

*The Alliance Center is a WELL Health-Safety rated building. This guide is one part of a 21 part series highlighting the various features our facility accomplishes to make it a healthier and safer place for our occupants and visitors.*

# PROMOTE HEALTH AND WELLNESS



## FEATURE OVERVIEW

The intent of this feature is to **promote occupant understanding of the features of this rating and of how building operations and policies impact health and wellbeing.**

Low health literacy is linked to lower use of preventative care, poor management of chronic conditions and lower self-reported mental and physical health. Studies estimate that low health literacy costs the US economy anywhere between \$70-240 billion annually.

## HIGHLIGHTS OF WHAT WE'VE DONE



### PRIORITIZE OCCUPANT WELLBEING

People's wellbeing is at the core of our mission. Our team prioritizes this by offering amenities, programs and resources to our occupants that promote healthy practices.



### INVEST IN EMPLOYEE HEALTH

We invest in our employees' wellness by providing a comprehensive set of health benefits, health-based policies, work flexibility, mental health days and more.



### TRANSPARENCY AND AWARENESS

New offerings, current policies, amenities, emergency training and more are shared frequently with staff and building occupants to increase engagement and promote health literacy.

## BENEFITS

Multi-modal programming, educational materials and communications can help promote health literacy and increase positive health outcomes. By supporting awareness of health and wellness programs and policies, projects can promote health literacy and encourage engagement with resources, leading to both individual and employer benefits.