

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.

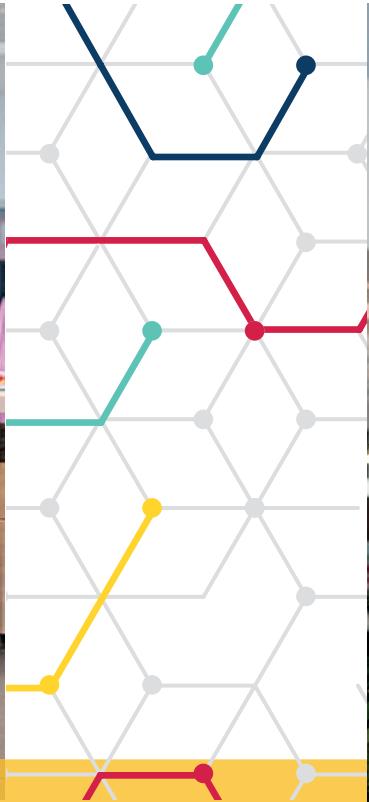
**24% of workers feel better in a working environment that looks after their well-being.**

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.

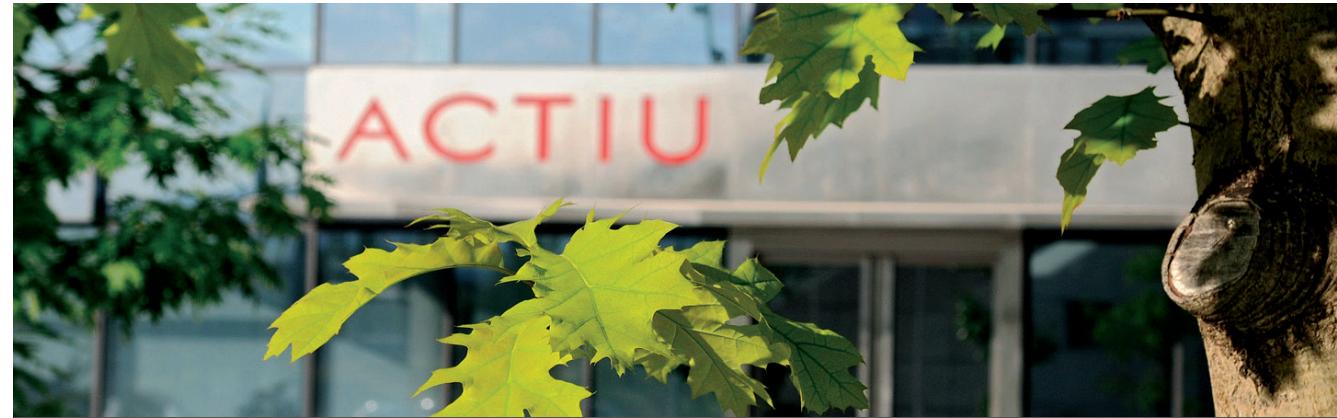
The **LEED® Platinum** Certification is the highest standard in energy efficiency and low environmental impact awarded by the US Green Building Council. Actiu was awarded the Platinum level in 2017, thus revalidating the Gold category obtained in 2011.

**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 (CO<sub>2</sub>) 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.

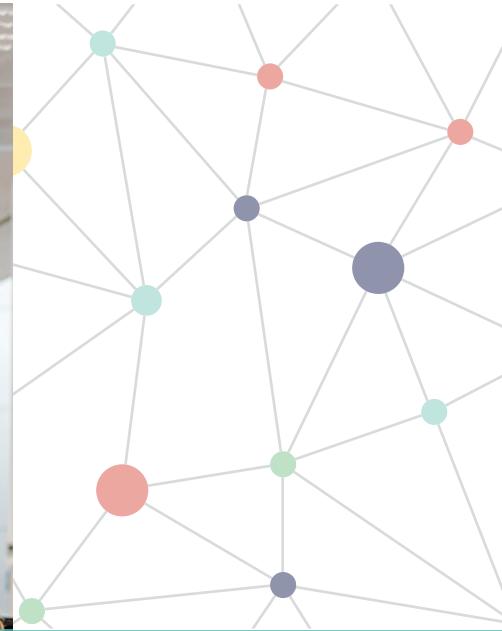


We apply smart technologies to obtain data about those who use the spaces, through the **Next**® project.



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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[www.actiu.com](http://www.actiu.com)

