



AIR

Newly implemented air quality standards in your building aim for optimal indoor air quality to support your health and well-being. You can breathe easy in your office 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 with frequent wipe down schedules to minimize the spread of germs are some of the strategies your building team utilizes to achieve high air quality.



WATER

Water quality is optimized 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 required by the WELL Building Standard™ ensure that the water at your office 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 in your office taste good so you can stay hydrated, which will help improve your overall state of health.

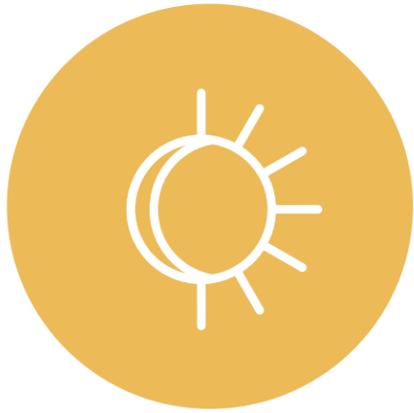


NOURISHMENT

Food fuels your body throughout the day. Since you need nourishment throughout your time in the office, your workplace provides you with 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 the office so you can stay energized and focused.



LIGHT

The lighting in your office 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 WELL Building Standard™ ensures that lighting in your office is designed to improve your overall experience and keep you energized throughout the day.

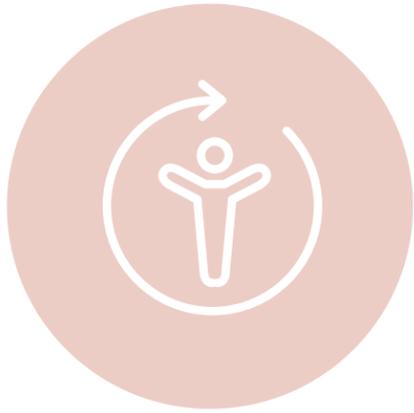
Lighting in your office was specifically designed to minimally disrupt your circadian rhythm; in fact, the lighting was designed to optimize your body's natural routines by promoting daytime alertness and enhancing sleep at the end of the day.



FITNESS

You may notice the increased availability of fitness activities within your office. 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 fitness features recently incorporated into your office help to support active daily routines and office culture.

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



COMFORT

Comfort was a top priority for designers when creating your new office. The design of your office space prioritizes your physical comfort through ergonomics, as well as your comfort with respect to temperature, sound and smell to generate a productive, inspiring and enjoyable environment for you.

The goal is to create a focused and comfortable indoor environment for you to work.

The environment aims to minimize noise and distractions to optimize your productivity and satisfaction.



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 office 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.