

## WELL Building Standard

### What is it?

WELL Building Standard is the first building standard to focus exclusively on human health and wellness. It was established by parent companies the International Well Building Institute and GBCI (Green Business Certification Inc.). Research was backed by Delos, a real estate company that focuses on building health. The Standard resembles LEED in terms of a point system to receive certifications and was created to work well with other building certification programs like LEED.

WELL Building Standard is a point-based grading system for evaluating standards that are focused on human health and wellness within a building/space to achieve silver, gold, or platinum certification.

The WELL Building Standard contains seven main concepts centered around human well-being: air, water, nourishment, fitness, light, comfort, and mind.

All WELL Certified spaces are designed to improve the nutrition, fitness, mood, sleep patterns, productivity and performance of the people working, living, shopping or playing inside of them.



#### **AIR | Breathe easy**

Air quality testing, moisture control, ventilation & filtration, material selection, maintenance and operations, construction processes



#### **WATER | Drink up**

Hydration promotion, water quality testing, filtration and treatment, maintenance and operations



#### **NOURISHMENT | Dig in to wholesome foods**

Mindful eating spaces, food education, food prep guidelines, portion management



#### **LIGHT | Soak it in**

Circadian design, daylighting, glare control, color quality, activity-based lighting levels, visual acuity



#### **Fitness | Keep moving**

Active buildings & communities, ergonomics, site planning & selection, physical activity space/promotion



#### **COMFORT | Get comfortable**

Performance metrics, humidity, thermal zoning, individual controls



#### **MIND | Stay centered**

Access to nature, focus support, substance use education & services

## How can it be used?

WELL is designed to be flexible enough for all building types and its benefits are delivered to every person who visits, works, or lives in a WELL Certified space. By targeting wellness interventions related to building design, maintenance protocols, and organizational policies, WELL's holistic and multifaceted approach improved the health and well-being of everyone in the space.

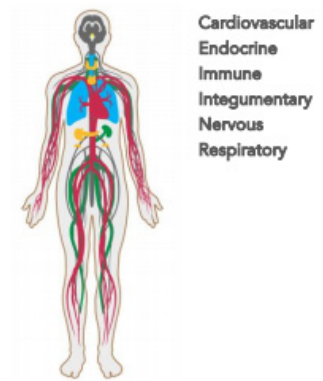
For example, indoor air quality can be 2-5 times worse than that of outdoors. Indoor air pollutants, such as VOCs (volatile organic compounds) and particulate matter, are tied to specific illnesses like sick building syndrome (SBS), nausea, asthma, and allergies.

Indoor air pollutants can affect a person's respiratory, cardiovascular, nervous, endocrine, immune, and integumentary systems. In order to help remedy this issue for building users, Feature 01 Air Quality Standards of the Air Concept is in place. It sets specific levels not to surpass of pollutants like formaldehyde and carbon monoxide.

## Why use it?

Improving your building wellness results in tangible benefits to the health of your employees, community and creates a meaningful return on investment. In a post-COVID-19 environment, the WELL Building Standard gives you what you need to be prepared to tackle health and safety-related issues into the future.

Our environment is one of the largest determinants of our overall health, which means health begins in the places we live and work in. The WELL Building Standard can help ensure your building is not working against you or your occupants, no matter what kind you have. 73% of building owners with WELL certified buildings said the standard had a positive impact on building leasing rate and 79% said there was also a positive impact on occupant satisfaction. Whether its improved sleep conditions in your residential building or increased productivity in your office, WELL is designed to be flexible and mold to your needs.



## In-house Expertise

Our designer Briana L. Chriss, WELL AP, is one of the only professionals in the area certified as a WELL Accredited Professional. With her newfound knowledge, she will elevate the level of wellness in your buildings and spaces. Building wellness has become increasingly important within the last year and seeing the WELL safety seal on the outside of your building will guarantee everyone that works, lives, or visits your space is safe. As a firm, we are looking into getting our own office WELL Certified.



Ready to get started?

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