

WELL Building Standards at Enriching Spaces

Improvements yielding the most appreciated results relative to cost.

1. Our team instantly recognized AIR quality improvements. Guests comment on air quality, unsolicited. We no longer have stale air first thing in the morning or on weekends.

- We invested in a quality movable air monitor.
- Added fresh air returns and rebalanced all vents.
- Upgraded all filters to MERV 13
- Screen doors are open or closed based on daily pollen count, temperature, and humidity.
- Our HVAC company was very generous in helping us control the costs of the upgrades to 6 different HVAC units of various types and ages.

2. Water quality education inspired us to use less bottled water. We understand the dangers of bottled water on our health and the environment.

- Increased use of existing Quench filtered drinking water resulted in decreased costs of purchasing bottled water.
- Cincinnati Water Department provided complimentary education and pre-testing.

3. Nourishment changes encourage healthier choices.

- Snacks and beverages purchased by Enriching Spaces must meet WELL nourishment guidelines. Team members have commented that they find themselves eating more fruit, vegetables, and healthier snacks because of the availability. We found that providing healthier choices was not more expensive.
- On-going nutrition information and education is inexpensive and well received.

4. Lighting education informed our upgrades to our current lighting.

- Our increased understanding of the variables in individual lighting preferences led us to add more on/off controls, dimmers, and task lights very inexpensively.
- We were fortunate that King Lighting, our local rep group, had helped with the specifications of our lighting and changes over the years. At no cost, they assisted in collecting the WELL measurements for our submission.

5. Movement was encouraged by two inexpensive investments highly appreciated by all.

- Customized yoga is provided every other Wednesday morning in the studio.
- The extension of simple stepping stones continued a walking path around the entire building, including naturalized sitting areas and the bamboo forestry. Throughout the day, team members take micro-break walks, no matter the weather.



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6. Thermal Comfort challenges were ultimately resolved through several inexpensive solutions.

- Enriching Spaces supplied desk fans and individual heaters.
- Enriching Spaces supplied fleece blankets to each employee.
- We granted permission for thermostat adjustment in zones by individuals or group votes.

7. Sound management challenges continue to exist in some areas of the office and require ongoing experimentation. (i.e., rain on the roof, hard ceilings in the studio)

- Our Sonos w/Pandora music system with volume zones, along with our natural HVAC noise, provides an inexpensive and pleasant background sound to most of our working showroom, eliminating the need for sound masking.

8. Materials data requirements were extensive. Partnering with Yasha Ogg was essential in helping us quantify and certify the majority of the furnishings, products, and finishes in our facility. Fortunately, the products in our showroom are from our very environmentally responsible vendor partners. Time was the primary cost of this feature, and numerous policies needed to change.

- Requesting that our cleaning service changed to our specified healthier products and processes had no additional expense to the cleaning contract.
- Requesting that our pest management company change to specific products and processes had very minimal increase to the contract.
- The cleaning and pest product education was of additional benefit to all of us as we reviewed the products we use in our own homes.

9. Mind was a favorite feature for our team and had many inexpensive applications.

- Creating and providing access to indoor and outdoor restorative spaces.
- Expanding the mental health resources in onsite and digital WELL Library.
- Adding well-being and mental health topics to our in-house coaching sessions.

10. Community improvements provided very appreciated improvements. The upgrades to add our Everyone Restrooms (ADA, single-user, unisex, family) yielded immediate positive response.

- Promotion of Health and Wellness Education at minimal expense
- Participating in CPR, First Aid, and Emergency Preparedness with our local Fire and Police Departments at minimal expense.
- Engaging with the City of Forest Park on WELL Community

