



# Air

Newly implemented protocols in your building aim to enhance air quality to support your health and well-being. You can breathe easy in your space knowing that air quality standards set for your building are supported by ventilation and filtration features, construction policies and cleaning protocols as well as material safety guidelines.

Pollution-source reduction, proper ventilation, air filtration, low chemical material selection and cleaning standards to minimize the spread of germs are some of the strategies your building team utilizes to achieve high air quality.





# Water

Water quality is enhanced in your space, meaning you can rest assured that each time you fill up your reusable bottle in our space, it will be with clean and good-tasting water. Water quality performance standards contained in the WELL Building Standard™ require that the water at your tap has been tested for inorganic contaminants, organic contaminants and agricultural contaminants, as well as public water additives that can be harmful in large quantities. In addition, this helps the water taste good so you can stay hydrated, which will help improve your overall state of health.





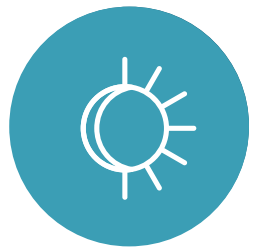
# Nourishment

Food fuels your body throughout the day. Since you need nourishment throughout your time in this space, you have been given access to healthier food choices such as fruits and vegetables. You can view nutritional information, such as identifying potential artificial ingredients, on all foods provided daily. Additionally, none of the food and beverages served daily in our space include harmful trans fats or have high levels of sugar per serving.

The goal is to support you in making healthy eating choices every day while you're in this space to help you stay energized and focused.







# Light

The lighting in this space supports natural patterns of the human circadian rhythm, an internal clock that synchronizes physiological functions on roughly a 24-hour basis.

The workstation where you sit daily is designed to reduce glare and to promote natural daylight. The lighting in your space is designed to improve your overall experience and keep you energized throughout the day.

Lighting in your space was specifically designed to minimally disrupt your circadian rhythm; in fact, the lighting was designed to optimize your body's natural routines by promoting daytime alertness and enhancing sleep at the end of the day.





# Movement

You may notice the increased availability of movement activities within this space. This can help you get up and move more frequently. Take advantage of activity incentive programs! They're easy to use and a simple improvement to your daily routine. All the movement features recently incorporated into your space help to support active daily routines and culture.

Make sure to explore the movement programs available in your space that support an active and healthy lifestyle.





# Thermal Comfort

The indoor thermal environment impacts a building's energy use, since cooling and heating can account for about half of a building's energy consumption. It also greatly influences our experience in a space. We're healthier, happier and more productive when we're comfortable. The strategies in the WELL Building Standard™ (WELL) take a holistic approach to thermal comfort and provide evidence-based interventions to address individual comfort and support human health, well-being and productivity. This space includes an enhanced HVAC system and was designed to meet individual thermal preferences to ensure comfort.

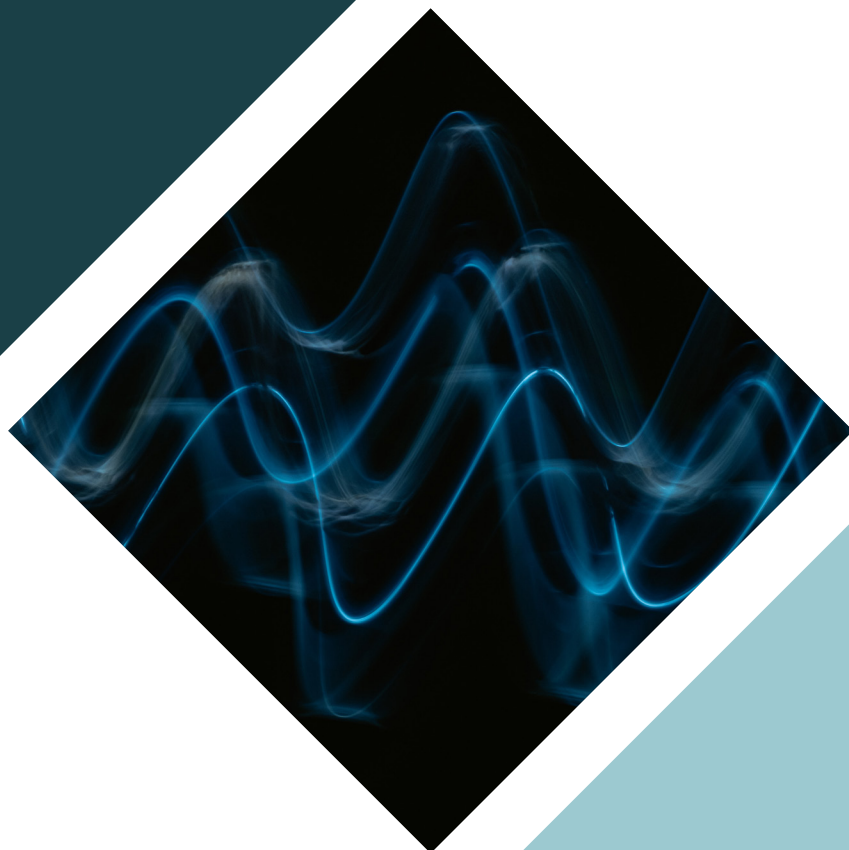






# Sound

This space doesn't just look and feel good - it sounds good too! Thanks to strategies from the WELL Building Standard™ (WELL) the acoustics in this space were carefully planned with your health and well-being in mind. From building equipment to traffic noise, we all think better when we're not distracted by background noise. And no one wants their private conversations echoing down a hallway. This space has taken a comprehensive approach to addressing the concerns of acoustical comfort in order to improve your well-being.





# Materials

Breathe easy: the materials in this space have reduced your exposure to chemicals. The health and environmental impacts of most chemicals in circulation, despite their ubiquity, are unknown. Many chemicals that were used commonly in materials in the past have been found to be toxic, persistent and prone to bioaccumulation. The strategies in the WELL Building Standard™ aim to increase awareness of what's in the materials in our spaces in order to minimize impacts to human and environmental health.







# Mind

Your mind and your body are impossible to separate, meaning you need to be in a healthy mental state to obtain optimal physical health, and vice versa. Exercise, for instance, triggers the release of serotonin in the brain, which improves your overall mood and helps regulate your sleep cycle. Your space is designed to help reduce stress and support a healthy mental state. There are policies in place that provide access to programs designed to improve your mental state and increase mindfulness.

The new design elements in this space, from plants and greenery to wall art, can improve your cognitive and emotional health.





# Community

We hope you feel supported in this space - and we don't just mean by the building itself. We've invested in a culture of health that supports access to essential healthcare, accommodates diverse population needs and establishes an inclusive, engaged community. Strategies in the WELL Building Standard™ (WELL) focus on addressing health disparities and promoting social diversity and inclusion. We've implemented policies and design strategies to build a foundation for truly equitable, diverse and healthy communities.

