

WELL-ness in the Workplace



What is WELL?

The WELL Building Standard is a certification program for the built space - interiors, new buildings, and existing buildings - **that puts people first**. Though the building industry has made significant strides towards sustainability and green initiatives in the built environment during the 21st Century, human health and well-being have not received the same attention. For this reason, the International WELL Building Institute created the WELL Building Standard, seeking to **"elevate human health and comfort to the forefront of building practices and reinvent buildings that are not only better for the plant, but also for people."** This certification process focuses on the following categories:



AIR

WELL promotes clean air by reducing sources of indoor air pollution and raising the bar on the standard for optimal indoor air quality. These improvements to our indoor spaces are achieved through active and passive building design, adjustments to building operation strategies, and simple human behavior interventions.



WATER

As more than two-thirds of the human body is made of water, it is no surprise that our bodily health is dependent on clean drinking water. To ensure safe water in our buildings, WELL standards require proper filtration techniques and regular testing.



NOURISHMENT

Physical inactivity and poor diet can lead to major health risks such as diabetes and cancer. To combat this trend, WELL promotes the availability of fresh, wholesome foods, limits unhealthy ingredients and encourages better eating habits and food culture.



LIGHT

Poor lighting conditions can cause eyestrain, loss in productivity, headaches, and more. Alternatively, WELL's light guidelines minimize glare and disruption to the body's circadian system, enhance productivity, support good sleep quality and provide for appropriate visual acuity.



MOVEMENT

With the average American Adult only receiving 6-10 minutes of vigorous intensity physical activity a day, physical inactivity has emerged as a primary focus of public health accounting for a rise in premature mortality and chronic diseases. To get people moving, WELL standards create and enhance physical activity opportunities through the spaces we occupy.



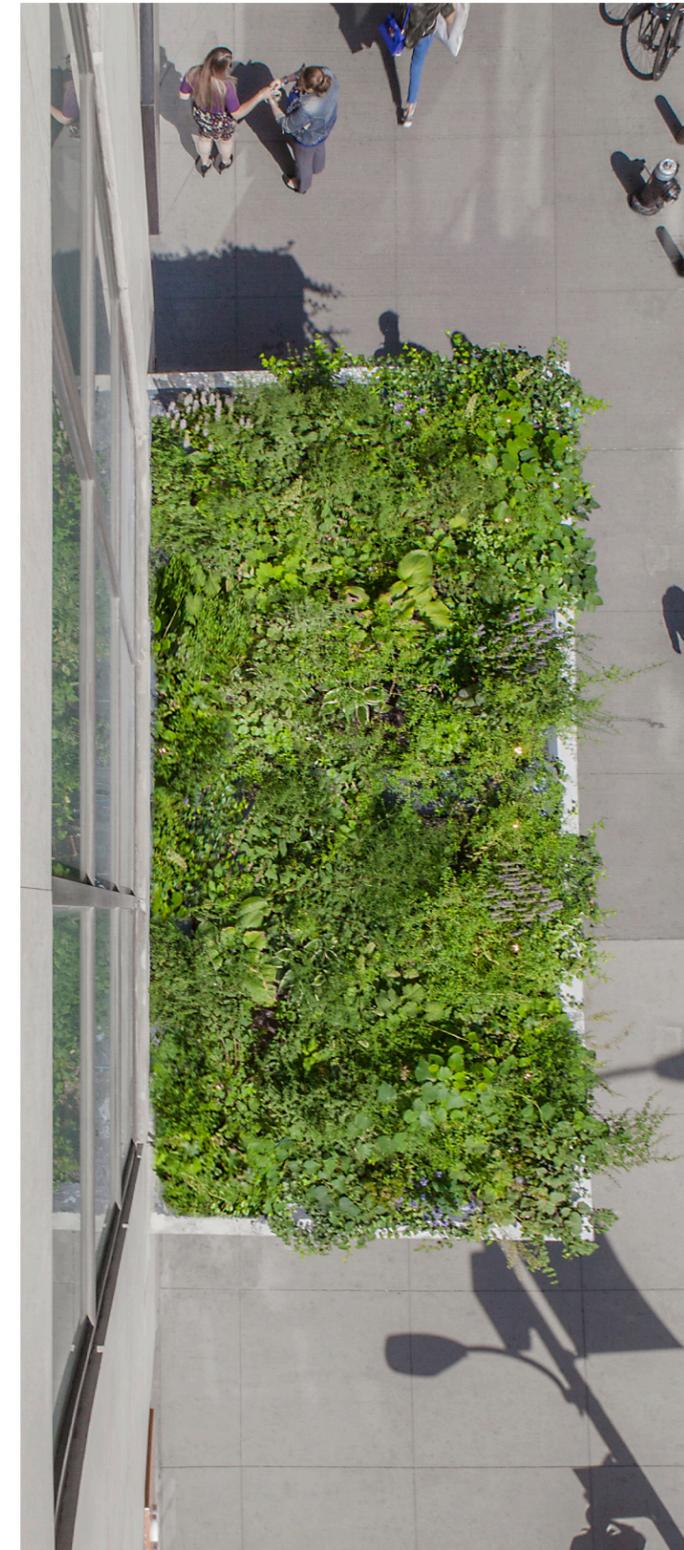
THERMAL COMFORT

Thermal comfort is linked to our health, well-being and productivity and is ranked as one of the highest contributing factors influencing overall human satisfaction in buildings. WELL aims to provide a thermal range to satisfy all occupants through tactics that are human-centric, like accessible thermostats and localized thermal zoning.



SOUND

Only recently has it been determined that exposure to intrusive noise hinders the health and well-being of people in a multitude of ways. WELL aims to identify and mitigate acoustical comfort parameters to shape a comfortable, productive, and healthy occupant experience.



MATERIALS

The WELL Materials concept aims to reduce human exposure to hazardous building material ingredients through the restriction or elimination of compounds or products known to be toxic and the promotion of safer replacements.



MIND

Mental health is vital for the physical and social well-being of all. A healthy mental state enables individuals to live to their fullest potential, cope with the normal stresses of life, work productively and contribute to their community. WELL improves cognitive and emotional health through diverse interventions from access to nature to sleep support.



COMMUNITY

Within every built space there exists a unique community. To foster inclusive, integrated community within its walls, through social equity, civic engagement and accessible design within its walls while simultaneously facilitating access to the essentials such as healthcare, workplace health promotion, and accommodations for families.



INNOVATION

This feature addresses a novel concept or strategy not already included in WELL or achieves results above and beyond the existing requirements in a WELL Feature.

For More Well Information, Visit:
<https://www.wellcertified.com/>



WELL Tips for Your Workspace

The average person spends **90% of their day indoors** and (prior to the pandemic) spent an average of **236 days a year in the workplace.**

In an effort to help create spaces that encourage occupants' well-being, MDA & MADGI want to give you tips on how to implement WELL-ness in your space. Not all features require major construction, so even by performing small renovation work and/or enacting policy changes, your space can transform to better serve its user's health and well-being.



AIR

Did You Know... that humans take in more than 15,000 liters of air each day? There are a plethora of contaminants in our air that put our health at risk from pollutants such as carbon monoxide, nitrogen dioxide, VOCs, and more. How can you make your space a healthy place for breathing? Let's look at two adjustments with a varying degrees of difficulty for implementation:

- **Easy:** A02 Smoke-Free Environment

Already have a no smoking policy inside of your space? Great! Expanding this policy to cover balconies and rooftops and restricting smoking outdoors to specific locations will help you achieve this mandatory WELL Feature.

- **Hard:** A03 Ventilation Effectiveness

Already have a no smoking policy inside of your space? Great! Expanding this policy to cover balconies and rooftops and restricting smoking outdoors to specific locations will help you achieve this mandatory WELL Feature.

QUICK TIP: LIGHT



By studying the lighting levels, table heights, and tasks that will be done in a given area together we can create optimum conditions for those tasks to be completed without overdue stress on occupants.



SOUND

Controlling the transmission of sound through a space is crucial to occupant productivity and well-being. Excess noise can impede speech intelligibility, hinder confidentiality, memory retention and task completion. In an effort to make your space better for all occupants, let's look at two adjustments with a varying degrees of difficulty for implementation:

- **Easy:** S03 Sound Barriers

By specifying the correct wall & door types for a given room's function to achieve a specified SPP level your project would qualify for this WELL point.

- **Hard:** S01 Sound Mapping

This WELL feature requires projects maintain sound levels from interior and exterior noises below certain levels and have a zoned plan to call out areas with loud noises, quiet zones, and mixed level zones. Depending on your project's surrounding area, mitigating the transmission of external noises into the space could be challenging and costly.

Did You Know...

Acoustics is the most common complaint from employees about their workplace? "Sound within an enclosed space hinders productivity, focus, & memory retention..."

QUICK TIP: COMMUNITY



If you're interested in pursuing WELL certification for your upcoming project, let's set up a meeting with the internal stakeholders to kick-off the project! We'll discuss the user groups and overall project goals to start to meeting this mandatory WELL feature.





How Can We Help?

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MDA and MADGI are here for you.

Contact us with any WELL-ness questions you may have or if you are interested in a WELL accredited project of your own. We have several WELL Accredited Professionals on our team that are ready to put these principles into action.

Together we can rethink, transform and make your spaces safer and healthier for your future well-being.