WELL CERTIFICATION

JHM4 – WELL V2 Pilot CERTIFICATION GUIDE

Provide WELL Feature Guide

Content

THE WELL BUILDING STANDARD

The "WELL v2 pilot, Q3 2020" is the certification of the building which combines the best practices in design and construction with different strategies, with health and wellness interventions, which are based on the evidence of their implementation.

This certification takes advantage of the built environment as a vehicle to support human health, well-being and comfort. The spaces and developments that are certified under this certification can lead to a built environment that helps improve nutrition,the physical condition, mood, sleep, comfort and the performance for each of its occupants.

This certification is made up of ten concepts in WELL v2 pilot, Q3 2020: Air, Water, Nourishment, Light, Movement, Thermal Comfort, Sound, Materials, Mind, and Community. Each concept is made up of features with different health intentions.

Characteristics are preconditions or optimizations, which will be chosen according to the conditions that the building can meet. Each feature is intended to address specific aspects of occupant health, comfort, or awareness.

WELL was developed by integrating scientific and medical research and literature on environmental health, behavioral factors, health outcomes, and demographic risk factors affecting human health with leading practices in design, operations, and management. This refers to existing standards and best practice guidelines established by governmental and professional organizations.

BUILDING AND OCCUPANTS

The **"JHM4"** project includes strategies that improve human health and well-being through the application of the "WELL v2 pilot, Q3 2020" whose certification combines best practices in design and construction with interventions carried out, addressing specific health and well-being problems or opportunity for the health promotion, and the potential impact of an effective intervention.

RATING SYSTEM WELL CORE

This certification the project a place that helps improve nutrition, physical condition, mood, sleep, comfort and performance of its occupants , under the project, of a series of strategies, programs and technologies designed to encourage more active and healthier lifestyles, which in turn reduces the occupants' exposure to harmful chemicals and pollutants.

THE WELL BUILDING STANDARD GUIDE

This guide describes the health and wellness features and implementations built into the JHM4 project to achieve a level of wellness and health for the building occupants.

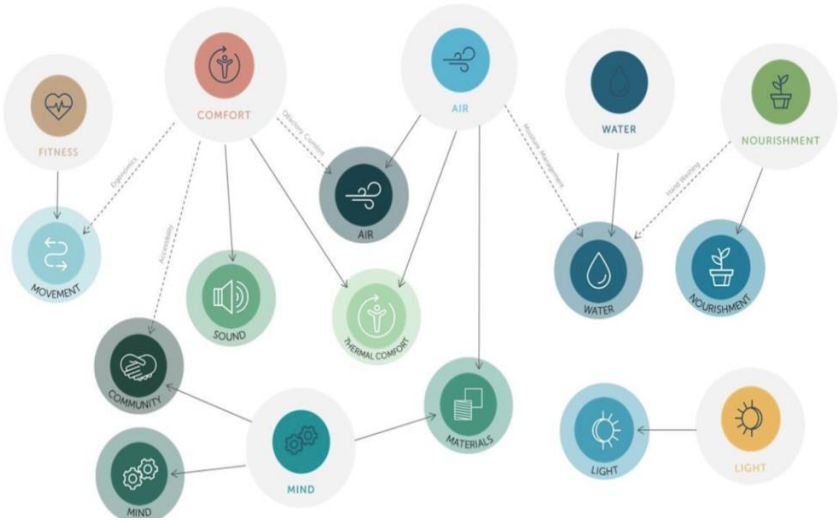
CONCEPTS

The initiatives and implementations carried out in the building are described below, which respond to the 10 concepts mentioned above:

1. AIR
2. WATER
3. NOURISHMENT

4. IIIGHT
5. MOVEMENT
6. THERMAL COMFORT
7. SOUND
8. MATERIALS
9. MIND
10. COMMUNITY
11. INNOVATION

All concepts are related to each other within synergies:



1. AIR

INTENTION

The WELL "Air" concept aims to ensure high levels of indoor air quality throughout the life of a building through various strategies including source elimination or reduction, active and passive building design, and operating strategies and human behavior interventions, as the well-being of building occupants.

Key initiatives, implemented in the project:

Fundamental Air Quality and Enhanced Air Quality

In the building an "Indoor Air Quality" plan was carried out, implemented in the construction phase, as post-construction, thus avoiding the presence of harmful particles, ensuring that people were not exposed to them, so as not to develop problems such as headaches, nausea, asthma, allergies, and respiratory irritation.

The project carried out a "VOC's Management" plan, in relation to the reduction of formaldehydes and organic compounds existing during the construction works and at the end of construction, as purchase program.

The Project complies with the reduction of VOC's use in the building, through the application of a "VOC's Management Plan", which was implemented by the construction company, thus ensuring the levels, without exceeding limits and in the same way reducing the occupants' exposure to these, both on site and in the occupation of the project, for an adequate environment and indoor air quality of the building.

It is important to mention that these volatile particles are the cause of developing cancer in the long term, so it is important to develop a management that reduces them inside spaces, for which the corresponding air quality tests were carried out in the offices to ensure that these particles do not affect the occupants inside the leased spaces.

The application of paints, such as coatings in the leased space, was managed and controlled.

Smoke-Free Environment

There is a policy in the building that prohibits smoking both indoors.

This policy prohibits smoking inside the building, where all tenants are aware of the corresponding regulation and its existing requirements.

Ventilation Effectiveness

The building ventilation rates comply as RITE (Spanish regulation) is more restrictive than ASHRAE 62.1-2010. This allows to clean interior contaminated areas where people spend most of their time carrying out different activities.

Doors and windows must be kept closed during heating and cooling periods.

Construction Pollution Management

Pollutants inadvertently introduced into the space can cause various respiratory symptoms and could increase air quality failure, so they have to be given adequate importance to avoid finding them inside the building.

A protection plan against pollution generated on site was carried out, by an "Interior Environmental Quality Management Plan". Strategies such as the sealing of all ventilation ducts in the construction phase were incorporated into the project, to avoid contamination inside.

Another strategy implemented was to identify special spaces to prevent construction materials from absorbing moisture or water during the construction phase.

Enhanced Ventilation

The building seeks that the indoor air quality is adequate, as in this case, the building has a high occupancy, where increasing the outdoor ventilation with clean air, was ideal and strategic objective, to avoid dirty indoor air in the spaces.

Pollution Infiltration Management

In buildings, there is a significant exposure to elevated levels of fine and coarse particles inadvertently entering the space. These particles can lead to respiratory irritation and have been linked to elevated risks of lung cancer, cardiovascular disease, and mortality. To mitigate this risk, entranceway mats are being installed to prevent the introduction of dust into interior spaces.

Combustion Minimization

JHM4 enforces a prohibition on utilizing combustion heat sources in occupiable areas. The heating or cooling equipment employed does not involve combustion. Furthermore, signs are installed in the entrance area to discourage idling the engine.

Source Separation

Air pollution can be created from many indoor sources, including cleaning products, office equipment, and humidity. Chemical storage cabinets, for example, can be a source of harmful fumes, including volatile organic products.

JHM4 counts with exhaust fans so that return air is expelled outdoors rather than recirculated in bathrooms, copy rooms and stations, cleaning rooms and cafeteria area.

With this extraction the project maintain an excellent indoor air quality and isolate odors, germs, pollution or humidity.

Air Filtration

It is sought within the space to comply with the required filtration of each area inside the building, in order to have a good quality of indoor air, without generating respiratory problems,

where air not filtered properly is associated with the increase in lung cancer, cardiovascular diseases and mortality.

The filters will have the appropriate filtration level for the specific area where the project is located. In this phase the filters are greater than F7 and F9.

Active VOC Control

A photocatalysis system is installed, to comply with the WELL Building Standard.

Microbe and Mold Control

Potential health risks from mold exposure depend on a number of factors such as the immune system of the person exposed, the type of mold, and the environmental conditions of mold growth.

Although people don't always get sick when there is mold, its overgrowth will increase health problems from their exposure to mold. The most common effects related to excessive mold growth are:

1. Headache.

2. Respiratory problems.

3. Skin irritation.

4. Allergic reactions and worsening of asthma.

These effects are typically short-lived once the exposure is over. In addition to the more common allergenic and irritant effects, some molds produce toxins that can be harmful to human health. However, these molds need special conditions to release toxins. The existence of mold does not guarantee the presence of toxins.

In the project JHM4, inspections of the building's maintenance plan are detailed, which refer to the installation of the air conditioning and ventilation system, indicating the periodicity of each one of the inspections.

Items or equipment that have cooling coils and that require cleaning maintenance, on a quarterly basis, are being considered and managed in the leased space.

2. WATER

INTENTION

The WELL Water concept covers aspects of the quality, distribution and control of liquid water in a building. Includes features that address availability and contaminant thresholds in drinking water, as well as features aimed at managing water to prevent damage to the project materials and environmental conditions.

Key Initiatives, implemented in the leased space:

Fundamental Water Quality and Enhanced Water Quality

The building may potentially experience issues with cloudy water and the presence of coliforms. These elements, when present in the water, serve as indicators for the potential existence of various other pollutants. Cloudy or coliform-contaminated water has the potential to harbor germs, signaling potential malfunctions in filtration systems.

Project tests are conducted to assess the water quality within the facilities sourced from the network. The water quality within the project is maintained at an excellent level. To ensure the provision of safe drinking water, the project has implemented systems certified under NSF ANSI, featuring ideal characteristics to deliver the highest water quality. These systems are integrated into water dispensers located in the cafeteria area.

On-site analyses were conducted, measuring around 27 indicators according to requirements for water designated for human consumption. The results indicate that 26 of these indicators fall below the specified limits, ensuring excellent water quality throughout the project. This high-quality water is provided for consumption by the occupants and is also utilized in bathroom taps, with evaluations conducted based on parameters such as turbidity and coliforms, among others.

Water Contaminants

All the water supplied for human consumption in this project meets the required limits.

Access to clean water for this project is crucial, which likewise helps keep the occupants hydrated, reacheable by any occupant.

Legionella Control

Legionella, a bacterium prevalent in natural aquatic environments, has found an ideal habitat in man-made water systems, acting as amplifiers and disseminators of the bacteria. When

dispersed in the air and inhaled into the respiratory system, Legionella can cause infections in humans.

Legionella infection, or legionellosis, manifests in the form of pneumonia known as Legionnaires' disease, which can lead to severe symptoms. Alternatively, it can present as Pontiac fever, a non-pneumonic infection characterized by flu-like symptoms and few other indications.

To elucidate the rationale behind the proposed actions, it is essential to understand the conditions required for the bacteria to infect humans:

a) Penetration of the bacteria into the water circuit: Microorganisms must find an entry point into the system, typically facilitated by the introduction of natural waters contaminated by the bacteria, even in small quantities. Water supplied to users must maintain a minimum concentration of residual chlorine to ensure bacteriological safety. However, even under these conditions, the water may contain minimal amounts of Legionella without necessarily causing legionellosis.

b) Multiplication of bacteria in water: For infection to occur in humans, the microorganism must multiply in water, reaching a significant concentration. Bacterial multiplication is influenced by water temperature, the presence of other microorganisms (amoebae, algae, etc.), and the content of organic and inorganic matter associated with dirt and stagnation.

This is effectively managed within the building through a Legionella management plan, overseen by JHM4 facility managers.

Water quality consistency

The taste and appearance of the water is improved, increasing water consumption and reducing the use of bottled water, one of the main characteristics of its implementation.

Drinking Water Promotion

A healthy and accessible drinking water supply has been provided to building users. One dispenser per all the **JHM4** ocuppants.

Moisture Management

The system of the curtain wall facades, waterproof in itself, conducts condensation water or accidental entry through a drainage system inside the uprights, until it is expelled to the outside, preventing the passage of indoor and work areas.

The project takes into account exterior glazing and entrances to the building from its surroundings, to avoid any moisture situation in the interior of the building.

All the materials were correctly protected during the project construction.

Handwashing

All the sinks in the building, in the bathroom area contain the following characteristics:

- The water column of the tap is at least 25 cm high.
- The water column of the sink is at least 8 cm away from any edge of the sink.
- The sink is at least 23 cm wide and long.

In addition with fragrance free hand soap and paper towels.

3. NOURISHMENT

INTENTION

The WELL Nourishment concept requires the availability of fruits and vegetables and nutritional transparency and encourages the creation of food environments where the healthiest option is the easiest option.The food and drinks sold in the project, will have to consider products with low added sugar, which can cause overweight, obesity, type 2 diabetes, kidney disease, hypertension, among other negative health effects.

Fruits and Vegetables

The project has considered Nourishment characteristics as follows:

FRUITS AND VEGETABLES

The following healthy food and beverage offerings are provided on the premises:

- At least 2 varieties of fruits (containing no added sugar) and at least 2 varieties of non-fried vegetables are provided on the premises.
- Fruits and vegetables are visually apparent, through display in the vending machine.

This will be placed in the cafeteria with the following considerations:

- Fruits and vegetables are placed at eye level or just below eye level or in the reception area.

Nutritional Transparency

The nutritional information and ingredient labelling can be seen in the JHM4 NOURISHMENT control table.

This information is displayed with a signage to the employees. This information includes the following:

- Total calories.
- Macronutrient content (total protein, total fat and total carbohydrate) in weight and/or as a percent of the estimated daily requirements (daily values).
- Total sugar content.
- Grain based food.
- Common food allergens
- Products do not contain hydrogenated oils.

Refined Ingredients

LIMIT TOTAL SUGARS

All foods, beverages and snacks distributed on the premises comply with the following:

- Beverages do not contain more than 25 g of sugar per container. Bulk containers of 1 L [1 qt] or larger do not contain more than 25 g of sugar per serving.
- At least 25% of beverages contain no sugar per container or serving, or drinking water is available at no cost.
- No non-beverage food item (except whole fruit) contains more than 25 g of sugar per serving.

PROMOTE WHOLE GRAINS

All foods, beverages and snacks distributed on the premises comply with the following:

- In at least 50% of grain-based foods, a whole grain is the first ingredient.
- If both whole grain and refined grain options are available, whole grain options do not cost more than their refined grain counterparts (i.e., brown rice does not cost more than white rice).

MANAGE OILS

All foods, beverages and snacks, distributed on the premises comply with the following:

- All foods and beverages sold or provided on a daily basis within the project boundary do not contain partially hydrogenated oils.
- There are no products prepared on site.

Food Advertising

Health and nourishment advertisement are located in the Cafeteria area and common spaces. This advertisement is located to educate JHM4 Project employees and building users to improve people health and well being.

Artificial Ingredients

RESTRICT ARTIFICIAL INGREDIENTS

All foods and beverages provided on a daily basis within the project boundary do not contain artificial ingredients listed in the table below:

- Colorings: Blue 1 (E133), Blue 2 (E132), Green 3, Orange B, Citrus Red 2, Red 3 (E127), Red 40 (E129), Yellow 5 (E102), Yellow 6 (E110), carmine, cochineal extract, caramel coloring
- Sweeteners: acesulfame-potassium (acesulfame-k), aspartame, saccharin, sucralose, cyclamate
- Preservatives: sodium nitrate, sodium nitrite, potassium bromate, potassium iodate, propyl gallate, BHA (butylated hydroxyanisole), BHT (butylated hydroxytoluene), BVO (brominated vegetable oil)

ALLERGENS THAT CAN BE DISPLAYED:

All foods distributed on a daily basis on the premises are clearly labeled to identify the following allergens:

- Peanuts
- Fish
- Shellfish
- SoyMilk and dairy products
- Egg
- Wheat
- Tree nuts
- Gluten (in compliance with the definitions and restrictions set forth by the FDA in 21 C.F.R 101.91

JHM4, has created a nourishment controls annexed in this same document, to record all the products that are used in the project.

A CONTROL table for product selection to be considered in the project for the management of all the products considered for JHM4 in the lease space area.

Nutrition Education

A WELL LIBRARY is implemented in the project, which contains educational materials, including cookbooks, magazines or other literature that promotes healthy eating and nutrition for all the building occupants.

Special Diets

The project foods and beverages provided by the project boundary meet the following requirements:

- A list of primary ingredients is clearly displayed (per meal or item) at point-ofdecision on packaging, menus or signage.
- Common food allergens are clearly labeled at point-of-decision on packaging, menus or signage.

Food Production

The building complies with the following maintenance:

- Gardening space is managed and maintained for a minimum of three years.
- Training, programming, or educational opportunities are made available to regular building occupants (e.g., gardening workshops, plant harvesting guidelines) and offered quarterly, at minimum.
- Projects provide planting supplies, including planting medium, watering system, lighting (interior spaces only), plants and gardening tools.

Local Food Environment

The project is located within 800 m [0.5 mi] walk distance of a supermarket or store with a fruits and vegetables section:

- < 800 meters: Sanchez Romero Madrid-style food.

4. **LIGHT**

Intention:

The WELL Light concept promotes exposure to light and aims to create optimal lighting environments for visual, mental and biological health.

Key initiatives, implemented in the building:

Light Exposure and Education

JHM4 has been designed to be able to obtain the greatest amount of daylight during the day, prolonging the use of natural lighting for a greater number of hours and thus reducing the use of artificial lighting in the facilities.

The project glazing also has a light transmittance level of more than 40%. VLT means visual light transmission, where 40 is the percentage of visible light that is transmitted through the glass.

The VLT percentage allows a control of the lighting inside the spaces, also avoiding the interior discomfort of the spaces.

Visual Lighting Design

The requirements for lighting in accordance with EN 12464-1 have been complied. The following is obtain:

- All indoor and outdoor spaces (including transition areas) comply with illuminance recommendations specified EN 12464-1:2011.
- A lighting plan details the considerations below:
  1. Tasks or activities considered for visual lighting design in the project. All tasks and activities regularly undertaken by occupants are considered.
  2. Height of work plane or other target of illumination.
  3. Age ranges for the majority of occupants.

Circadian Lighting Design

The project has created a luminous environment that is synchronized with natural circadian rhythms to enhance health and well-being. This involves considering the intensity, color, and temperature of light at different times of the day to provide the right amount of light at the right time.

Circadian lighting can have significant effects on cognitive performance, mood, sleep, and other aspects of human health by influencing the production of melatonin and other physiological processes.

This approach aims to artificially replicate changes in natural light throughout the day to improve the human experience and performance in indoor environments.

Glare Control

JHM4 has installed luminaires with a low UGR value in the spaces to prevent glare.

Enhanced Daylight Access

The project counts with a glazed envelope, allowing all office areas to be designed along the entire perimeter as open offices, ensuring abundant natural illumination. The significance of the glazed facade lies not only in its aesthetics but also in ensuring natural lighting throughout the building. This stands as a key benefit, leading to substantial energy savings through a reduced reliance on artificial lighting.

To guarantee optimal lighting conditions, the building underwent a Natural Lighting simulation. This simulation ensures ample daylighting for occupants in every space within the building.

Visual Balance

The building spaces do not have a light difference that considers some of the following:

- The main rooms do not exhibit a luminance 10 times greater or less than an auxiliary space.
- Surfaces do not exhibit luminance 10 times greater or less than another remote surface in the same room.
- Changes in light levels 1.5 times higher or lower than the initial light levels take place over a period of at least 30 minutes in steps or with a smooth transition.
- One section of the ceiling does not exhibit luminance ten times greater or less than another section of the ceiling in the same room.

Electric Light Quality

LED products with a "low risk" level of flicker (light modulation) of less than 5%, especially below 90 Hz operation as defined by IEEE standard 1789-2015 LED.

Occupant Control of Lighting Environments

The project undertakes to provide, upon request, a supplementary light for any occupant of the building and in this way guarantee that the lighting task in all cases is that required by the occupant.

5. **MOVEMENT**

Intention

The WELL Movement concept promotes movement, physical activity and active living and discourages sedentary behaviors through environmental design strategies, programs and policies.

Key initiatives, implemented in the building:

Visual and Physical Ergonomics

The furniture within the direct project employees count with the following characteristics:

- Monitors with built-in height adjustment, height adjustable stands and mounted arms or adjustments that hold primary or additional screens.

Simultaneously, in the **JHM4** Project, educational material on ergonomics and its benefits is incorporated into the project library space

Movement Network and Circulation

The stairs are strategically positioned and visible to employees, encouraging them to choose them over the elevator. This not only promotes physical activity among employees and building users, but also contributes to energy conservation within the building.

JHM4 aims to encourage people to opt for the stairs more frequently, fostering exercise, promoting occupant health, and reducing energy consumption associated with elevator use.

Active Commuter and Occupant Support

The building provides bicycle spaces for a percentage of regular occupants, visitors, and employees.

Additionally, **JHM4** is equipped with shower facilities for employees who commute by bicycle, enabling them to prioritize health and well-being through exercise during their commute to and from the building.

Planning and Selection

The building has a very good location, which allows individuals in the building to be able to walk within walking distances to all the sites around the project.

The project achieves with diverse uses in the project surroundings, such as:

Use ID	Name	Category	Use type	Distance to Project Boundry (m)
1	Santander Bank	Services	Bank	79
2	Fundación Canal	Civic and community facilities	Museum	400
3	Farmacia Beatriz Fernandez Galan	Community-serving retail	Pharmacy	450
4	Froiz Supermarket	Food retail	Supermarket	550
5	Biblioteca del Ministerio	Civic and community facilities	Public library	270
6	Be-Fit Gym	Services	Gym	600
7	Carta Marina	Services	Restaurant - Cafe	450
8	Mediamark	Community-serving retail	Hardware store	400

The project adheres to a daily routine of physical activity, encouraging occupants and visitors to explore the building's surroundings.

Additionally, it provides excellent access to mass transit transportation for the convenience of all occupants

Physical Activity Spaces and Equipment

A green space is available at no cost to employees within 800 m walk distance of the project boundary and is available for use the whole year:

- Jardines de San Fernando Park – 290 m.

Exterior Active Design

The building's street-facing façades include no more than 15 m of blank space along the street level, achieved the following design elements:

- Street-level windows, which allow visibility into the space.
- Biophilic and other landscape elements.

JHM4 counts with an outdoor plaza designed for year-round use, equipped with seating and biophilic elements. The plaza not only offers access to daylight but is also facilitated by wayfinding signage. Moreover, the project aligns with the following:

- A walking path or trail supported by wayfinding signage.
- Trees, planters, and/or other landscaped elements.
- Artistic installations.

6. THERMAL COMFORT

Intention

The WELL Thermal Comfort concept aims to promote human productivity and ensure a maximum level of thermal comfort among all building users through better HVAC system design and controls, and by meeting individual thermal preferences, programs and policies for an environmental design.

Key initiatives, implemented in the building:

Thermal Performance

It is well know that the thermal comfort can affect productivity, mood, and performance, to achieve the objective of the project, this is a very important concept to maintain. The project wants to ensure an excellent level of comfort for its occupants, to maintain a balance in the environment and at the same time preventing people from getting sick.

Regarding compliance of JHM4 Project located on C/Juan Hurtado de Mendoza 4, the undersigned hereby confirms that higro-thermal design parameters are based on an initial study of thermal comfort that also includes the adaptive concept, to define the temperatures and thermal comfort ranges of occupants in mechanically conditioned spaces.

In brief:

a) Compliance with ASHRAE 55-2013 and ISO 7730:2005 demonstrate that during 98% of the standard occupied hours of the year, 95% of regularly occupied spaces achieve thermal conditions representing PPM levels within +/- 0.5 and PPD ≤ 10% As a mechanically conditioned building, outdoor weather conditions will not significantly affect PMV and PPD levels. Even so, outdoor weather conditions implications on PMV and PPD required levels are revised, including historical weather data.

b) During all standard occupied hours of the year, thermal conditions representing PMV levels within +/- 0.7 and PPD ≤ 10 %, will be achieved in all regularly occupied spaces, in compliance with RITE 2007, ASHRAE 55-2013, and ISO 7730

c) Clothing insulation and metabolic rate assumptions are indicated in Execution Project Documents. Air speed methods it not used in design calculations since a maximum relative air speed of 1m/s is indicated.

Enhanced Thermal Performance

The project achieves thermal conditions representing PMV levels within +/- 0.5 and PPD ≤ 10%, which refers to the conditions within a controlled environment, typically associated with indoor comfort analysis.

In summary, achieving PMV levels within +/- 0.5 and keeping PPD at or below 10% are indicative of a well-maintained and comfortable indoor environment where the thermal conditions are likely to be perceived positively by the occupants.

Individual Thermal Control

The project complies with the following thermal characteristics:

- In all regularly occupied and shared spaces within the same heating or cooling zone, regular building occupants have access upon request to personal thermal comfort devices (e.g., personalized fans, heated/cooled chairs, and others, except combustion-based space heaters) that provide individual user control of air speed, air temperature and/or mean radiant temperature.
- All rooms with a heating and/or cooling system that are regularly occupied by a single occupant meet one of the below conditions:
    - Occupant has the ability to adjust the temperature.

Radiant systems

The system complies with ASHRAE Design Guide For Dedicated Outdoor Air Systems (2017). A Dedicated Outdoor Air System (DOAS) is a type of heating, ventilation, and air conditioning (HVAC) system designed to provide controlled amounts of outdoor air to a building independently of the space heating or cooling needs. It is an energy-efficient ventilation system commonly used in commercial and institutional buildings.

Humidity Control

The mechanical system is equipped to consistently maintain relative humidity levels between 30% and 60% by either adding or extracting moisture from the air. In Spain working environments, humidity regulation is mandated to fall within the range of 30% to 70%.

This regulatory framework facilitates the project's adherence to the specified humidity levels. With the support of the facility management staff, the system ensures that humidity is controlled within the recommended comfort and health range of 30% to 60%

7. SOUND

Intention

The WELL Sound concept aims to enhance the health and well-being of occupants by identifying and mitigating the acoustic comfort parameters that shape occupants' experiences in the built environment.

Sound Mapping

It is important to consider the possible external noise level inside the building. In urban areas where outside sounds involve loud and repetitive noises, it is necessary to carry out strategies to reduce or reduce this external noise, which can cause a person who is exposed to these sounds, has a greater risk of complicating his diabetes, stroke or even a possible heart attack. In addition to these extremes, it can also lead to a reduction in a person's reaction time, and create feelings of discomfort.The following requirements are met:

- Loud zones: includes areas intended for loud equipment or activities (e.g., mechanicalrooms, kitchens, fitness rooms, social spaces, recreational rooms, music rooms)
- Quiet zones: includes areas intended for concentration, wellness, rest, study and/orprivacy (e.g., restorative spaces, lactation rooms, nap rooms).
- Mixed zones: includes areas intended for learning, collaboration and/or presentation(e.g., auditoriums, classrooms, breakout spaces).
- Circulation zones: includes occupiable areas not intended for regular occupancy (e.g.,hallways, egress, atria, stairs, lobbies).

Maximum Noise Levels

The spaces take into account acoustic considerations necessary to maintain the level of tolerance in the space in acoustic matters. Each one will be kept according to the type of use in a range of 45 to 35 DBA depending on their typology, open spaces, closed offices or specific zones.

Sound Absorption

The project complies with reverberation thresholds in regularly occupied spaces located on the project, specifically the fitness space located in the project. Reverberation refers to the persistence of sound in a space after the original sound source has stopped. When sound

waves encounter surfaces in an enclosed area, they can be reflected multiple times before dissipating.

Excessive reverberation in indoor spaces can have several potential impacts on health and well-being:

- Speech Intelligibility: In environments with high reverberation, it may be challenging to understand spoken words clearly. This can lead to increased effort in communication, particularly in spaces such as classrooms, offices, or healthcare facilities where effective communication is crucial.
- Concentration and Productivity: Excessive reverberation can contribute to a noisy and distracting environment. This can negatively affect concentration and productivity, especially in workplaces or educational settings where focused attention is required.
- Stress and Fatigue: Prolonged exposure to high levels of noise, including reverberation, can contribute to stress and fatigue. Chronic stress has been linked to various health issues, including cardiovascular problems and mental health issues.
- Hearing Health: While reverberation itself is not a direct cause of hearing loss, it can contribute to an overall noisy environment. Prolonged exposure to high noise levels can have detrimental effects on hearing health over time.

Addressing reverberation through acoustic design, such as the use of sound-absorbing materials, can contribute to creating healthier and more comfortable indoor environments.

8. MATERIALS

Intention

The WELL Materials concept aims to reduce human exposure to hazardous building material ingredients by restricting or eliminating compounds or products known to be toxic and promoting safer replacements. Materials and ingredients that are known to be hazardous to the health of occupational workers and / or to bioaccumulate or aggregate in the environment are also restricted and in some cases were not allowed.

Key initiatives, implemented in the building:

Fundamental Material Precautions

A policy was formulated to ensure that JHM4 incorporates fundamental material safety features aimed at reducing or eliminating exposure to lead, asbestos, Polychlorinated Biphenyl

(PCB) Abatement, and adhering to mercury limitation. This policy encompasses all installed products and materials.

Hazardous Material Abatement

A visual inspection has been carried out throughout the building, discarding materials that contain asbestos, lead or PCB´s.This previous material can cause serious health risks such as:

Asbestos

- Health Risks: Inhalation of asbestos fibers can lead to respiratory issues and serious diseases such as asbestosis, lung cancer, and mesothelioma.
- Building Impact: Asbestos was commonly used in building materials like insulation, roofing, and flooring. When these materials deteriorate or are disturbed, they can release asbestos fibers into the air, posing a health risk to occupants.

Lead

- Health Risks: Lead exposure can cause developmental issues in children, as well as neurological and reproductive problems in adults. Even low levels of lead exposure can have harmful effects on the nervous system.
- Building Impact: Lead-based paint was commonly used in buildings constructed before the late 1970s. When this paint deteriorates or during renovation work, lead dust and chips can be released, posing a risk of lead exposure.

Polychlorinated Biphenyls (PCBs)

- Health Risks: PCB exposure is associated with a range of health issues, including impacts on the immune, reproductive, and nervous systems. Long-term exposure may increase the risk of cancer.
- Building Impact: Aging or damaged materials containing PCBs can release the chemicals into the environment, posing health risks to occupants.

It's crucial to address and mitigate these hazards through proper handling, removal, or encapsulation methods to ensure the safety of individuals residing or working in affected buildings.

Regular inspections are essential to minimize the risks associated with asbestos, lead, and PCBs in buildings.

Exterior Materials Structures

The project has taken into account FSC wood to be used in all the exterior spaces elements.

Waste Management

The amount of waste and recyclables that will be daily generated has been calculated based on available data. The Space is located next to the entrance and counts with a direct access to the exterior.

There is one space for waste and recyclables collection in the building, located in underground -2. The space counts with 22,18 m2 and the following hazardous materials are located in the space:

- Pesticides.
- Equipment and lamps that may contain mercury.
- Batteries.

The waste management plan employed in the project oversees the proper handling of batteries and pesticides in accordance with local regulations and the EPA 40 CFR Part 273 standards for Universal Waste Management, specifically addressing universal waste batteries and pesticides.

It is noteworthy that the disposal of waste containing mercury is not applicable in this context, as all equipment and LEED lamps utilized in the project adhere to mercury-free specifications.

Waste stream plan contemplates:

- waste receptable accesss
- waste or source reduction (prevention, minimization, and reuse)
- recycling and materials recovery
- diposal of waste.

In place Management

The project was constructed afterany applicable laws banning or restricting asbestos and lead in all the building materials.

Site Remedation

A siste assessment report was carried out in the project site, to review conditions before design to evaluate sustainable options and inform related decisions about site design.

The Project Site inside the urban core of Madrid and the area had undergone major urbanization also occupying the plot where the evaluated project is located.

Pesticide Use

The project carries out a monitoring plan to eliminate the causes of pest problems in the building, such as minimizing their appearance through proper sanitation and maintenance to keep the building in optimal condition.

This plan includes preventive maintenance of the entire facility, as well as ensuring the health and well-being of the staff, as for the building's occupants.

The following can be seen in a building without a correct pest and pesticide management:

<u>Pest</u>

- Structural damage
- Health risks, where pests can carry diseases and allergens, posing health risks to occupants. For example, cockroach droppings and saliva can trigger asthma and allergies.
- Contamination from pests can contaminate food, water, and surfaces with their droppings, urine, and body parts, leading to unsanitary conditions and potential health hazards.
- Pests may damage personal belongings, clothing, and furniture, resulting in financial losses for occupants

<u>Pesticide</u>

- Inappropriate use or overuse of pesticides can lead to exposure risks for occupants. Pesticide residues may linger on surfaces, in the air, or in dust, potentially causing respiratory issues, skin irritation, or other health problems.

- Improper application or disposal of pesticides can contribute to environmental pollution. Pesticides may leach into the soil, waterways, or air, affecting local ecosystems and wildlife.
- Prolonged use of the same pesticides can lead to the development of resistance in pest populations.
- Certain pesticides, especially if not applied properly, may cause damage to building materials, including surfaces, finishes, and structural components.

It's essential to adopt integrated pest management (IPM) strategies that focus on prevention, monitoring, and non-chemical control methods before resorting to pesticides. When pesticides are necessary, their application should be carried out by trained professionals following safety guidelines to minimize risks to both occupants and the environment.

Regular maintenance and addressing the root causes of pest issues can help create a healthier and safer living or working environment.

Hazardous Material Reduction

In the pursuit of minimizing the use of hazardous materials, the project, guided by the LEED and WELL crosswalk, has taken the following considerations into account. These are outlined as follows:

- For all newly installed building materials, a minimum of 20% by cost must adhere to a threshold of less than 100 ppm for specified building products and material types.
- Concerning newly installed furnishings and furniture, encompassing textiles, finishes, and dyes, all components constituting at least 5% by weight of the furniture or furnishing assembly must meet specified thresholds for material content.
- Strict adherence to maximum concentration values per listed substance is mandated for all newly installed electrical components, including fire alarms, meters, sensors, thermostats, and load break switches.

Stringent controls will be implemented during the procurement process for all these elements to ensure compliance with these specifications.

Cleaning Products and Protocol

The building is equipped with a comprehensive Cleaning Protocol for its facilities, incorporating preventive maintenance for the entire structure and the procurement of environmentally friendly products. A dedicated ecological cleaning policy has been formulated, emphasizing the preference for purchasing cleaning products and materials that exhibit environmentally conscious characteristics.

This policy aligns with the specifications of the **JHM4** project, encompassing the best practices in cleaning. This approach ensures that ecological cleaning is systematically implemented to safeguard the health and well-being of individuals within the space, protect the environment, and promote the safety of maintenance personnel directly handling such materials.

Notably, all products utilized in the building are classified as TYPE 1 cleaning products, bearing the ECOLABEL designation.

Long term emissions

The project prioritizes that a minimum of 90% (by area) of newly installed flooring, thermal insulation, and acoustic insulation within the building adheres to specified VOC emission standards. These standards are established in alignment with the WELL and LEED criteria, taking into account the specific characteristics of the installed materials in the building.

9. **MIND**

Intention:

The WELL Mind concept promotes mental health through policies, programs and design strategies that seek to address the various factors that influence cognitive and emotional well-being.

Key initiatives, implemented in the building:

Mental Health Promotion

The project has consider mental health programs and literacy that can be seen in the following books that will be considered in the project library:

- Wellness Leader: 10 Skills for a Happy and Productive Company
- Mental Health Tracking Diary: A Logbook for People with Anxiety and Depression
- The brain of happy people: Overcome anxiety with the help of neuroscience (Wellbeing, health and healthy living)
- Mental health at work (Business Experts)

Local mental health organizations, self-help groups and help and crisis lines (call, text and chat):

- Actuando.
- Instituto para el Desarrollo del Ser Humano.
- IDT Gabinete de Psicología de Madrid Psicoterapeuta.
- Clínica Origen.

By prioritizing mental health in building design, planners and architects can create environments that support and enhance the psychological well-being of occupants, ultimately contributing to a healthier and more fulfilling living or working experience. The following benefits can be seen:

- Stress Reduction
- Social Interaction and Connection
- Incorporation of Biophilic Design

- Access to Daylight
- Consideration of Acoustics
- Inclusive and Flexible Spaces
- Integration of Physical Activity Spaces
- Mindfulness Spaces
- Employee Engagement and Satisfaction

In workplaces, a focus on mental health promotion is linked to higher employee engagement and satisfaction. It can contribute to a positive organizational culture and a sense of well-being among employees.

Access to Nature and Enhanced Access to Nature

JHM4 wants a balance in occupants lifestyle that includes time to be spent outdoors as part of our everyday lives, where the project achieves it through textures, colours, and vegetation within the interior leased spaces.

Project integrate and encourage occupant access to nature within the project boundary through the following:

- Plants - Vegetation is used in the project in all the interior spaces

In the exterior areas, there's also plenty of vegetation and spaces to sit and work or relax:

- The vegetation in the façades provides also great green views from the inside of the building (nature views).
- All the workstations count with excellent daylighting.
- The daylight in this project is priorit greenery in various types.
- Office areas offer at least one view on some sort of greenery.
- Every functional zone should have a particular theme.
- Variations in the flooring to differentiate and delimit spaces.
- Protected spaces that act as a "refuges".
- Employees' common circulation routes have considered changes in the flooring to differentiate spaces, as mentioned above.
- Interior spaces that used natural and organic elements.

Restorative Spaces

CBRE wants to provide employees with a space where they can relax, rest or pray a quiet place to escape from the office for a moment. In the project there is an indoor space available to all regular occupants to support restorative practices, and the total surface is 41.37m2.

This space is designated exclusively for contemplation, relaxation, and restoration, and will not to be used for work. The surface is 41.37 m², which complies with the requirements of the feature, 7 m² plus 0.1 m² per 349 regular occupants, Encourages contemplation, relaxation, and restoration, in consideration of the design criteria below:

- Accessible design.
- Lighting.
- Intrusive noise and sound masking (e.g., water feature, natural sounds).
- Thermal comfort.

- Seating arrangements - The space count with sitting arrangements. Nature incorporation. Calming colours, textures, and forms.
- Visual privacy - The spaces is in a private area, separated from other spaces.
- Is maintained on a weekly basis, at minimum – The cleaning protocol is done daily to maintain a clean space.
- Education materials or resources are available to occupants explaining the purpose of the space and how to make use of it. The project complies with all the following characteristics:
- Accessible design: The spaces is an accessible room, for all people.

Lighting (e.g., dimmable light levels)- The project counts with different scenarios, connected to de bms system:

- Thermal comfort: The spaces count with comfort characteristics.
- Intrusive noise and sound masking – It can be seen that the room finishes count with acoustical characteristics.
- Nature incorporation- The spaces walls count with biophilia images to relax the person in the interior of the spaces.
- Calming colors, textures, and forms – gray and white colors are being use among the spaces to give and transmit a relaxing feeling. The spaces have some green elements and accessories.
- Education materials or resources are available to occupants explaining the purpose of the space and how to make use of it – The educational materials can be found in the WELLNESS library spot.

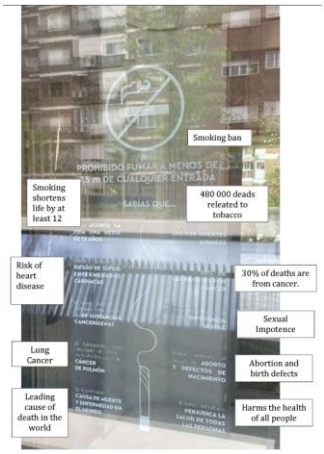
The project counts with a restorative indoor space.

Tobacco prevention and cessation

The project complies with the following requirement: The project complies with the following Tobacco educational materials for the building users:

- It's easy to quit smoking, if you know how.
- Coffee, tobacco and alcohol: Your metabolic and hormonal disorders

In addition to the previous educational materials located in the building library, the project counts with installed signs in all the building that promote tobacco prevention. See the following building images:



10. **COMMUNITY**

Intention:

To promote the mental and intellectual development of the occupants, through new knowledge and learning.

Key initiatives, implemented in the building:

Health and Wellness Awareness

In JHM4, a library is installed for the enjoyment of the space employees, to which all staff will have accessibility, for readings related to the concepts promoted by "WELL V2 Pilot".

The library is related to the 10 WELL V2 Concepts: air, water, food, light, thermal comfort, movement, sound, materials, community and mind. As additional innovations taken into account.

Integrative Design

The building included the necessary meetings prior to construction, to discuss the preconditions and optimizations that the project decided to achieve, under this certification.

One of the must important goals in the project is to maintain the team working together and achieving all the synergies in the project spaces.

Occupant Survey

Surveys are carried out in the post-construction building in order to know the conditions of the building in use and ensure the correct compliance of the building.

These surveys allow the monitoring the interior space, thus improving conditions for the well-being and health of the building's occupants.

New Parent Support

Paternity and maternity leave was set at 16 weeks in 2021. The total sum of parental leave will be 32 weeks, as the parental leave is applied individually to each parent. The 100%. Including all the concepts of the regulatory base, normally included in all the complements assigned in the payrol

Accessibility and Universal Design

Inside the building there is no point that is not accessible by wheelchair, with the exception of restricted use areas for facilities and machinery rooms. Inclusion measures have been implemented for people with disabilities, which allow the recognition of the main routes.

Emergency Preparedness

The project has implemented an emergency plan that counts with the following mandatory points:

- CHAPTER 1: Identification of Holders and Location of the Activity

  This chapter provides the precise address of the building and the contact details of the activity holder and the Director of the Self-Protection Plan.

- CHAPTER 2: Detailed Description of the Activity and the Physical Environment

  A comprehensive analysis of the establishment covered by the Self-Protection Plan is presented in this chapter. It includes a description of the building, the surrounding environment, access points, the activities conducted within, and the types of users integrated into it.

- CHAPTER 3: Inventory, Analysis, and Risk Assessment

  This chapter lists and assesses the risk conditions of the building concerning the elements and installations related to the activities conducted within, as well as any external risks that may affect it.

- CHAPTER 4: Inventory and Description of Self-Protection Measures and Resources

  Determining the necessary human resources and technical protection means available to ensure the prevention and initial control of emergency situations is the focus of this chapter.

- CHAPTER 5: Facility Maintenance Program

  This chapter outlines the preventive maintenance operations for risk and protection facilities to guarantee their control and operational effectiveness.

- CHAPTER 6: Emergency Response Plan

  Various emergency scenarios are considered in this chapter, detailing the organization for different types of emergencies.

- CHAPTER 7: Integration of the Self-Protection Plan into Higher-Level Plans

  This chapter outlines protocols for emergency notifications and coordination methods between the Self-Protection Plan management and the Civil Protection Plan where it is integrated.

- CHAPTER 8: Implementation of the Self-Protection Plan

  The dissemination of the Self-Protection Plan is addressed in this chapter, involving training programs for personnel actively involved, informative training programs for all building occupants, and material and resource review programs.

- CHAPTER 9: Maintenance of Effectiveness and Updating of the Self-Protection Plan

  This chapter includes the establishment of programs to maintain the effectiveness and necessary updating of the Self-Protection Plan. This involves reviewing the documentation, conducting drills, inspections, and replacing material and resources.

11. **INNOVATION**

Intention:

Innovation features pave the way for projects to develop unique strategies to create healthy environments.

Among some of the innovations there is a LEED CERTIFICATE for the building, which highlights the sustainable certification of the facilities, not only taking into account one certification, but two related certifications, which subject the building to the hardest and rigorous compliance criteria that manage to create spaces designed for the health and well-being of the occupants.

Guided tours can be carried out at the facilities, with the aim of promoting sustainable building

12. **THE WELL V2 Pilot.**

Human health is inseparable from planetary health. WELL is designed to work in harmony with the main green building standards, in this case applied in **JHM4** leased space.

NOTE: This document may be updated only if the previous information respond to the WELL BUILDING STANDARD and achieves upgrades in each of its features.