



THE428.COM

THE 428 AND THE WELL BUILDING STANDARD

We've built a better office building for work, life and the environment. It's the kind of inspiring space where companies can become better, too. The 428 is Minnesota's first building registered to pursue both LEED Silver certification and WELL Core & Shell certification.

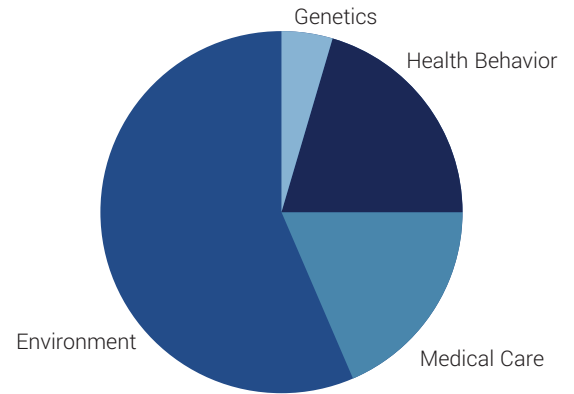
WHY WELL™?

The WELL Building Standard is a performance based system for buildings and interior spaces that improves the nutrition, fitness, mood and sleep patterns of its occupants utilizing 7 basic concepts, with an ROI for companies and organizations. This offers a meaningful return on investment in terms of the tenant's personnel costs.

Almost **60%** of our overall health is determined by our environment while less than **25%** is determined by health behaviors.

It has been found that employer medical costs decreased **\$3.27** for every dollar spent on wellness programs.

Determinants of Overall Health



CONCEPT

WHY?

STANDARDS AT THE 428

AIR

HUMAN DAILY INGESTION

Humans ingest 4 times more air than food and spend 90% of their day indoors, yet the indoor air quality is often 2 to 5 times worse than outdoor air quality.

Studies have shown that increased indoor air quality practices can improve productivity by **29%**

- No VOC building materials.
- ASHRAE 2013 ventilation requirements.
- Special accommodation for filtering recirculated air.
- Construction pollution control standards.
- Restricted use of pesticides and herbicides.
- Demand controlled ventilation system.
- Combustion minimization efforts.
- MERV 16 air filters.
- CO2 detectors on all air handlers with auto adjusting controls.

WATER

77% of Americans are concerned about pollution in drinking water.

Filtered Water = Better Tasting Water = **More Water Consumption**

It takes **less than 5% water loss** to suppress blood flow to the brain.

- Inorganic, organic and agricultural contaminate reduction standards.
- Filtration of public water additives such as chlorine and fluoride.
- Filtered water at fountains, kitchenettes, and showers for better tasting water, encouraging tenants to drink more water.
- Regular testing of water quality.

CONCEPT

LIGHT



WHY?

30%

of U.S. adults sleep less than 6 hours per night when the recommended amount of sleep is 7 to 9 hours per night.

Windows in Office



173% More Natural Light Exposure



Additional 46 Min. of Sleep per Night

STANDARDS AT THE 428

- Glare minimization.
- Proper management of natural light
- Indoor lighting that automatically adjusts with changes in daylight exposure.
- Low-E (heat reflecting), double pane glass curtain walls with thermal seal.

FITNESS



57.5 Days/Yr

Average amount of days people are unproductive at work, mostly due to **STRESS, FATIGUE and DEPRESSION**

Several studies have proven that regular walking breaks while at work along with regular exercise can improve stress, fatigue and depression.

In fact, a study by Stanford University shows that just a short walk can increase creative thinking by **60%**

- Highly visible and accessible staircase design promoting use of stairwells.
- Benches and movable chairs in common areas.
- Open air rooftop patio with water features, natural planters and seating.
- Indoor bicycle storage and repair station.
- Showers and lockers.
- Walking distance from various neighborhood amenities such as parks and walking/biking trails.

COMFORT



Unwanted sounds, even at low levels, have been known to increase stress levels and impair communication and concentration.

Increasing the level of thermal comfort through adaptation standards can increase productivity in the office by **12%**

- Minimal sound pressure level from outside noises.
- Thermal ventilation and natural adaptation standards.
- Hydronic heating and cooling for less humidity.
- Heated sidewalks.

MIND



1 in 5

U.S. adults experience mental illness which can reduce life expectancy by 10 years.

Plants at work can reduce

Anxiety by **37%**

Fatigue by **38%**

Anger by **44%**

Depression by **58%**

- Expansive open feel of interior spaces.
- Incorporation of natural elements with mindful design throughout the building.
- Artwork in common areas.

NUTRITION



Each year, Americans are cooking less and relying more on premade meals. Having healthy vending options gives your employees easy access to nutritious foods that can keep their energy up throughout the day.

People that eat more **FRUITS** and **VEGETABLES** tend to be **HAPPIER**, more **ENGAGED**, and more **CREATIVE**.

- Refined ingredient restrictions on vending machine items along with a trans-fat ban.
- Food advertising encouraging nutritional choices.
- Proper labeling for food allergies and artificial substances.