

Health and Wellness Awareness

Implemented concepts



WELL Certification

MIRO is designed to be awarded with WELL Certification, underlining the care for future tenants.

The certification highlights the building's high standards concerning employee health, well-being, job satisfaction and engagement.

WELL Certification is interested in health and welfare at people's place of work.

WELL focus areas

A01.1	Meet Thresholds for Particulate Matter
A01.2	Meet Thresholds for Organic Gases
A01.3	Meet Thresholds for Inorganic Gases
A01.4	Meet Radon Threshold
A01.5	Monitor Fundamental Air Parameters
A02.1	Prohibit Indoor Smoking
A02.2	Prohibit Outdoor Smoking
A03.1	Ensure Adequate Ventilation
A03.2	Conduct System Balancing
A04.1	Mitigate Construction Pollution
A05.1	Meet Enhanced Thresholds for Particulate Matter
A05.2	Meet Enhanced Thresholds for Organic Gases
A05.3	Meet Enhanced Thresholds for Inorganic Gases
A06.1	Increase Outdoor Air Supply
A06.2	Increase Outdoor Air Supply
A08.1	Implement Indoor Air Monitors
A08.2	Promote Air Quality Awareness
A09.1	Design Healthy Envelope and Entryways
A10.1	Manage Combustion
A11.1	Manage Pollution and Exhaust
A12.1	Implement Particle Filtration
A14.2	Manage Condensation and Mold

AIR quality, through improved filtration and ventilation systems, reducing microbes and mold and minimizing air pollution.

W01.1	Meet Sediment Thresholds
W01.2	Meet Microorganisms Thresholds
W01.3	Monitor Fundamental Water Parameters
W02.1	Meet Dissolved Metal Thresholds
W02.2	Meet Organic Pollutant Thresholds
W02.3	Meet Disinfectant Byproducts Thresholds
W02.4	Meet Herbicide and Pesticide Thresholds
W02.5	Meet Fertilizer Thresholds
W02.6	Meet Public Water Additive Thresholds
W02.7	Monitor Water Contaminant Parameters
W03.1	Implement Legionella Management Plan
W04.1	Meet Drinking Water Taste Properties
W05.1	Test and Display Water Quality
W05.2	Filter Drinking Water
W06.1	Ensure Drinking Water Access
W07.2	Isolate Moisture-sensitive Materials
W07.3	Manage Interior Liquid Water
W08.1	Provide Adequate Sink
W08.2	Provide Handwashing Support

WATER by filtration and treatment to ensure safe and healthy drinking water.

NOURISHMENT by ensuring building occupants have healthy food readily available while limiting unhealthy options, associated with obesity and malnutrition in the long-term.

N01.1	Ensure Fruit and Vegetable Availability
N01.2	Promote Fruit and Vegetable Visibility
N02.1	Provide Nutritional Information
N02.2	Implement Ingredient Labeling
N02.3	Implement Refined Ingredient Labeling
N04.1	Promote Healthy Nutritional Messaging
N06.1	Promote Healthy Portions
N08.2	Provide Daily Meal Breaks
N09.1	Manage Allergies and Alternatives
N09.2	Implement Enhanced Ingredient Labeling
N10.1	Provide Meal Support
N13.1	Ensure Food Access



L01.1	Ensure Indoor Light Exposure
L01.2	Promote Lighting Education
L02.1	Light Levels for Visual Acuity
L04.1	Control Solar Glare
L04.2	Manage Glare from Electric Lighting
L05.1	Implement Enhanced Daylight Plan
L05.2	Implement Enhanced Daylight Simulation
L05.3	Ensure Views
L06.1	Manage Brightness
L07.1	Ensure Color Rendering Quality
L07.2	Manage Flicker
L08.2	Provide Supplemental Lighting

LIGHT focusing on the building's lighting system, both in quality and efficiency.

V01.1	Design Active Buildings and Communities
V02.1	Support Visual Ergonomics
V02.2	Ensure Desk Height Flexibility
V02.3	Ensure Seat Flexibility
V02.4	Provide Standing Support
V02.5	Provide Ergonomics Education
V03.1	Design Aesthetic Circulation Networks
V04.1	Provide Bicycle Storage
V04.2	Provide Facilities for Active Occupants
V05.2	Select Sites with Access to Mass Transit
V05.3	Select Sites with Pedestrian Friendly Streets
V08.3	Provide Off-Site Activity Spaces
V09.1	Integrate Active Façades
V09.2	Provide On-Site Pedestrian Destinations

MOVEMENT by promoting movement, physical activity and active living and discouraging sedentary behaviors through environmental design strategies, programs and policies.

T01.1	Support Thermal Environment
T01.2	Monitor Thermal Parameters
T02.1	Enhance Thermal Environment
T02.2	Achieve Thermal Comfort
T03.1	Ensure Thermostat Control
T04.2	Facilitate Thermal Adaptation
T05.2	Implement Dedicated Outdoor Air Systems
T06.1	Monitor Thermal Environment

THERMAL COMFORT
 by adjustable room
 temperatures and
 humidity control.

SOUND by including improved acoustics that identifies and mitigates acoustical comfort parameters which shape occupant experiences in the built environment.

S01.1	Manage Background Noise Level
S01.2	Manage Acoustical Privacy
S01.3	Label Acoustic Zones
S02.1	Limit Background Noise Levels
S03.1	Ensure Adequate Wall Construction
S04.1	Meet Thresholds for Reverberation Time
S04.2	Implement Sound Reducing Ceilings
S04.3	Implement Sound Reducing Vertical Surfaces

X01.1	Restrict Asbestos
X01.2	Limit Mercury
X01.3	Restrict Lead
X02.1	Manage Asbestos Hazards
X02.2	Manage Lead Hazards
X02.3	Manage Polychlorinated Biphenyl (PCB) Hazards
X03.1	Ensure Acceptable Structures
X03.2	Manage Exterior Paint and Soil
X04.1	Manage Hazardous Waste
X05.1	Manage Hazardous Materials
X07.1	Manage Pesticides
X08.1	Limit Hazardous Materials
X09.1	Ensure Acceptable Cleaning Ingredients
X09.2	Implement Acceptable Cleaning Practices
X10.1	Manage Volatile Organic Compounds
X10.2	Manage Semi-Volatile Organic Compounds (SVOCs)
X10.3	Purchase Compliant Products
X11.1	Manage Furniture and Furnishings Emissions
X11.2	Manage Flooring and Insulation Emissions
X12.1	Manage Product Emissions: Adhesives, Sealants, Paints and Coatings



MATERIALS by reducing human exposure to chemicals that may impact health.



MIND by promoting mental health through policy, program and design strategies that seek to address the diverse factors that influence cognitive and emotional well-being.

M01.1	Commit to Mental Health Promotion
M01.2	Promote Mental Health Literacy
M02.1	Provide Access to Nature
M03.1	Provide Mental Health Screening
M09.1	Provide Enhanced Access to Nature
M12.1	Provide Business Travel Support
M14.1	Promote Substance Abuse Prevention and Education

COMMUNITY by supporting access to essential healthcare, build a culture of health that accommodates diverse population needs and establish an inclusive, engaged occupant community.

C01.1	Provide WELL Feature Guide
C01.2	Promote Health and Wellness Education
C02.1	Facilitate Stakeholder Charrette
C02.2	Integrate Beauty and Design
C02.3	Promote Health-Oriented Mission
C02.4	Facilitate Stakeholder Orientation
C03.1	Select Project Survey
C03.2	Administer Survey and Report Results
C04.1	Select Enhanced Survey
C04.2	Administer Pre-Occupancy Survey and Report Results
C04.3	Monitor Survey Responses
C06.1	Promote Culture of Health
C13.1	Ensure Essential Accessibility
C14.2	Provide Single-User Bathrooms
C15.1	Develop Emergency Preparedness Plan