



# Feeling WELL

Did you know that we spend about 90 percent of our time indoors?<sup>1</sup> That's roughly 22 hours each day. This means that the quality of our indoor environments – from the amount of daylight we experience to indoor temperature and humidity, to the quality of water that we drink and so much more - has a tremendous impact on our overall health and well-being.

At HB Reavis, people's health is our priority. We believe that improving a workspace can positively impact every employee's health and well-being.

We have collaborated with teams of designers, architects and building scientists to introduce an array of positive, health-focused changes. Advanced air purification, high-quality water standards, access to natural daylight and outdoor physical activity spaces are just a few wellness features out of the 41 we've incorporated that are informed by the WELL Building Standard™ (WELL™).

WELL™ combines the best practices in design and construction with evidence-based medical and scientific research – harnessing buildings as vehicles to support human health and well-being.

Interested in learning more? Here in this guide, you can read about the features we have implemented into this office building to maximise your wellness benefits.

You can also learn more about our certification at [wellcertified.com](http://wellcertified.com) or ask us at [wellbeing@hbreavis.com](mailto:wellbeing@hbreavis.com).

**Enjoy!**

<sup>1</sup> Source: <http://www.nature.com/jes/journal/v11/n3/pdf/7500165a.pdf>

# AIR

Indoor air quality directly impacts our productivity. Pollutants such as volatile organic compounds (VOCs) and dust increase CO<sub>2</sub> levels in our blood and decrease oxygen saturation. Unfortunately, both factors kill our efficiency in mental work. The negative effects of poor indoor air quality may impair our performance on tasks by 10%<sup>2</sup>.

The implemented air quality standards in this building aim for optimal indoor air quality to support your health and well-being. You can breathe easy in your office space knowing that the air quality standards set for this building are supported by an advanced ventilation and filtration system.

## Smoke-free zone

According to Health at a Glance, 20 to 25% of the adult population in Europe smokes, and that number in Slovakia is 19.5%. However, not only smokers are subject to the health risks of smoking. Second-hand smoke exposes non-smokers to the same toxins. In order to reduce smoke pollution and minimise occupant exposure to second-hand smoke, we have created dedicated smoking areas. They are located away from the entrances, operable windows and intakes that supply the building with air.

*Feature 02: Smoking Ban*

## Take a deep breath

Twin City Tower is situated in one of the most traffic-heavy areas. Moreover, there are plenty of construction sites in its vicinity. Therefore, we stressed the importance of designing a superb HVAC system. We used an advanced double level ventilation design to make sure that you breathe fresh and high-quality indoor air.

*Feature 03: Ventilation effectiveness*

## Keep an eye on it

The advanced air ventilation design of this building is important for providing high-quality air in the building. However, to keep it as good as it was in the first days, you need to take care of the system regularly. That is the reason why we perform quarterly checks. We report every single check to a 3<sup>rd</sup> party – the International Well Building Institute - the authority which oversees the WELL Building Standard™.

*Feature 05: Air filtration*

## Make an entrance

You may think the revolving entrance doors are not a big thing. Let us tell you it's a valuable prevention measure which improves the indoor air quality. They were designed to reduce the amount of dust, dirt and other contaminants from outside that enter the building. For added impact, we have added walk-off mats to doorways.

*Feature 08: Healthy entrance*

## Going green

There is no need to explain that pesticides used for gardening may be harmful to our health. However, we looked at this issue from another perspective. Pesticides reduce the quality of air we breathe. Therefore, we applied a green maintenance principle when taking care of external greenery. Every pesticide and herbicide must meet strict criteria defined by the Pesticide Research Institute.

*Feature 10: Pesticide Management*

## No molds allowed

The advanced air handling units which provide great air for this building aren't resistant to basic elements like molds. We could check and clean them regularly or use modern technology. We opted for the latter and installed UV lamps in our ventilation system. These lamps emit UV-C light which is deadly to microorganisms keeping the air units clean

*Feature 06: Microbe and mold control*

## Say NO to dangerous materials

No asbestos is a truism for Europe. But there are still some other materials used in construction which are hazardous to humans and should be reduced to a minimum. Besides asbestos, WELL™ set limits on lead and mercury use.

*Feature 11: Fundamental Material Safety*

## You can feel it in the air

Your office in Twin City Tower is supplied with almost 40% more air than is required by local standards. Scientific research suggests that an airflow rate significantly exceeding the recommended standards is needed to minimise sick building syndrome symptoms and to improve human performance and productivity.<sup>3</sup>

*Feature 15: Increased Ventilation*

<sup>2</sup> Health, Wellbeing and Productivity in Offices: The Next Chapter for Green Building, 2015. World Green Building Council

<sup>3</sup> WELL Building Standard version 2, Air Concept, Feature A06

# WATER



Did you know that more than half of your body is composed of water? You probably did. But are you aware you should drink up to 2,7l of water per day if you are a woman and even 3,7l if you are a man?<sup>4</sup> Even mild dehydration may be the reason you feel tired and sleepy during the day. Drinking water can improve your brain's ability to complete tasks that require a rapid response.

Clean water is essential to our health. It transports valuable nutrients, removes waste from the body, helps to regulate internal body temperature and even serves as a shock absorber for the brain and spinal cord. Therefore, we make sure the water in Twin City Tower is of high quality and tastes great, too.

## Stay hydrated

The water quality standards required by WELL™ ensure that the tap water has been tested for inorganic contaminants, organic contaminants and agricultural contaminants, as well as public water additives that can be harmful in large quantities. What's more, this helps the water in your office taste good so you can stay hydrated.

*Feature 30: Fundamental Water Quality*  
*Feature 31: Inorganic contaminants*  
*Feature 32: Organic Contaminants*  
*Feature 33: Agricultural Contaminants*  
*Feature 34: Public Water Additives*



# LIGHT

Light plays an important role in synchronising sleep/wake cycles in humans. All light – not just sunlight – can affect your internal biological clock, sleeping patterns, energy levels and mood. Proper lighting ensures good visual acuity in a variety of tasks to avoid eyestrain and to minimise productivity loss and headaches.

The WELL Light concept promotes exposure to light and aims to create lighting environments that are optimal for visual, mental and biological health. What does it mean for you whose workplace is in Twin City Tower? The lighting conditions in this building may support your circadian rhythm, improve sleep quality and should even positively impact your mood and productivity.

## Right to light

Exposure to natural light can improve people's moods, alertness and overall health. Windows are therefore a key variable for ensuring that occupants receive enough light for positive physiological and subjective effects. In the Twin City Tower, floors were designed so that most work desks are close to view windows. This ensures an equitable distribution of light and views for everyone in the office.

*Feature 61: Right to Light*

## Let there be light!

Just as the pupil provides the gateway to light entering the eye, buildings provide the gateway to the amount and quality of light that reaches us. The façade of Twin City Tower has been designed to welcome enough daylight to support your internal clocks, called circadian rhythm.

*Feature 63: Daylight Fenestration*

<sup>4</sup> Institute of Medicine. 2005. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press. <https://doi.org/10.17226/10925>.

# FITNESS



# COMFORT

Regular physical activity is essential to achieving optimal health and addressing obesity, which is one of the greatest public health challenges of the 21<sup>st</sup> century. In 2016, one in six EU citizens was considered obese.<sup>5</sup> It is recommended that all healthy adults engage in at least 30 minutes of moderate-intensity aerobic activity five days per week and in muscle-strengthening activities at least two days per week.

## Take the stairs

Taking a midday break to be active – even just choosing to use the stairs over the elevator can increase blood flow to your brain – making you more focused by the time you make it to your desk. Bearing this in mind, we have made the stairs in Twin City Tower easily accessible. Don't expect any dull or shady places. There's more light than Slovak standards require to clearly see the industrial story of this site as painted by local artists.

*Feature 64: Interior Fitness Circulation*

## Walkers paradise

Twin City Tower is located in the emerging Nivy zone which extends the cultural centre of the city. But it is not only the city centre that can be reached on foot. Restaurants, banks, shops, bus stops and even a bus station are conveniently located within walking distance directly in this new business district.

*Feature 67: Exterior Active Design*

The indoor environment should be a place of comfort. In pursuit of that vision, WELL™ focuses on requirements designed to create distraction-free, productive and comfortable indoor environments.

The environment of the Twin City Tower aims to minimise external noise and distractions to optimise your productivity and satisfaction. Moreover, we focused on inclusive design so the building is usable by people of all physical abilities.

## Shhh...!

While designing the Twin City Tower, we made sure the space is also accessible and comfortable to use for people with limited mobility. The entrance was built to ensure smooth entry into the building, there's enough space to move around in the halls, the lifts are easy to use from seating positions and there are specially designed bathrooms in the lobby.

*Feature 72: Accessible Design*

## Accessible to all

Working in the heart of the city is for sure a nice perk, but it's fair to say it has some disadvantages, too. Did you know distracting noise may influence your performance causing a decrease in it of up to 66%?<sup>6</sup> We are aware the Twin City Tower is in a busy area. Therefore, we made sure the heavy traffic around the building won't bother you that much. The triple glass façade prevents exterior noise from reaching your office.

*Feature 74: Exterior noise intrusion*

<sup>5</sup> Eurostat, 2016



# 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.

Mental health plays a vital role in an individual's overall health and well-being, and as such, an atmosphere that supports mental health and wellness can have significant benefits throughout life. Therefore, we have implemented design elements in this space, from indoor plants and external greenery to art both inside and outside the Twin City Tower that can improve your cognitive and emotional health

## Get smarter

Health literacy is essential for optimal health and well-being. Interested? There's a library focusing chiefly on mental and physical health publications located down in the lobby. Take a break, grab a book or magazine and learn how to boost your well-being.

*Feature 84: Health and Wellness Awareness*

## Feel the spirit of this site

Did you know the Twin City Tower celebrates the spirit of this site with its design? Its spiralling façade has been designed to reflect the heritage of the past industrial zone and of the cables once being manufactured here in the Kablo factory. But don't think we got stuck in the past. By placing a piece of contemporary art in the green passage we are celebrating the spirit of the present, too.

*Feature 87: Beauty and Design I*

## Love of life and all living things

Until relatively recently in human history, people had constant interaction with living things and their natural surroundings. It is important, especially nowadays for mental health purposes, for people to have access to plants and natural patterns both inside and outside. You can see a lot of greenery in the Twin City zone. The green passage and surrounding lawns were designed for you to enjoy a well-deserved rest in a natural environment.

*Feature 88: Biophilia I – qualitative*

# APPENDIX

Below you can see a table of all 41 WELL™ features implemented into this building. If you are interested in learning more, go to [wellcertified.com](https://wellcertified.com) or contact us at [wellbeing@hbreavis.com](mailto:wellbeing@hbreavis.com).

AIR				NOURISHMENT				COMFORT			
YES	1	Air quality standards	P		38	Fruits and vegetables	NA	YES	72	Accessible design	P
YES	2	Smoking ban	P	NO	39	Processed foods	P		73	Ergonomics: visual and physical	NA
YES	3	Ventilation effectiveness	P	NO	40	Food allergies	P	YES	74	Exterior noise intrusion	P
YES	4	VOC reduction	P		41	Hand washing	NA	NO	75	Internally generated noise	O
YES	5	Air filtration	P		42	Food contamination	NA	YES	76	Thermal comfort	P
YES	6	Microbe and mold control	P	NO	43	Artificial ingredients	O		77	Olfactory comfort	NA
YES	7	Construction pollution management	P	NO	44	Nutritional information	O		78	Reverberation time	NA
YES	8	Healthy entrance	P	NO	45	Food advertising	O		79	Sound masking	NA
	9	Cleaning protocol	NA		46	Safe food preparation materials	NA		80	Sound reducing surfaces	NA
YES	10	Pesticide management	P		47	Serving sizes	NA		81	Sound barriers	NA
YES	11	Fundamental material safety	P		48	Special diets	NA		82	Individual thermal control	NA
YES	12	Moisture management	P		49	Responsible food production	NA	YES	83	Radiant thermal comfort	O
	13	Air flush	NA		50	Food storage	NA		P4	Impact reducing flooring	NA
NO	14	Air infiltration management	O	NO	51	Food production	O	MIND			
YES	15	Increased ventilation	O	NO	52	Mindful eating	O	YES	84	Health and wellness awareness	P
	16	Humidity control	NA		P1	Food environment	NA	YES	85	Integrative design	P
YES	17	Direct source ventilation	O		P7	Strategic Dining Design	NA		86	Post-occupancy surveys	NA
	18	Air quality monitoring and feedback	NA	LIGHT				YES	87	Beauty and design I	P
YES	19	Operable windows	O		53	Visual lighting design	NA	YES	88	Biophilia I - qualitative	O
YES	20	Outdoor air systems	O		54	Circadian lighting design	NA		89	Adaptable spaces	NA
	21	Displacement ventilation	NA	YES	55	Electric lights glare control	P		90	Healthy sleep policy	NA
	22	Pest control	NA	YES	56	Solar glare control	O		91	Business travel	NA
NO	23	Advanced air purification	O		57	Low-glare workstation design	NA		92	Building health policy	NA
NO	24	Combustion minimization	O		58	Color quality	NA		93	Workplace family support	NA
	25	Toxic material reduction	NA		59	Surface design	NA		94	Self-monitoring	NA
	26	Enhanced material safety	NA		60	Auto. shading and dimming controls	NA		95	Stress and addiction treatment	NA
	27	Antimicrobial activity for surfaces	NA	YES	61	Right to light	O		96	Altruism	NA
	28	Cleanable environment	NA	NO	62	Daylight modelling	O	YES	97	Material transparency	O
	29	Cleaning equipment	NA	YES	63	Daylight fenestration	O		98	Organizational transparency	NA
	P9	Advanced cleaning	NA		P2	Light at night	NA	YES	99	Beauty and design II	O
WATER					P3	Circadian emulation	NA	NO	100	Biophilia I - quantitative	O
YES	30	Fundamental water quality	P	FITNESS					P5	Health through housing equity	NA
YES	31	Inorganic contaminants	P	YES	64	Interior fitness circulation	P		P6	Education space provisions	NA
YES	32	Organic contaminants	P		65	Activity incentive programs	NA	INNOVATION			
YES	33	Agricultural contaminants	P		66	Structured fitness opportunities	NA	YES	101	Innovation I	O
YES	34	Public water additives	P	YES	67	Exterior active design	O	YES	102	Innovation II	O
	35	Periodic water quality testing	NA	NO	68	Physical activity spaces	O	NO	103	Innovation III	O
NO	36	Water treatment	O	NO	69	Active transportation support	O	NO	104	Innovation IV	O
YES	37	Drinking water promotion	O	NO	70	Fitness equipment	O	NO	105	Innovation V	O
					71	Active furnishings	NA				
					P8	Injury prevention	NA				

