



ACTIU
WE ARE **WELL**



WHAT IS WELL?



The WELL certification is the first official method of space evaluation that focuses specifically on the health and well-being of people that occupy buildings.

This rating system, backed by the International Well Building Institute (IWBI) in the United States, allows the identification, measurement and monitoring of the characteristics of built spaces and their influence on the health of their occupants. A certification that values aspects such as lighting, temperature and even people's mood.

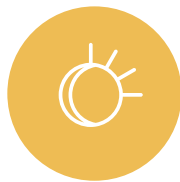
WELL works by means of a points system and a maximum of 100 can be obtained. There are different categories of the certification that can be obtained: Silver, Gold and Platinum. Points are obtained by assessing the different parameters evaluated. There are mandatory concepts and other aspects that are awarded extra points.

WHAT IS WELL?

WELL takes into account 10 concepts: **Air, Water, Food, Lighting, Movement, Thermal comfort, Sound, Materials, Mind and Community**. Each concept refers to different aspects of health and well-being.



Water



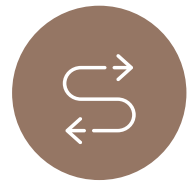
Lighting



Air



Food



Movement



Thermal comfort



Sound



Materials



Mind



Community

WELL encompasses all types of projects: corporate, residential, educational and health and is certified every three years. The **WELL** certification seeks to benefit as many people as possible, proposing interventions that are feasible, achievable and relevant.

Actiu is the first industry to obtain the Well V.2 Platinum Certification internationally and is among the 17 healthiest buildings in the world. Equipping a work space with its pieces of furniture, designed and manufactured to ensure the well-being of people, can help to be awarded up to 28 points, thanks to products such as sound-absorbing panels, which favour the soundproofing of spaces, and height adjustable tables that improve user movement, among others. Actiu's Projects department, with its concept of interior design, can also contribute to the final rating.

WATER



Insufficient and incorrect hydration is associated with a higher obesity rate. Having sources of drinking water nearby encourages water consumption, to the detriment of other types of less healthy beverages, such as sugary drinks. WELL studies aspects related to the quality, distribution and control of water in a building, as well as the management, treatment and storage thereof.



Drinking water fountains



Water treatment



Storage



Management of humidity



Quality control



Legionella Control

LIGHTING



Light, or lack of it, accompanies us through our entire lives. People have an internal clock that determines physiological processes and covers 24-hour periods, which is known as circadian rhythm. Hence, exposure to light and its intensity must respond to the natural needs of human beings. WELL measures the integration of natural and artificial light in well-lit environments that minimise the interruption of the circadian cycle, enhance comfort and concentration and contribute to the quality of sleep.



Lighting quality



Access to natural light



Glare control



Visual sharpness



**Control of respect
for the circadian cycle**



Individual measurements

AIR



People breathe more than 15,000 liters of air every day. If the hours that people spend in closed work environments are taken into account, the importance of the quality of the air they inhale and that can influence health is evident. WELL measures air quality, everything from ventilation to how it is filtered, by applying various strategies.



Air quality plan



Natural and artificial ventilation



Smoking ban



Air filter



Control the appearance of humidity



Protection of sensitive spaces

NOURISHMENT



Nutrition is closely linked to health, hence the initiatives aimed at promoting healthy eating and making it available to users is another one of the certification's important concepts. WELL values the availability of fruits and vegetables and complete nutritional information that helps make healthy choices simple.



Access to nutritional information



Availability of fruit and vegetables



Access to special diets



Eating area for employees



Portion control and limited unhealthy ingredients

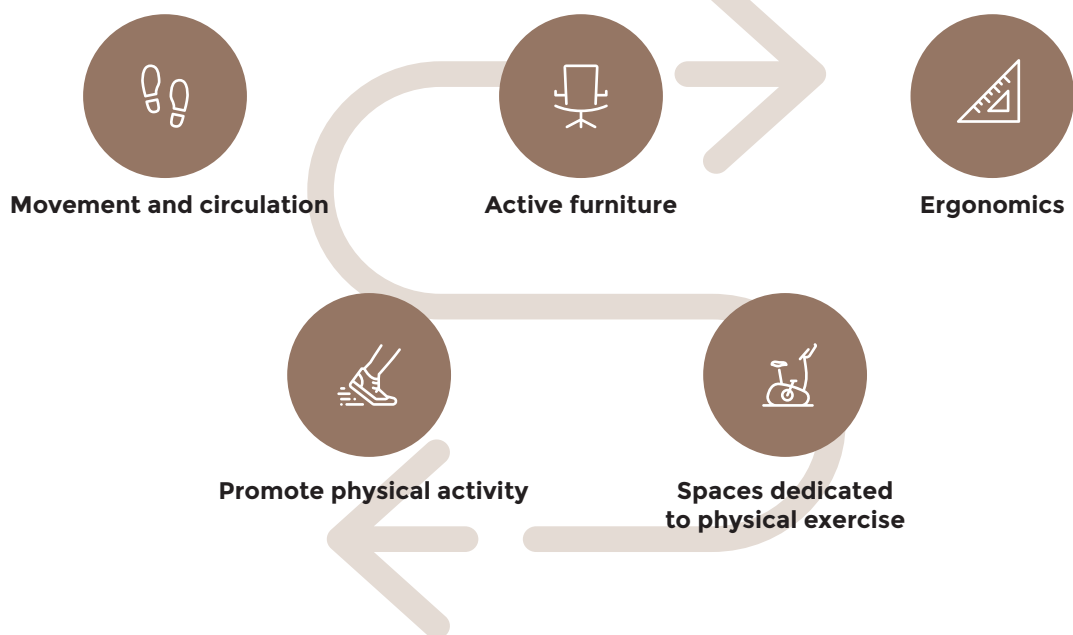


Internal campaigns to improve nutrition

MOVEMENT



A sedentary lifestyle is linked to short and long term health problems. One of WELL's missions is to promote movement understood as an active life model, which includes physical activity and constant change within spaces, especially those used for working in. In that sense, great value is placed on furniture designed by applying ergonomic principles which favours user movement, such as adjustable chairs and height adjustable tables. Products we have in our extensive catalogue.

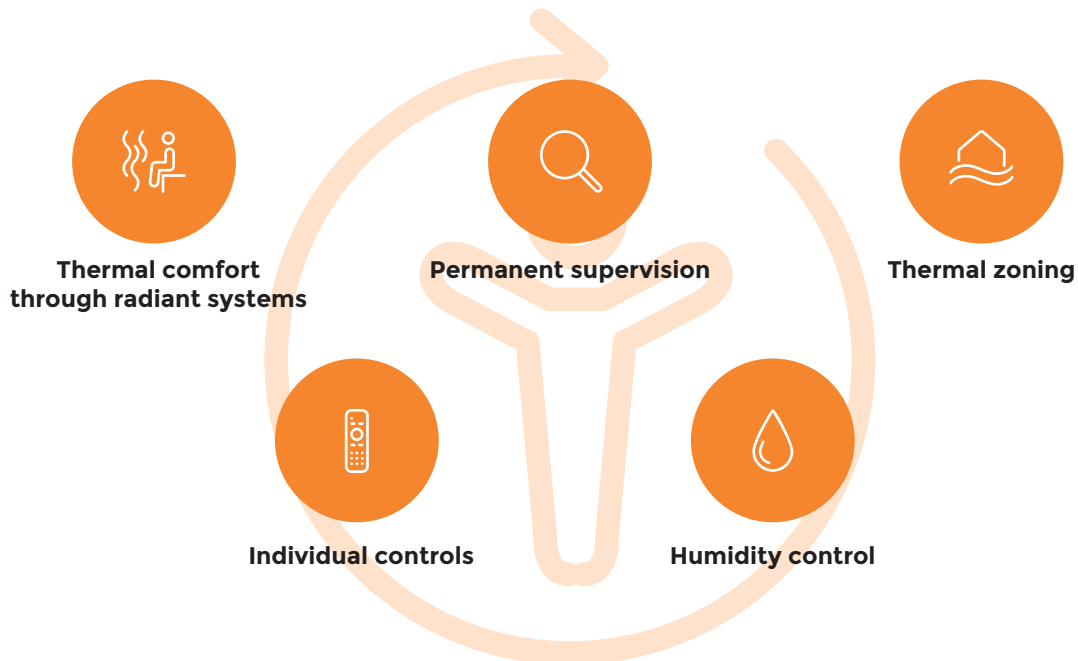


THERMAL COMFORT



Thermal comfort is key to well-being in the workplace. It is crucial to create a standard level of satisfaction for as many people as possible.

Promote productivity and ensure a maximum level of thermal comfort among all users of the building. Whenever space permits, individually accessible thermostats must be installed that enable each one to be adjusted to the appropriate thermal conditions for each case. The design of the air conditioning system influences the thermal control which in turn influences productivity.



SOUND



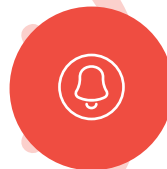
Being exposed to an excessive level of noise is linked to health problems such as sleep disturbance, learning complications and high blood pressure. Controlling noise levels improves comfort for the people working inside a building. Limiting noise pollution is achieved by preventing the intrusion of outside noise and reverberation time and enhancing the privacy of spaces. This is achieved by soundproofing the building and installing systems such as sound-absorbing panels, which boost concentration within open spaces. Actiu has these systems which are integrated both in the furniture and in ranges that already include it (Longo, Twist or Badminton).



Sound absorption



Sound proofing systems



Sound Absorption panels

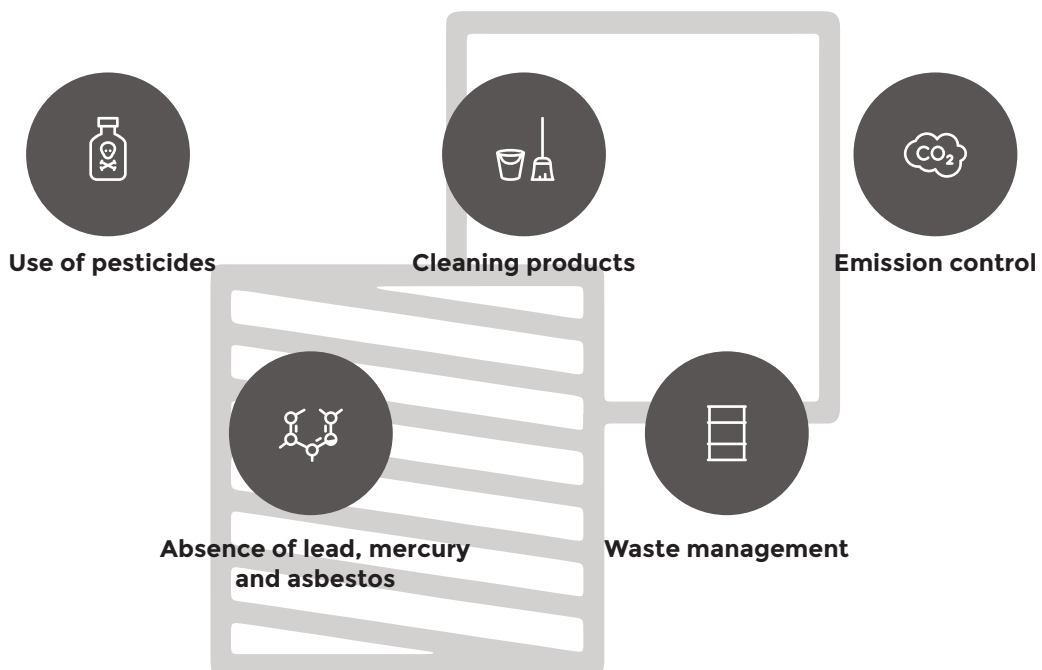


Reverberation time

MATERIALS



The building materials used in a building whose chemical composition can have a decisive influence on indoor air quality are crucial when it comes to health. WELL advocates identifying and reducing hazardous materials in terms of construction, waste and cleaning products, among others. Reducing people's exposure to these elements contributes to their health. Furthermore, the furniture must not contain any toxic products and for this, Actiu is the first European manufacturer that has eliminated formaldehyde from melamine boards as standard to prevent spread.



MIND



Mental health is inseparable from human health and is crucial for people's social and social well-being. The design and use policies of a particular building can help alleviate possible mental health problems. Workspaces are determinants when it comes to cognitive and emotional well-being. A biophilic design, which introduces nature into interior design, improves mood through natural materials and plant motifs.



Accident prevention



Labour policies



Contact with nature

COMMUNITY



Having an inclusive and integrated community influences people's health and emotional well-being. WELL also analyses the policies to support access to health care services, health promotion in the workplace and work/life balance. Other values such as social equity, civic engagement and accessible design are also Well objectives.



Universal and accessible design



Work-life balance policy



Emergency procedures



www.actiu.com/well

WE LOVE

Well-being

ACTIU

The logo for ACTIU, featuring the word "ACTIU" in a bold, red, sans-serif font. The text is centered horizontally and positioned in the middle of the page. The background is a repeating pattern of small, colorful line segments in shades of red, yellow, green, blue, and grey, arranged in a grid-like fashion.

ACTIU



Well-being and people

What is well-being?

Feeling physically and emotionally good wherever we are.

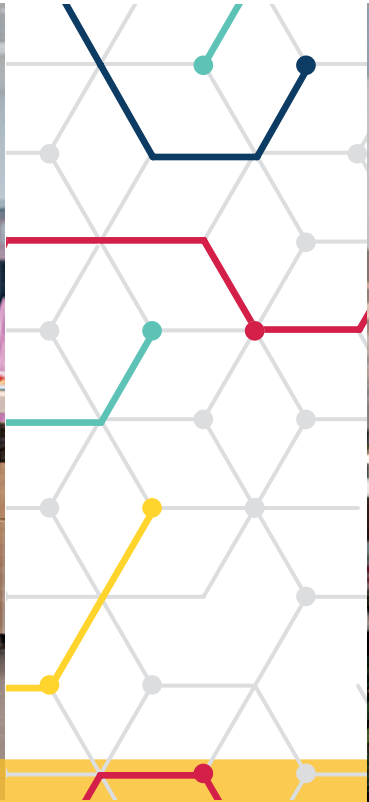
24% of workers feel better in a working environment that looks after their well-being.

There are variables that can improve the physical and even emotional well-being of a large group of people who share the same space.

Looking after their well-being and happiness leads to a healthier, more motivated, more productive and more dedicated team of people.

Hence, this new industrial revolution is for many the people´s revolution. The key is to give them tools that allow them to do their jobs in the best possible conditions and to give it their best at all times.

Because well-being can be measured. What's more, it can be profitable. That is why it has become a macro trend, even a gauge of public policy and a race between countries.



Well-being in the office

If we spend, on average, about eight hours in the office every day, what impact can this have on people if the physical environment around them enhances and looks after their well-being?

Actiu has been working on this for years. Our experience has proven that looking after well-being is not only better for the team and people´s health, but also for business results. It's also better for our planet, because well-being and sustainability go hand in hand. So, we have decided to share our experience with you.

Actiu´s case.

The secrets of Spain's healthiest headquarters on the inside and outside.





AIR



THERMAL COMFORT



WATER



NOURISHMENT



MIND



LIGHT



SOUND



MATERIALS



MOVEMENT



COMMUNITY



What is WELL™?

WELL is a certification granted by the International Well™ Building Institute (IWBI). A recognition that accredits, through a rating system for buildings and communities, the extent to which these spaces are built to ensure the health and well-being of their occupants, evaluating aspects as specific as lighting, temperature and even people's mood.

This is the first building certification that looks at people's well-being. **WELL™** measures, supervises and oversees the characteristics in buildings that influence the health and well-being of the people who live, work and learn in them.





We try to give the planet back everything it gives us.



What is LEED®?

Before obtaining the **WELL™** Certification, we obtained the **LEED®** Certification. In other words, sustainable on the outside and healthy on the inside.

The **LEED® Platinum** Certification is the highest standard in energy efficiency and low environmental impact awarded by the US Green Building Council. Actiu was awarded the Platinum level in 2017, thus revalidating the Gold category obtained in 2011.

LEED®, or Leadership in Energy and Environmental Design, is the most widely used green building rating system in the world.

Actiu becomes the first industry in the world to have both the **LEED®** and **WELL™** Certifications for the same facility.



How have we achieved a healthy environment on the inside and outside?



OUTSIDE. Promoting self-sufficiency. .



Actiu's **Technology Park** has one of the largest photovoltaic plants on an industrial rooftop in Europe.



It generates the equivalent of the energy consumed by 3,500 homes per year, five times more than its facilities need.



This energy prevents the emission of 3,060 tonnes of carbon dioxide (CO₂) each year.



The park is self-sufficient when it comes to water use. It has three underground rainwater tanks that store the equivalent of 4.5 Olympic swimming pools.



The skylights in the roofs and the glazed facades enable making the most of the natural light.



Actiu's furniture is manufactured according to strict sustainability and efficiency criteria. .

INSIDE.

Improving emotional well-being.



Music. Music helps psychological comfort and improves mental agility. We have developed a specific type of music therapy and created a playlist for different times throughout the day in the office.



Ergonomics. Both the furniture we make and the spaces we work in are based on principles of ergonomics and comfort for the user.



Exercise. **Actiu** has invested in new gym equipment and has hired a trainer who carries out guided classes daily.



Biophilic design. Workstations have been placed near windows and colours and elements associated with nature have been chosen. Each person's space has been increased to 8.7 square metres.



We apply smart technologies to obtain data about those who use the spaces, through the **Next**® project.



Healthy food. The volume of fresh fruit available to employees has been increased from 5 kg to 10 kg per day, free of charge, at their meeting point, for lunch and snacks. Unhealthy snacks have been gotten rid of.





Is well-being profitable?

- Employees who work well are more motivated and more productive.
- It increases team performance by 11% and individual performance by 5%.
- Better health means less absenteeism.
- A company that promotes well-being builds a powerful and attractive brand image that has its best ambassadors working for it.
- Improves talent attraction and retention.
- It increases the value of space, buildings and profitability per square metre.



Is sustainability profitable?

- Energy savings result in lower building running costs.
- A building constructed according to sustainability criteria creates a better working environment.
- Looking after the environment is in everyone's interest.



How can we help others to improve well-being in their companies?



1. Through our experience: 50 years´ experience equipping spaces

Actiu is a brand that specialises in designing, managing and manufacturing furniture, created exclusively to provide well-being to people at work. We have been equipping **projects for 50 years** in industries such as the institutional, health and education industries as well as public spaces such as airports, auditoriums and libraries.

The extensive variety in our catalogue and our industrial capacity allow us to take on large-scale projects, adapting our furniture to the technical and spatial requirements of each project. Agile offices with spaces for each task and where the most important thing is people´s comfort and well-being.

This experience is embodied in ergonomic furniture and a knowledge of interior design that meets the **WELL™** Certification criteria. In fact, we can help our customers to improve their score on the rating of this international certification.



2. Through our experience managing and equipping spaces. Cool Working

Our interior design follows the **Cool Working** philosophy, which promotes autonomy and flexibility through a collaborative working model that improves team productivity.

Office space is no longer a physical environment for furniture and workers; it is a cooperative environment that enables companies to align their challenges with worker well-being and satisfaction.

Cool Working identifies different work areas, which are necessary in modern organisations. These spaces include areas for concentration, socialising, collaboration and learning.



3. With our own technologies: Actiu Next®

Actiu Next® is our smart furniture range. A technological solution based on Internet of Things (IoT) sensors integrated into our furniture and cloud data.

Through an application, this technology allows data to be collected on the state and level of use of work spaces and furniture. Having this data enables optimising the use of resources and adapting them to the specific needs of each company, each team and each day.



4. With our products

Our **commitment to design and ergonomics** have been **Actiu's** hallmarks for decades. Our products meet strict sustainability criteria in terms of materials, and promote both movement and user comfort. Therefore, using our furniture results in well-being and a higher score on the **WELL™** certification rating.

Our height-adjustable ranges such as Mobility, Power and Talent allow workers to alternate between standing and sitting, which offers great benefits, while our range of sound-absorbing workstation screens promote better sound insulation.

Furthermore, all our pieces of furniture are free from toxic materials and our task seating is adjustable, enabling each user to adjust their workspace to their needs.



WELL



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