The WELL Building Standard: An Assessment of Effectiveness

Abstract

This study focuses on the effectiveness of the WELL Building Standard. The WELL Building Standard is a relatively new standard (introduced in 2014) with the goal of improving the health and lifestyle of the occupants. Getting a project WELL certified is very similar to the LEED standard, in which points are assigned to certain aspects of the project, and if the points requirement is met, then the building is certified. WELL claims that their buildings have created more productive workspaces that are filled with more enthusiastic, energetic, healthier, and less stressed employees. This study tested this claim by surveying employees who occupy a building that is WELL Certified. The conclusion is very clearly that WELL does indeed have the effect that they claim and that it is most certainly a worthwhile certification for developers, owners, and business to pursue.

"WELL fosters a holistic formula for better health and wellness outcomes, leading to improvements in things like employee productivity, engagement and retention"
- IWBI CEO Randy Fiser

**CATEGORY**
- Eating Habits
- Workplace Energy & Enthusiasm
- Exercise Habits
- Sleep Levels
- Lifestyle Healthiness
- Workplace Stress Levels
- Workplace Productivity
- Sick Days

**OUTCOME**