

# Health mission & objectives

Kadans Science Partner invests, develops and operates specialised assets for science clusters across Europe.

The bedrock of a specialised asset is the building itself. The physical environment – comprised of the perfect mix of laboratories, office spaces and meeting facilities enables clients to connect with the right individuals, in the right organisations, at the right time.

Working environments that are comfortable and conducive to productivity and well-being, filled with natural light and clean air.



# Health mission & objectives

Each of our projects meets high standards in sustainability and comfort. We consider health and well-being of the end users to be of utmost importance.

In Plus Ultra Utrecht we set the bar high with a **WELL Core Platinum certification!**

A life sciences building with an international appeal must radiate and facilitate health and well-being. We achieve this with WELL Core Platinum. We also involve the tenants in the WELL philosophy with regards to the fit-out design, use of their workspace, and the promotion of occupant health.



# Project goals

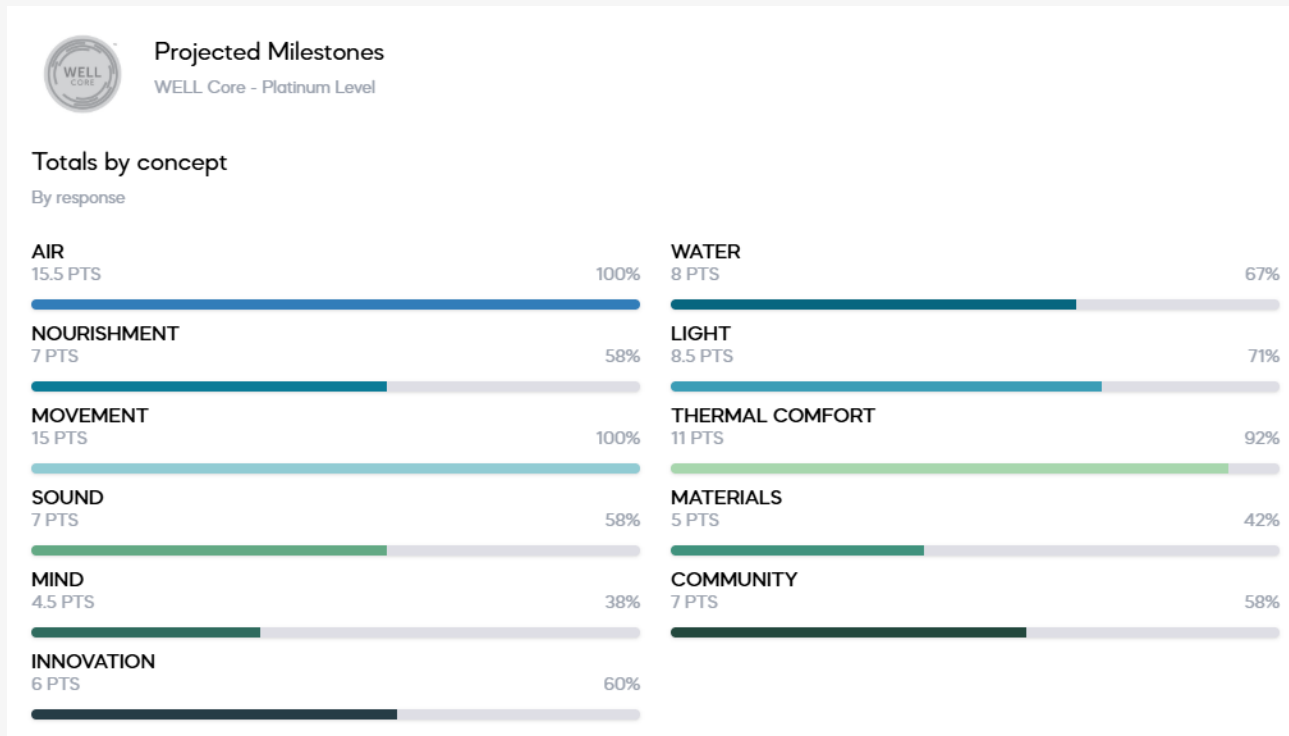
In order to create a healthy environment and facilitate healthy behaviour, the following objectives were defined for the development of Plus Ultra Utrecht:

- Excellent thermal comfort
- Plenty of daylight
- Views of greenery inside and outside the building
- Encouraging the use of stairs with natural elements and daylight
- Comfortable heating and cooling with climate ceilings
- Extensive on-site measurements of air, light, and noise quality
- Monitoring and control of air quality and indoor climate with extensive sensors
- Promoting local and healthy food
- Green outdoor space for relaxation

# WELL measures in PUU

The WELL Building Standard™ is a guiding methodology for the creation of healthy buildings that foster user well-being. It includes a set of strategies aimed to advance human health through design, operations and organizational policies.

The WELL standard is used as a roadmap for creating a core building that supports healthy working environment at Plus Ultra Utrecht. With 80+ points, the project is certified at the highest level – WELL Core Platinum! This ambition has been achieved through design strategies and interventions taken in ten different themes influencing human health.



# Air

Indoor air quality has a significant impact on our health and well-being. Exposure to indoor air pollutants such as Volatile Organic Compounds (VOCs), carbon dioxide, carbon monoxide etc. can have short- and long-term health consequences.

Which is why at Plus Ultra Utrecht, extra attention has been paid to indoor air quality through **enhanced ventilation rates**, effective air filtration and the design of a building envelope that blocks outdoor air pollutants. **Yearly air quality measurements** are carried out to monitor and verify the concentrations of indoor air pollutants. Furthermore, a **smoke-free environment** has been created with smoking ban indoors and outdoor on the terrain.



# Air

The project fulfills the following requirements from the WELL Guideline

- ✓ **A01 Air quality**
- ✓ **A02 Smoke-Free Environment**
- ✓ **A03 Ventilation Design**
- ✓ **A04 Construction Pollution Management**
- ✓ **A06.1 Increase Outdoor Air Supply**
- ✓ **A09 Pollution Infiltration Management**
- ✓ **A10 Combustion Minimization**
- ✓ **A11 Source Separation**
- ✓ **A12 Air Filtration**
- ✓ **A13.1 Improve Air Supply**





# Water

A moisture resistant design and access to good water quality are key project goals at Plus Ultra Utrecht. The building is designed to be moisture free with the use of non-porous materials and leak detection systems. With the integrated building monitoring system, any potential leaks are detected immediately alerted to the facility management team. Furthermore, **periodic mold inspections** are done every year to detect any early signs of mold or water damage.

**Water quality measurements are taken annually to ensure safety and hygiene.**



# Water

The project fulfills the following requirements from the WELL Guideline

- ✓ **W01 Water Quality Indicators**
- ✓ **W02 Drinking Water Quality**
- ✓ **W03 Basic Water Management**
- ✓ **W04 Enhanced Water Quality**
- ✓ **W07 Moisture Management**



# Nourishment



Healthy diets have the potential to nurture human health and prevent several diet-related diseases, including cardiovascular disease, high blood pressure and diabetes.



Which is why special attention has been paid to the menu and the design of the restaurant at PUU. We ensure the availability of healthy food options, access to seasonal, fresh fruits & vegetables.



Moreover, we use certified organic products as much as possible. **At least 50% of fruits and vegetables, and 25% of animal products are organic.**



Special diet needs due to food allergies or intolerances? Look for the signages next to menu items to identify **allergen free alternatives**

# Nourishment



The project fulfills the following requirements from the WELL Guideline

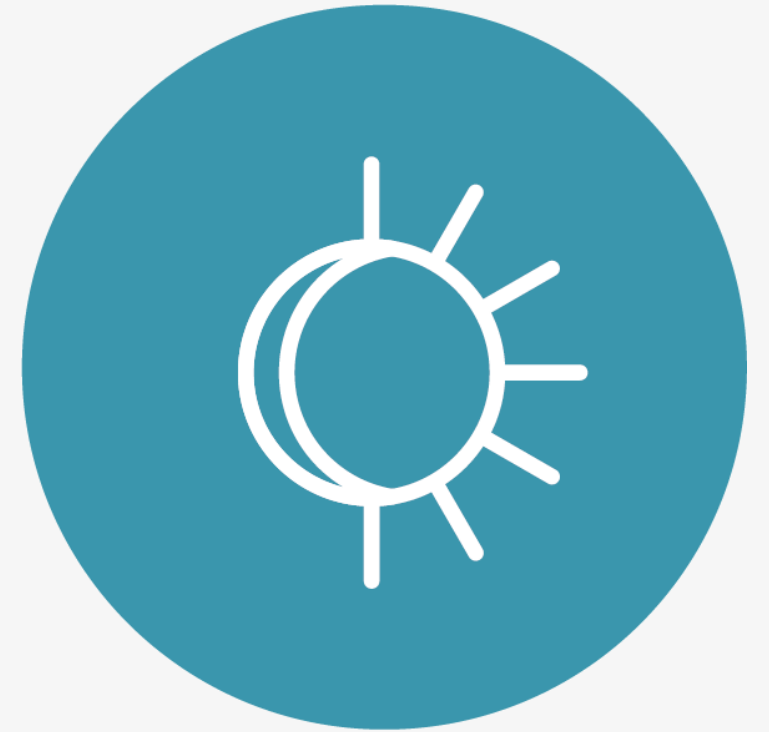
- ✓ **N01 Fruits and Vegetables**
- ✓ **N02 Nutritional Transparency**
- ✓ **N04 Food Advertising**
- ✓ **N08 Mindful Eating**
- ✓ **N09 Special Diets**
- ✓ **N11 Responsible Food Sourcing**
- ✓ **N13 Local Food Environment**

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# Light

**Exposure to daylight can improve sleep cycle, productivity levels and overall well-being.**

Adequate access to daylight supports the alignment of circadian rhythm with the natural day-night cycle. This, in turn, positively influences sleep quality. The design of PUU aims to maximise daylight access through large envelope glazing and skylights over the atrium. Furthermore, electric lighting is designed in accordance with the NEN 12464 standards to ensure visual comfort.



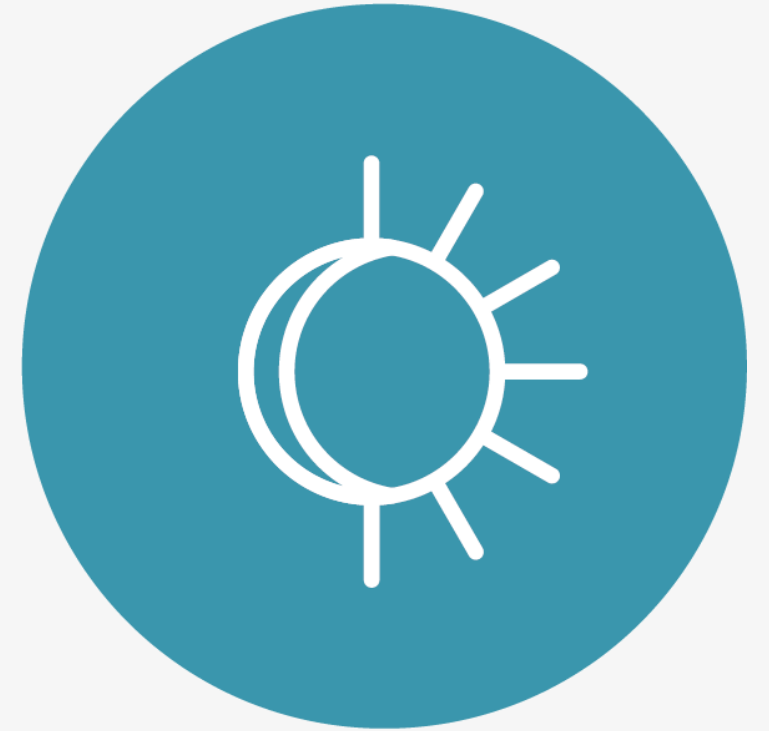
LIGHT

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# Light

The project fulfills the following requirements from the WELL Guideline

- ✓ **L01 Light Exposure**
- ✓ **L02 Visual Lighting Design**
- ✓ **L05 Daylight Design Strategies**
- ✓ **L08 Electric Light Quality**



LIGHT

# Movement

An active lifestyle positively influences human health in numerous ways. Buildings, being the spaces where we spend 90% of our time, have a huge potential to encourage physical activity.

Therefore, at PUU we pay great attention to active design principles with regards to the design of stairs and provision of supporting infrastructure for cycling.

We encourage you to **make use of the central staircase to get to nearby floors**. On the high-rise floors, follow the signage to get to the nearest stairway.



# Movement

The project fulfills the following requirements from the WELL Guideline

- ✓ **V01 Active Buildings and Communities**
- ✓ **V02 Ergonomic Workstation Design**
- ✓ **V03 Circulation Network**
- ✓ **V04 Facilities for Active Occupants**
- ✓ **V05.2 Select Sites with Access to Mass Transit**
- ✓ **V07 Active Furnishings**



# Thermal comfort

Thermal comfort not only optimises user well-being but also improves energy efficiency. Which is why extensive simulations were carried out in the design phase of PUU to verify and ensure optimal thermal comfort in the building.

Sensors are placed throughout the building that measure temperature and relative humidity. Find your workplace too hot or too cold? Use the temperature controls to adjust it to your needs! Furthermore, **thermal comfort surveys are conducted every 6 months** by Kadans to verify user satisfaction in the building.



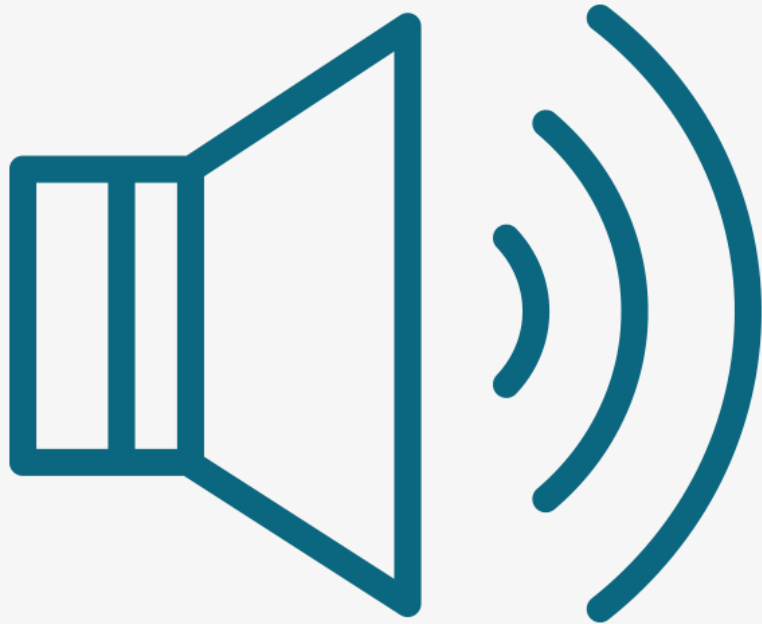
# Thermal comfort

The project fulfills the following requirements from the WELL Guideline

- ✓ **T01 Thermal Performance**
- ✓ **T02 Verified Thermal Comfort**
- ✓ **T03 Thermal Zoning**
- ✓ **T04.3 Allow Flexible Dress Code**
- ✓ **T05 Radiant Thermal Comfort**
- ✓ **T06 Thermal Comfort Monitoring**





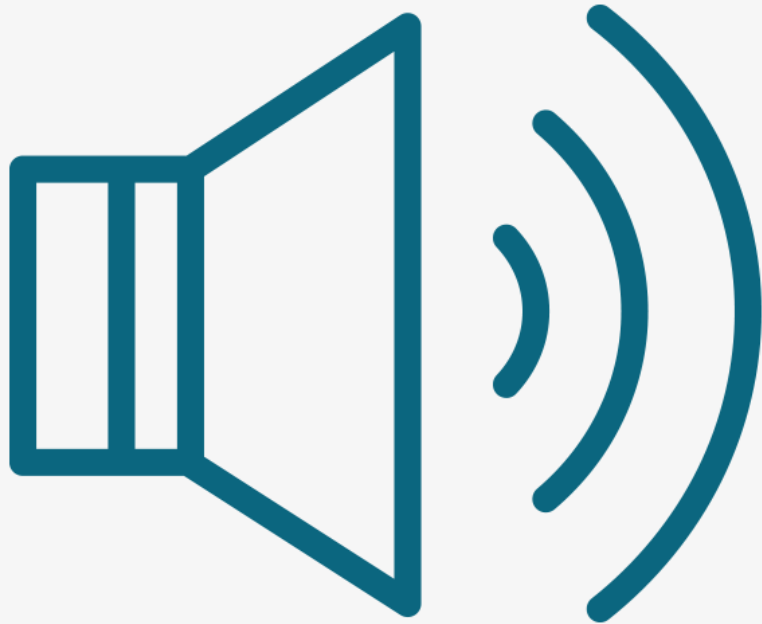


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# Sound

Building acoustics play a crucial role in the optimal functioning of the space. Extensive studies are done into sound insulation and background noise levels in the design of PUU.

Noise measurements are carried out post construction to verify adequate acoustic comfort.



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# Sound

The project fulfills the following requirements from the WELL Guideline

- ✓ **S01 Sound Mapping**
- ✓ **S02 Maximum Noise Levels**
- ✓ **S03 Sound Barriers**
- ✓ **S05 Sound Reducing Surfaces**

# Materials



Materials used in the construction of Plus Ultra Utrecht were carefully chosen to avoid any hazardous substances that cause harm to human health.

Furthermore, the building operational policies ensures sound management of waste, pests and cleaning, always providing a healthy environment. An integrated pest management plan is followed in the building minimizing the use of pesticides as much as possible. A thorough cleaning plan has been established with a focus on reducing exposure to chemical ingredients during cleaning process.

# Materials



The project fulfills the following requirements from the WELL Guideline

- ✓ **X01 Material Restrictions**
- ✓ **X02 Interior Hazardous Materials Management**
- ✓ **X03 CCA and Lead Management**
- ✓ **X09 Waste Management**
- ✓ **X10 Pest Management and Pesticide Use**
- ✓ **X11 Cleaning Products and Protocols**

# Mind

Built environment can positively influence mental health through promotion of greenery and nature views.

The design team of PUU has placed extra care in making the indoor environment as connected to greenery as possible. The floor layouts are created such that more than **75% of the workstations** and seating in communal areas have a **direct nature view outdoors**. Extensive greenery is applied near the entrance and around the atrium to provide a biophilic feel to the space.



# Mind

The project fulfills the following requirements from the WELL Guideline

- ✓ **M01 Mental Health Promotion**
- ✓ **M02 Nature and Place**
- ✓ **M06 Restorative Opportunities**
- ✓ **M09 Enhanced Access to Nature**



# Community

Designing for diverse occupant needs and enabling community interactions helps us create truly equitable workplaces that promote collaboration and innovation.

The health and well-being goals are established for the project in collaboration with all relevant stakeholders. With universal design principles, the building strives to provide equal accessibility to all users. Emergency management plans are developed for the building accounting for all types of potential risks and vulnerable building occupants.

The common spaces on the ground floor – restaurant and event area are designed to promote interaction and collaboration.



# Community

The project fulfills the following requirements from the WELL Guideline

- ✓ **C01 Health and Well-Being Promotion**
- ✓ **C02 Integrative Design**
- ✓ **C03 Emergency Preparedness**
- ✓ **C04 Occupant Survey**
- ✓ **C09.2 Design Lactation Room**
- ✓ **C11.2 Provide community space**
- ✓ **C13.1 Integrate Universal Design**
- ✓ **C14.1 Promote Emergency Resources**

