollars in hospital bills.

"Tech is a big part of what's enabled this whole idea of taking a portion of the ER and bringing it to you," said Prather. "That would've been pretty difficult 20 years ago, but our lab essentially fits in a small suitcase now, and we're working on imaging and as much other technology as we can cram into that little vehicle."

Josh Wills agrees. As Partner and Design Director at Consume + Create, Wills and his team were instrumental in helping DispatchHealth develop not only their collateral materials,

website, and app, but also their naming, logo, identity design, and the car wrap that adorns each mobile lab. Wills sees the integration of services like DispatchHealth with other emerging markets like fitness wearables—itself a billion dollar global business—as a golden opportunity.

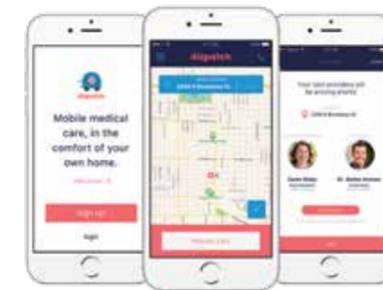
"With the advancement of wearable technology," said Wills, "with smartphones getting better, with all our devices being more connected, the potential that technology has to really improve the healthcare and well-being of humans is huge, and in a way that's kind of automated. And I think that's where Dispatch is going, and to me I see that as being the bigger potential and promise of this platform and technology." ■

"With the advancement of wearable technology, with smartphones getting better, with all our devices being more connected, the potential that technology has to really improve the healthcare and well-being of humans is huge, and in a way that's kind of automated. And I think that's where Dispatch is going, and to me I see that as being the bigger potential and promise of this platform and technology." - Josh Wills, Consume + Create



image: Carl Bower

DispatchHealth is a Colorado-based company looking to provide a low-cost intervention for unnecessary emergency room visits—which represent roughly a third of all trips to the ER. The majority of acute health problems still require a formal hospital visit, but for an average cost of \$200, DispatchHealth sends doctors or nurse practitioners straight to your door, fully equipped to treat many common ailments. "It's not one size fits all, it's about getting the patient into the right model at the right time," said Co-Founder Kevin Riddleberger. "And that's where leveraging technology allows us to extend our services outside the walls of the system, so that we can now deliver more efficient care to populations."



If Instagram has taught us anything, it's that we're a nation that loves to document our food. Rise (above) is a smartphone app that channels this love into a healthy outlet: weight loss. Rise connects you with a registered dietitian who helps develop a personalized strategy. Take pictures of your food, share them with your "coach" for specific feedback, and watch the pounds melt away. [+rise.us](http://rise.us)

UNDER PRESSURE

The CDC estimates 70 million American adults have high blood pressure—and only about half of those people have their condition under control. The first step is consistent tracking, which is where the Wireless Blood Pressure Monitor comes in. Produced by Withings, makers of health technology products ranging from watches to scales to baby monitors, the Wireless Blood Pressure Monitor gives instant color-coded feedback, syncs directly with the Health Mate phone app, and makes sharing information with your doctor a snap. [+withings.com](http://withings.com)





A growing body of research suggests that much of our day-to-day behavior is the result of simple habit. Streaks is an iPhone app that bills itself as “the to-do list that helps you form good habits.” Identify up to six tasks you’d like to make part of your daily routine, and Streaks provides the positive reinforcement needed to cement those habits.

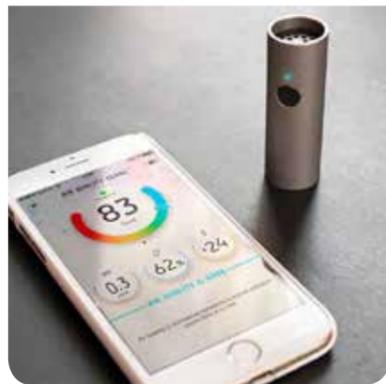


WATCH WHAT HAPPENS

The fitness wearables market is booming, with brands like Fitbit and Jawbone clawing their way to prominence. But in the summer of 2015, Apple announced its own arrival amid a crowded field of competitors with the first-generation Apple Watch. This isn't merely a timepiece or a fitness tracker. It could be a game-changer.

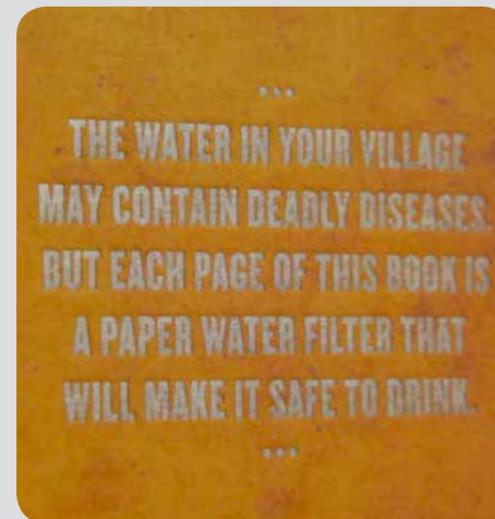
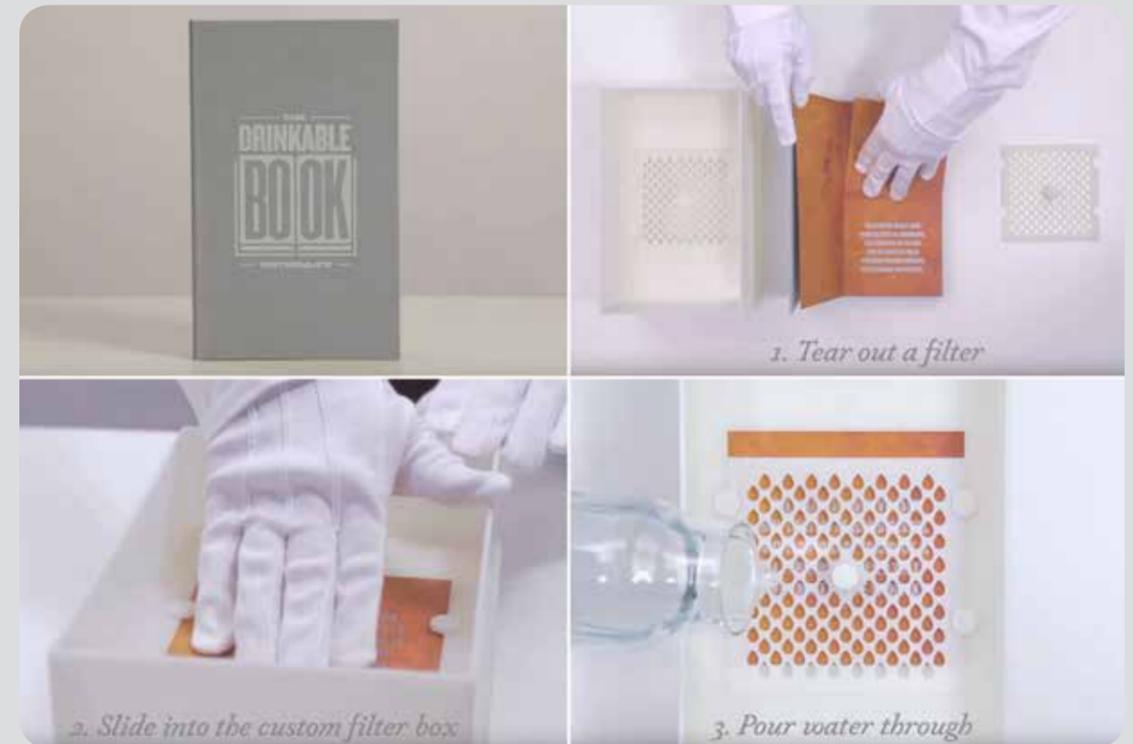
It isn't just that the Apple Watch tracks your workouts, or that it integrates with other fitness apps, or that during yoga it can show you a picture of that reverse warrior pose you haven't quite mastered. What makes it so compelling is that it does all these things while also looping in your email, text messages, and other staples typically associated with smartphones—and that it aspires to do so much more.

Commerce? Sure, make a purchase with a few clicks and a swipe. Navigation? No problem with built-in GPS and maps features. Convenience? Wave it in front of your hotel room door to gain access. And of course: lean heavily on the omnipresence of Siri. The interesting thing about the Apple Watch—which, to be fair, has drawn its share of detractors—is that fitness is one small, native element among many. They've already put a supercomputer in your pocket. Now they want to put one on your wrist.



BREATHE EASIER

We take more than 20,000 breaths per day. But what are we inhaling along the way? Atmotube (above) is a small, portable device that measures air pollution and harmful pollutants and sends real-time measurements to your phone. It's designed for use by virtually anyone, but is especially helpful for asthmatics, children, and the elderly. +atmotube.com



A DRINKABLE BOOK?

According to the World Health Organization, more than three million people die each year—almost entirely in developing nations—from water, sanitation, and hygiene-related causes. The Drinkable Book serves as both water filter and instruction manual for how and why to sanitize dirty drinking water. Founder Theresa Dankovich came up with the idea while working on her doctorate at McGill University, and while the finished product hasn't come to market yet, it isn't far off.

The concept is brilliantly simple. Sheets of extra-thick paper are embedded with silver nanoparticles, which kill dangerous bacteria and leave behind a healthy, refreshing dose of H₂O. Each filter lasts several weeks, meaning a full book could provide the tools for about a year's worth of clean water. Dankovich and her team are in the process of scaling up paper production and planning public health trials in Central America and Africa, with a goal of distributing 1,000 Drinkable Books (equalling 25,000 filters) around the world.

Learn more and contribute at DrinkableBook.tilt.com.

THE AVERAGE AMERICAN WORKS 47 HOURS PER WEEK, HIGHEST IN THE INDUSTRIALIZED WORLD, WHILE ALSO TAKING FEWER VACATION DAYS AND RETIRING LATER IN LIFE. WHICH MEANS THAT WHEN IT COMES TO MAINTAINING PROPER PHYSICAL AND MENTAL WELL-BEING, GETTING TO THE GYM A FEW DAYS PER WEEK ISN'T NEARLY ENOUGH. MORE AND MORE, EMPLOYERS RECOGNIZE THE NEED FOR WORKSPACES THAT PROMOTE HEALTH AND WELLNESS AMONG THEIR WORKERS. BUT WHAT DOES THAT LOOK LIKE, EXACTLY?

Not long ago, the answer was often as reductive as buying ergonomic keyboards in bulk, but we've come a long way in recent years. Policy is one easy way to affect change. Denver-based tech firm Full Contact has a policy called Paid, Paid Vacation, which provides each employee \$7,500 per year to spend on a vacation, during which time they are strictly forbidden from working or even checking email. Programs are another effective tactic: fitness challenges, recipe exchanges, yoga classes, and smoking cessation programs are among the more popular offerings.

But programs and policies are only part of the equation. In order to maximize employee wellness, the workplace itself has to be reimagined. As Design Director for Gensler, Michelle Liebling has seen a dramatic shift in how her clients approach the issue of employee wellness. "A lot of our clients are looking to the notion of the workplace being a tool to make happy, healthy, engaged workers by understanding who they are and creating a space that authentically speaks to that." Liebling points to subtle nudges, rather than heavy-handed mandates, as a big factor in driving change. One client added standing tables without chairs to reduce the amount of sitting (and with the added benefit of shorter meetings). Another focused on biomimicry, bringing naturally occurring textures and shapes, like Fibonacci spirals, into the office environment. Others have implemented hydration stations every few feet.

THE NUMBERS

- \$2,650**
The average annual cost to companies (per salaried employee) from absenteeism.
- 4.9**
The average number of sick days taken each year by all U.S. workers.
- 2.69**
The average number of sick days taken by U.S. workers who feel engaged at work.
- 6.19**
The average number of sick days taken by U.S. workers who feel disengaged at work.
- 71**
The percentage of companies that believe an employee wellness program is an effective way to cut costs.
- \$521**
Estimated annual amount that mid-sized to large employers spend per employee on wellness programs.

TERMS DEFINED

Fibonacci spirals refer to a mathematical sequence that appears with improbably high frequency in nature, from flower petals to snail shells to hurricanes to our own Milky Way galaxy. Also called the Golden Ratio, its properties can even be traced to the building of Egyptian pyramids and the Parthenon.

Biomimicry is the imitation of models, systems, and elements of nature for the purpose of solving complex human problems. One famous example is Velcro, which mimics naturally occurring hooked structures such as burs. Architects employ biomimicry, too. The Eastgate Centre in Zimbabwe is a mid-rise, mixed-use facility designed using structural techniques gleaned from studying termite mounds. In an African climate where temperatures spike, The Eastgate Centre uses only 10 percent of the energy of comparable buildings, but stays cool without air conditioning. Who knew termites were engineering prodigies?

THE LEVEL

It's an increasingly common refrain: Sitting is the new smoking. Even for physically active people, prolonged sitting increases your risk for cancer, cardiovascular disease, and type 2 diabetes. Enter The Level, a sleek, naturally sourced platform that keeps you moving while at a standing desk or in a classroom. And it looks just enough like Marty McFly's stolen hoverboard to add a dash of the cool factor. [+fluidstance.com](#)



SOWING THE SEEDS OF LUNG

There are a growing number of ways to bring the outside into your office. Gensler's Michelle Liebling points to emerging practices like biomimicry, geometric patterning, and the strategic use of natural, tactile materials for any surface that might get touched, pushed, or sat upon. But there's another, more old-fashioned way to incorporate nature into the workplace: plants.

Studies show that even a few basic house plants can help alleviate all sorts of health problems, including headaches, dizziness, nausea, and mental fatigue. Introducing plants to your office may also increase productivity by as much as 15 percent while lowering stress. The process is fairly straightforward, as plants absorb air particulates during their natural process of photosynthesis. Even the potting soil contains microbes, which can help produce cleaner air for breathing.

But which plants offer the best bang for your buck? Here are four easy-to-find species that will help clean up your office—or anywhere you may find a stagnant air supply.

Bamboo Palm – Give your workspace some vertical definition with a beautiful plant that grows as high as 12 feet under optimal conditions.

Garden Mum - NASA found that this little beauty removes benzene, formaldehyde, and ammonia from indoor air supplies.

Ficus - Hardy and low-maintenance, the Ficus thrives in bright, indirect sunlight.

Aloe Vera - It not only removes pollutants, but the leaves produce a clear liquid packed with vitamins, enzymes, and amino acids.

There's an aesthetic benefit to bringing the outside indoors, too. Get a richer sense of how beautiful the common plant can be by checking out our photo essay on p. 152.



SITTING: ARE YOU DOING IT WRONG?

Even if you exercise every day, too much sitting is hazardous. Not only that, but unless your boss sprung for an ergonomically advanced suite of office furniture, you're probably in a near-constant state of bad posture and poor body habits. French designer Benoit Malta can't help improve your workout routine, but he just might have a solution for that slouch. Inactive is a two-legged chair that engages your core and promotes better posture by putting you in a state of "bearable discomfort." Not recommended for long periods of uninterrupted sitting or for use at family holiday gatherings, where "bearable discomfort" already comes standard. [+benoitmalta.com](#)

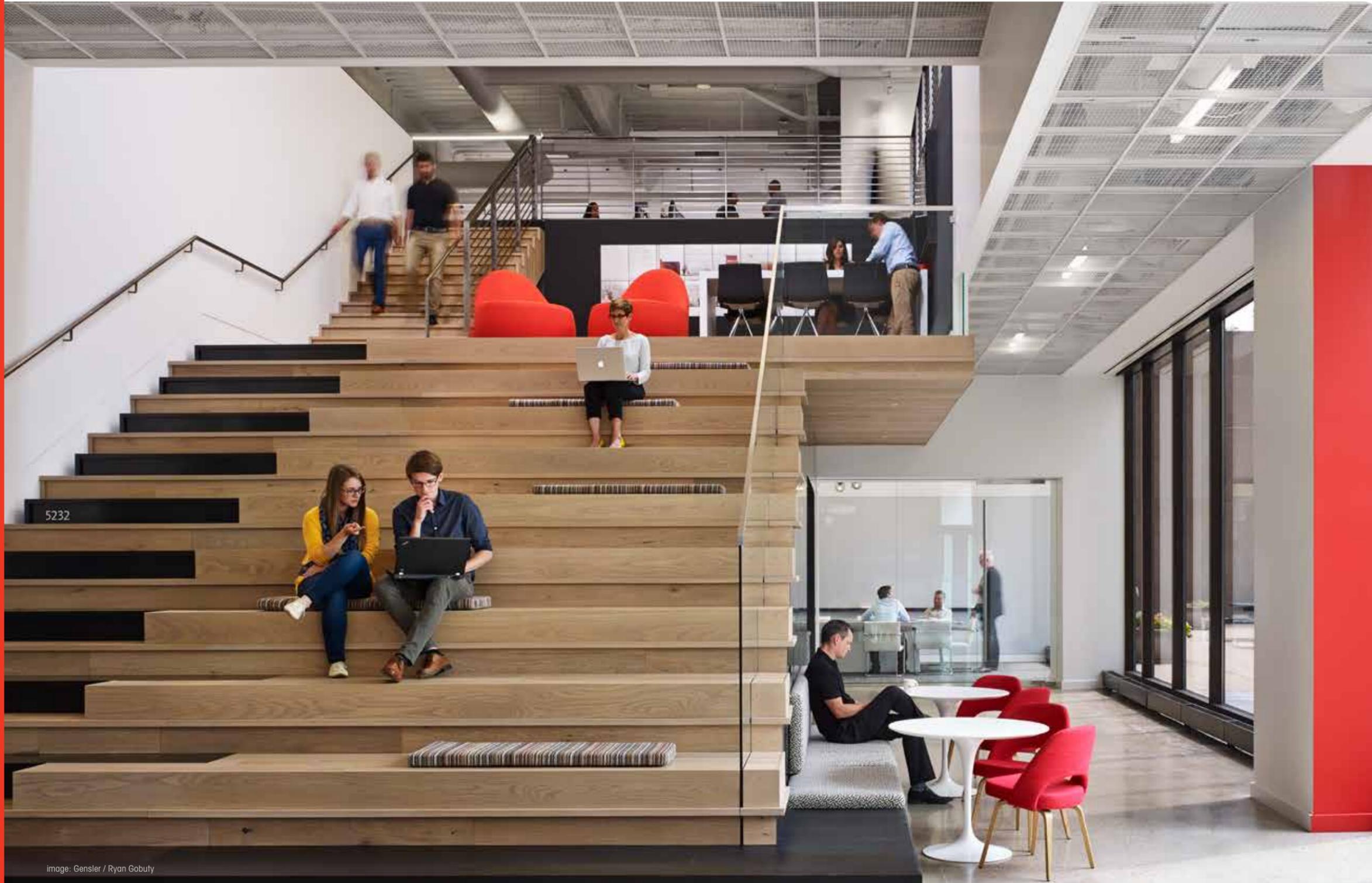


image: Gensler / Ryan Gobuty

When Liebling and her Gensler colleagues began work on their new downtown headquarters, they made nudges of their own. They created a wide variety of breakout spaces throughout, putting their employees on laptops and encouraging them to move around and find new perspectives. They added sensors to their lighting system, casting a warm and comfortable glow at 3,500 Kelvin, which automatically dims on

“A lot of our clients are looking to the notion of the workplace being a tool to make happy, healthy, engaged workers by understanding who they are and creating a space that authentically speaks to that.” -Michelle Liebling, Gensler

a bright day. They focused on acoustics as a way of minimizing noisy distractions, lining the walls with fabric-wrapped, tackable fabric. And they put the elevator around the corner and out of sight while making the stairs the building’s undisputed focal point.

For their trouble, Gensler garnered awards from both AIA and IIDA for their new office, but the real reward has been the anecdotal response from employees, who report better overall health and engagement since the move. Liebling attributes this to an employee-centric approach, and she believes the biggest shifts in workplace design in the coming years will stem from wider acceptance of similar practices. “It’s old news to talk about generations in the workplace, but it’s not old news to talk about work styles in the workplace. An introvert is different than an extrovert, and what does that mean for them in an office environment? That will continue to be more on the forefront and companies will be more interested in designing a space that fits their people, as opposed to their people fitting into a space.” ■

When the time came to design new headquarters for their Denver office, international architecture firm Gensler tucked the elevators around a back corner and brought the staircase front and center. Made from oak with custom steel treads, there are 20 lower steps, 15 upper steps, and 10 rows of bleachers. The staircase measures 17 feet across, with cushions strategically placed to encourage breakout work. The seating also faces a retractable projection screen, which measures 164 inches diagonally (roughly 11’x 7’).



Ask anyone who designs healthcare facilities what the future holds, and they'll likely answer with some variation on a common refrain: flexibility. H+L Interior Designer Kate Chapman said, "We simply won't need as much hospital space. We won't have these monuments to illness, we'll have ambulatory centers and small outreach centers of wellness. The hospital of the future is one that can flex—it's an ER now, and in five years it's an urgent care, and in 10 years maybe it's an orthopedic clinic. Something more modular, designed so that it can change." With that future in mind, Herman Miller's Compass line emphasizes "adaptable and functional spaces that can easily navigate change."

MEDICAL SCIENCE HAS EVOLVED SO RAPIDLY IN THE PAST DECADE THAT IT'S NEARLY IMPOSSIBLE TO TALK ABOUT NEWLY CONSTRUCTED FACILITIES WITHOUT USING WORDS LIKE "FUTURISTIC" OR "SCIENCE FICTION." OPERATING ROOMS, IN PARTICULAR, HAVE BEEN GROUND ZERO FOR ADVANCEMENTS THAT INCORPORATE EVERYTHING FROM INDUSTRIAL ROBOTIC TECHNOLOGY TO DIGITAL IMAGING THAT ALLOWS FOR THE KIND OF NON-INVASIVE SURGERIES THAT WOULD HAVE BEEN PURE FANTASY A GENERATION AGO.

But in order to see where the most significant changes in healthcare are developing, you have to look beyond the headlines touting space-age O.R. technology and focus instead on less obvious, more practical design choices.

Take, for example, nurses stations. Colorado is home to 61,000 licensed nurses, and nearly 60 percent of them work in hospitals. For any given hospital visit, patients spend more time with a nurse than any other hospital staff—and that same nurse is likely responsible for as many as five other patients concurrently, all day long. Tectonic shifts in the healthcare industry brought on

by the Affordable Care Act are expected to result in an even greater demand for registered nurses, meaning an even higher nurse-to-doctor ratio.

All of which means that when it comes to efficiency, safety, and better patient care overall, a well-designed nurses station is the best place to start. "Hospitals are pretty utilitarian spaces," said Kate Chapman of H+L Architecture. "To do healthcare design, you need to have more than just a marginal idea of how nurses or doctors are working. Those spaces are set up to be functional and streamlined so that the interventions on the patient are as low as possible, but also so that each

facility has its own flavor that reflects the patient population they're serving."

Chapman just completed interior design work for a free-standing emergency department with UC Health in Fort Collins. Recent trends have called for decentralized nurses stations, which, in theory, allow nurses to be closer to their own patients, their own supply closets, and their own medication rooms. But H+L looked closely at the evidence-based learning and found that rather than simplifying things, this setup generally caused just as many problems as it solved: Collaboration dried up, supplies and medications weren't always where

ADAPT AND EVOLVE

The merging of healthcare and hospitality has never been more pronounced. Today's hospitals have to provide more than just great care, they must also give patients and their families a top-notch customer service experience. Along those lines, Steelcase is putting extra emphasis on designing for comfort. This family waiting area (right, top), with crisp lighting, comfortable furniture, and a distinctly modern aesthetic, is a far cry from the cramped seating and dimly lit days past.

Meanwhile, the Empath patient recliner (right, bottom) was designed using more than 2,000 hours of observations between patient and provider, along with direct feedback from more than 300 nurses. What they learned was that patients are often injured while being transferred from chair to bed, and that one in three nurses has sustained an injury during a patient transfer. The Empath was intended to be comfortable, durable, and easy to clean—but also sturdy, adjustable, and with multiple access points. And because sustainability is always a good idea, it's also up to 90 percent recyclable.



SLEEP: NECESSARY, GLORIOUS, AND OFTEN ELUSIVE. ACCORDING TO EVEN THE MOST CONSERVATIVE ESTIMATES, 40 PERCENT OF ADULTS DON'T GET THE RECOMMENDED SEVEN HOURS PER NIGHT—AND EVEN AMONG THOSE WHO DO REACH THAT MAGICAL THRESHOLD, QUANTITY DOESN'T ALWAYS EQUAL QUALITY. AS A RESULT, MILLIONS OF AMERICANS WANDER THROUGH LIFE, ZOMBIE-LIKE, IN A FOG OF DROWSY IRRITABILITY.

Sleep monitors can be helpful, but for the average person they're generally too expensive, too unwieldy, or both. SevenHugs is a French startup aiming to make sleep monitor technology more accessible. Their hugOne system includes tiny sensors that slide under a mattress cover and track not only your sleeping habits (and the sleeping habits of your entire family), but also provide information on room temperature, humidity control, and air quality. It integrates with your thermostat, controls your lights, and wakes you up at the optimum moment during your sleep cycle.

Whether or not SevenHugs is a panacea for better sleep isn't really the point. In a larger sense, their efforts are representative of a groundswell in industrial design geared toward developing affordable consumer health products for the masses. And if sleep isn't an issue in your home, what about dental care? The Kolibree smart sonic toothbrush entices kids to brush their teeth by turning it into a game that syncs with a smartphone. It also tracks specific brushing technique and provides real-time qualitative feedback.

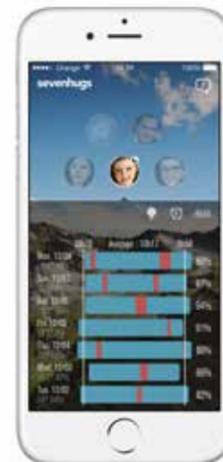
On top of dental care already? How about Vessyl, the high-tech cup (designed by the legendary Yves

Behar) that recognizes, tracks, and analyzes virtually any beverage you put inside, with the ultimate goal of improving hydration, regulating caffeine, and reducing sugar intake. Display indicators along the side provide information about your daily consumption, a wireless charger gives the battery five days of life in about an hour, and, as with seemingly every new consumer gadget on the market, the whole thing integrates with your smartphone.

Sleeping, drinking, brushing your teeth—there's scarcely a sliver of your daily routine, no matter how mundane, that isn't on the fast track to better living through design technology. The Consumer Electronics Association estimates that by 2018, the "connected health and wellness market" will increase by 142 percent on its way to \$8 billion annually. For decades, even as life expectancies have pushed higher and higher, Americans' overall wellness has trended downward. If there's a light at the end of that tunnel, it might just be the integrated revolution of everyday things. Bring on the future. ■



French startup SevenHugs has developed technology they believe will help the entire family sleep better. Their integrated system connects to smart bulbs and thermostats, creating the ideal lighting and temperatures by which to fall asleep and wake up. Environmental sensors monitor temperature, humidity, and air quality. And miniHug sensors slip easily under bed sheets to track the sleeping patterns of parents and children alike. All that's required is wireless internet and an Android or iOS device.



When an exciting new product boasts features like 3D motion sensors, sonic vibration, induction chargers, bluetooth connectivity, accelerometer, gyroscope, and the ability to produce 15,000 vibrations per minute, you'd be forgiven for not guessing we're talking about a toothbrush. Kolibree is the next evolution in sonic dental care, combining cutting-edge technology with clever consumer features, such as the *Go Pirate 2* game for smartphones, which gives kids a fun and interactive way to brush their teeth—even those hard-to-reach molars in the back.



You may have fond memories of your *Dukes of Hazzard* lunchbox, but times have changed and your kids deserve a food transport device that won't require a tetanus shot. Enter OmieBox, the smart solution for 21st century students. Boasting a vacuum-insulated bowl, leak-proof gaskets, kid-friendly handle, and removable divider for modular food compartments, OmieBox is the lunch kit you never knew you needed. +OmieLife.com



Coffee. Soda. Even sports drinks. Beverages are a shockingly rich source of calories, and many people don't realize the content of the liquids they put in their bodies. The Vessyl is a sleekly-designed cup that recognizes and aggregates everything from a craft beer to a pumpkin spice latte, providing real-time nutrient data directly to your smartphone. Vessyl has a modern feel (thanks in part to world-renowned designer Yves Behar), and the non-stick interior and spill-proof lid make it practical and long-lasting. When you know precisely what you're drinking, every hour is happy hour.

