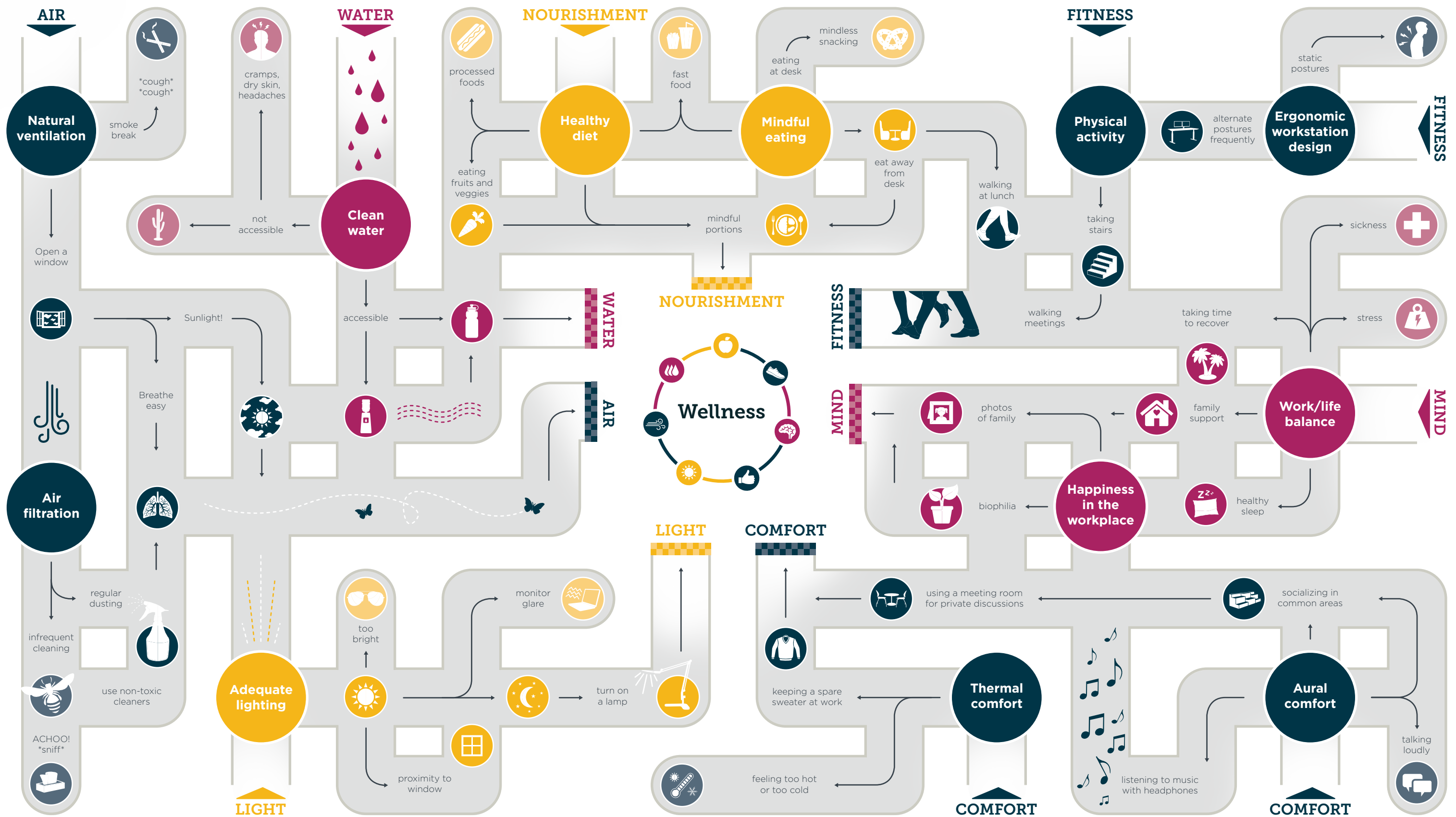


# Improve Your Wellness in the Workplace

Making the right decisions can lead to wellness.



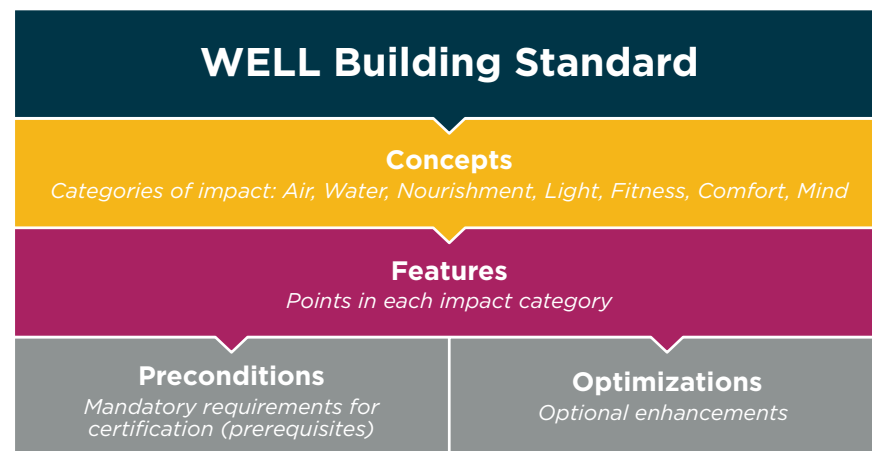
# What is the WELL Building Standard®?

The WELL Building Standard® is the first building standard to focus on the health and wellness of building occupants. Developed by Delos and managed by the International WELL Building Institute, WELL was designed using evidence-based medical and scientific research to create a built environment that supports human health and wellbeing.

**WELL is made up of seven “Concepts,” or categories of impact relevant to occupant health in the built environment:**

- Air
- Water
- Nourishment
- Light
- Fitness
- Comfort
- Mind

The performance requirements in each Concept are called “Features.” Over 100 Features are included in WELL and each seeks to address factors that can influence the wellbeing of occupants. Features are divided into “Preconditions,” mandatory achievements for certification; and “Optimizations,” which are optional enhancements. Preconditions and Optimizations were developed using performance-based and descriptive standards. Performance-based standards allow project teams flexibility in how the solution is designed; descriptive standards require that a specific approach be used.



## Certification Details

WELL v1 can be applied to three project typologies: New & Existing Buildings, New & Existing Interiors, and Core & Shell. Depending on the typology, certain Features may or may not apply, and some may be Preconditions in one standard, while they’re Optimizations in another.

To become a WELL certified building or space, all applicable Preconditions must be satisfied; if a higher level of certification is desired, a certain amount of Optimizations must be achieved. WELL Silver, Gold, or Platinum certification may be achieved.

WELL was designed to work with other green building standards (LEED, Living Building Challenge), so many of the Precondition and Optimization requirements are similar to those of other building standards.

## Features and Designer Impacts

Designers may impact several features in each concept, included below. The project team or project consultants are responsible for features not referenced.

### Water

Water has 8 features in WELL v1, with 5 Preconditions and up to 3 Optimizations, depending on the project typology.

- **Water 37** – Drinking Water Promotion (Optimization)

### Fitness

Fitness has 8 features in WELL v1, with up to 2 Preconditions and up to 6 Optimizations, depending on the project typology.

- **Fitness 64** – Interior Fitness Circulation (Precondition or Optimization)
- **Fitness 67** – Exterior Active Design (Optimization)
- **Fitness 68** – Physical Activity Spaces (Optimization)
- **Fitness 69** – Active Transportation Support (Optimization)
- **Fitness 71** – Active Furnishings (Optimization)

### Comfort

Comfort has 12 features in WELL v1, with up to 5 Preconditions and up to 7 Optimizations, depending on the project typology.

- **Comfort 72** – ADA Accessible Design Standards (Precondition)
- **Comfort 73** – Ergonomics: Visual and Physical (Precondition)
- **Comfort 80** – Sound Reducing Surfaces (Optimization)
- **Comfort 81** – Sound Barriers (Optimization)
- **Comfort 82** – Individual Thermal Control (Optimization)

### Light

Light has 11 features in WELL v1, with up to 4 Preconditions and up to 7 Optimizations, depending on the project typology.

- **Light 53** – Visual Lighting Design (Precondition)
- **Light 54** – Circadian Lighting Design (Precondition)
- **Light 55** – Electric Light Glare Control (Precondition)
- **Light 56** – Solar Glare Control (Precondition)
- **Light 57** – Low-Glare Workstation Design (Optimization)
- **Light 58** – Color Quality (Optimization)
- **Light 59** – Surface Design (Optimization)
- **Light 60** – Automated Shading and Dimming Controls (Optimization)
- **Light 61** – Right to Light (Optimization)
- **Light 62** – Daylight Modeling (Optimization)

### Nourishment

Nourishment has 15 features in WELL v1, with up to 8 Preconditions and up to 7 Optimizations, depending on the project typology.

- **Nourishment 38** – Fruits and Vegetables (Precondition)
- **Nourishment 41** – Hand Washing (Precondition)
- **Nourishment 42** – Food Contamination (Precondition)
- **Nourishment 50** – Food Storage (Optimization)
- **Nourishment 51** – Food Production (Optimization)
- **Nourishment 52** – Mindful Eating (Optimization)

### Air

Air has 29 features in WELL v1, with up to 12 Preconditions and up to 17 Optimizations, depending on the project typology.

- **Air 04** – VOC Reduction (Precondition)
- **Air 08** – Healthy Entrance (Precondition)
- **Air 11** – Fundamental Material Safety (Precondition)
- **Air 19** – Operable Windows (Optimization)
- **Air 25** – Toxic Material Reduction (Optimization)
- **Air 26** – Enhanced Material Safety (Optimization)
- **Air 27** – Antimicrobial Activity for Surfaces (Optimization)
- **Air 28** – Cleanable Environment (Optimization)

### Mind

Mind has 19 features in WELL v1, with up to 5 Preconditions and up to 14 Optimizations, depending on the project typology.

- **Mind 85** – Integrative Design (Precondition)
- **Mind 87** – Beauty and Design I (Precondition)
- **Mind 88** – Biophilia I – Qualitative (Precondition)
- **Mind 89** – Adaptable Spaces (Optimization)
- **Mind 97** – Material Transparency (Optimization)
- **Mind 99** – Beauty and Design II (Optimization)
- **Mind 100** – Biophilia II – Quantitative (Optimization)