

# The healthiest building in the world?

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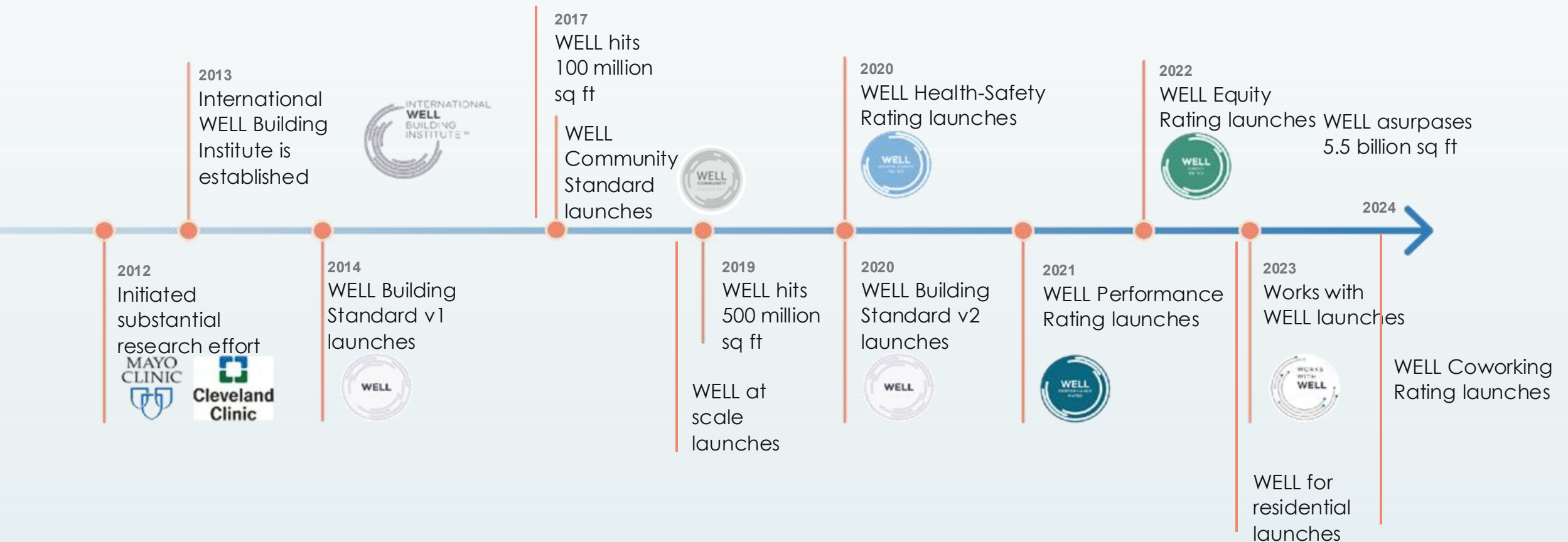


**IWBI is the global  
authority for  
transforming health and  
well-being in buildings,  
organizations and  
communities.**

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# Leading the healthy building movement for over a decade



## CATALYZING GLOBAL ADOPTION

# WELL is the world's largest certification and ratings platform for healthy buildings

**5.72B+**

square feet

**136**

countries

**74,000+**

enrolled commercial  
& residential locations

**173**

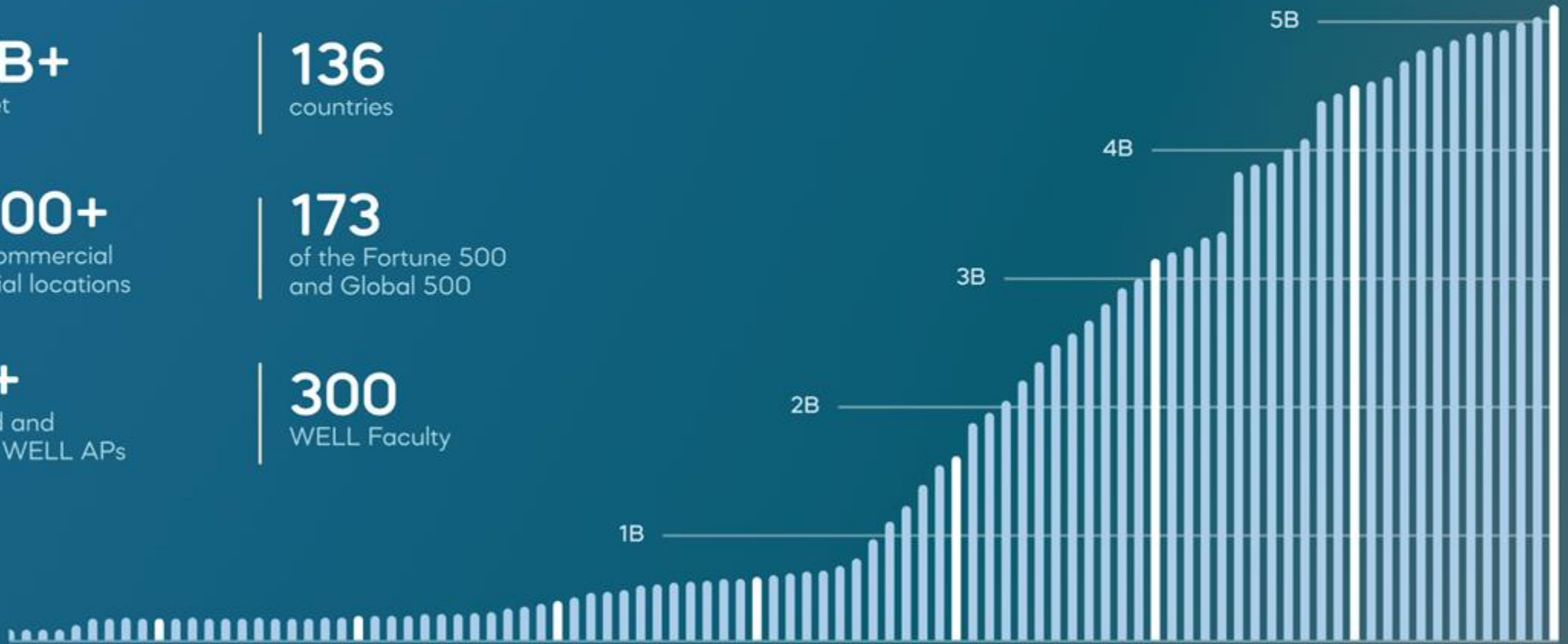
of the Fortune 500  
and Global 500

**27K+**

accredited and  
registered WELL APs

**300**

WELL Faculty



Data as of January 2025



WELL applies the science of how physical environments affect human health, well-being and performance.

Within walking distance of farmers' market.

Access to filtered drinking water.

Access to daylight and outdoor views.

Use of indoor plants.



MIND



COMMUNITY



MOVEMENT



WATER



AIR



LIGHT



THERMAL  
COMFORT



NOURISHMENT



SOUND



MATERIALS



GSK HQ is a representation of **brand and culture**: aligning with GSK's global strategy to positively impact the health of 2.5B people







Our workplace science recorded **28,302**  
**days of steps**

**16,641** Nights of sleep

**3,222** Cognitive tasks




Presenteeism costs UK employers **£24 billion a year**

Poor mental health costs UK employers **£51 billion a year**

For every £1 spent on supporting mental health and wellbeing of your workforce, employers on average get (on average) **£4.70 back in productivity**



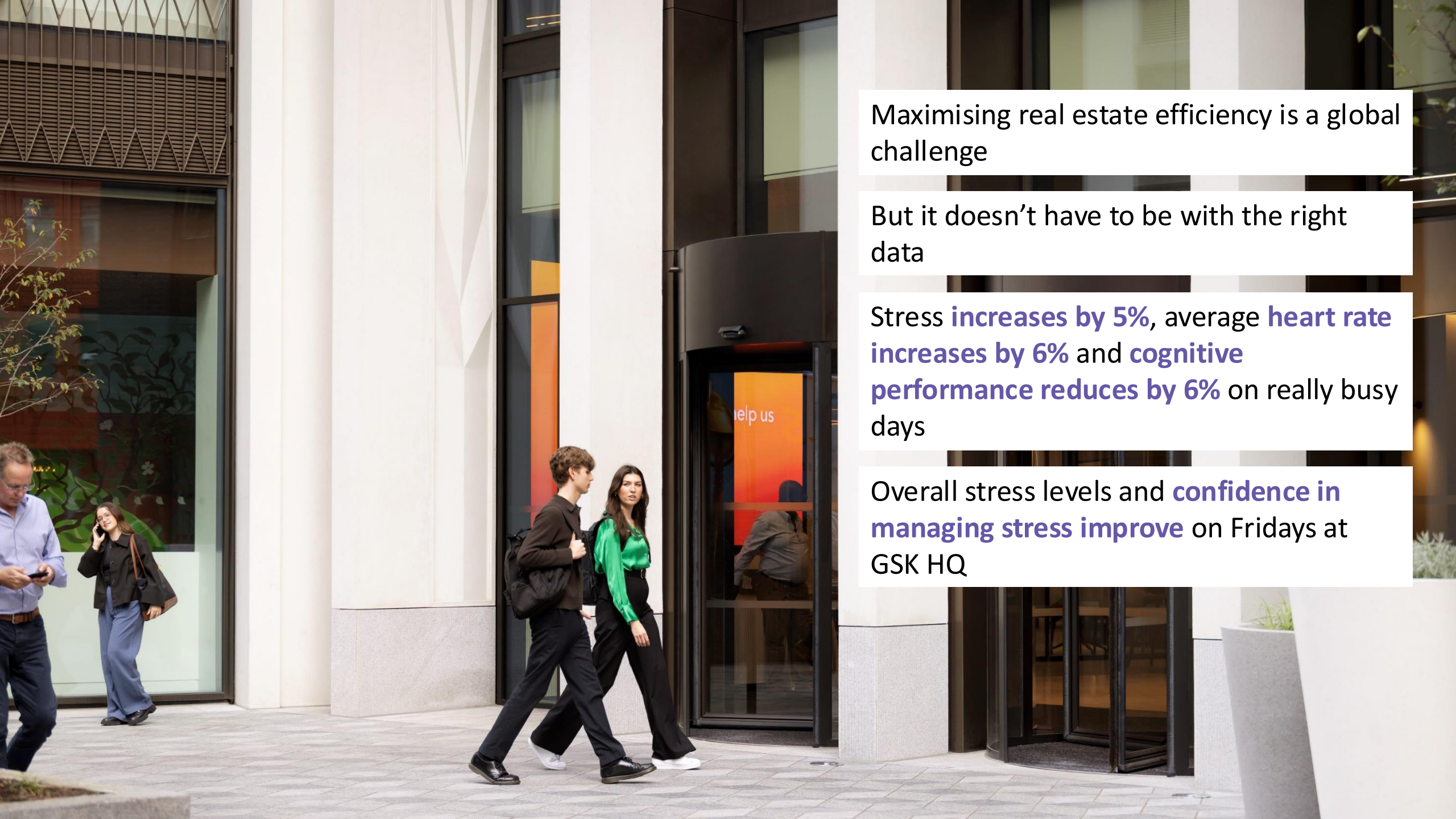




In 2024, British businesses lost an average of **49.7 days per employee due to poor health**

- musculoskeletal conditions
- depression
- poor sleep quality

Equivalent to **£138bn** to the UK economy!



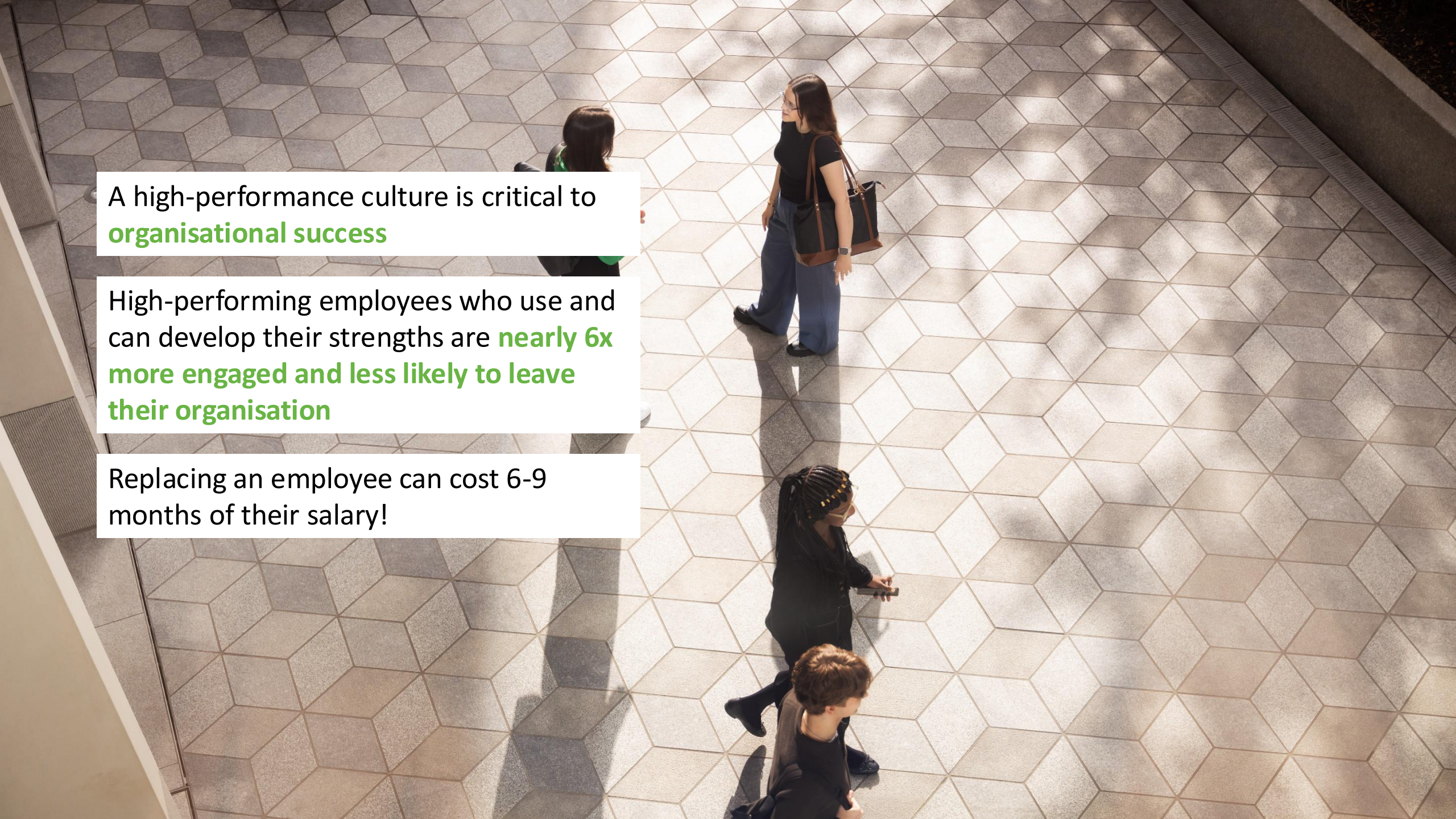
Maximising real estate efficiency is a global challenge

But it doesn't have to be with the right data

Stress **increases by 5%**, average **heart rate increases by 6%** and **cognitive performance reduces by 6%** on really busy days

Overall stress levels and **confidence in managing stress improve** on Fridays at GSK HQ





A high-performance culture is critical to  
**organisational success**

High-performing employees who use and  
can develop their strengths are **nearly 6x  
more engaged and less likely to leave  
their organisation**

Replacing an employee can cost 6-9  
months of their salary!





81% of UK office workers spend 4-9 hours  
(on average) sitting at a desk every day

**67 days of sedentary hours a year**

Increasing the number of different works  
settings available has **increased activity by  
25%**



**Sickness days and rates of absenteeism** have nearly doubled since 2018, costing UK employers **£30 billion a year**

Taking regular breaks helps to reduce **mental fatigue and chronic stress (burnout)**

People are taking better quality breaks at GSK HQ **improving cognitive performance by 6%**

Source: Forbes

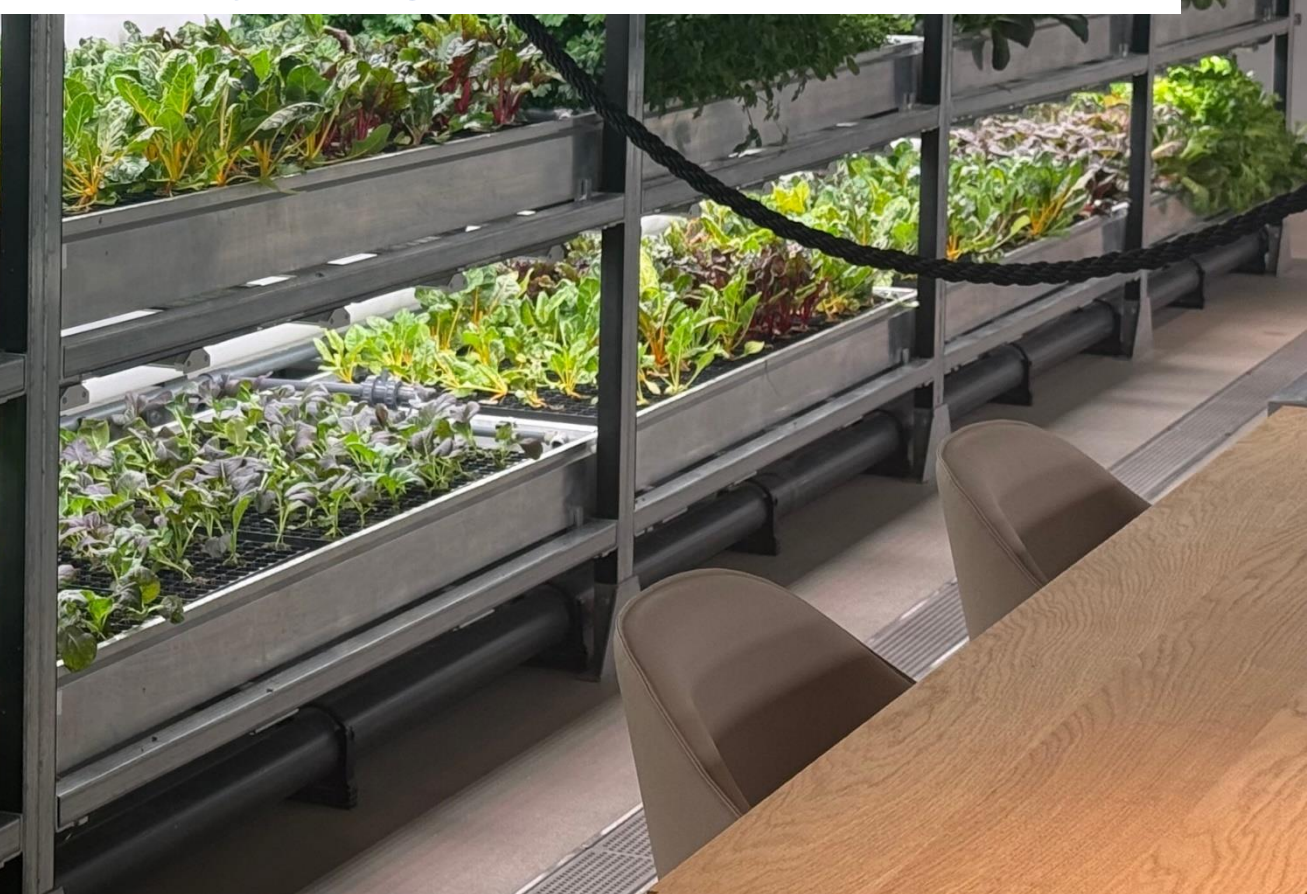




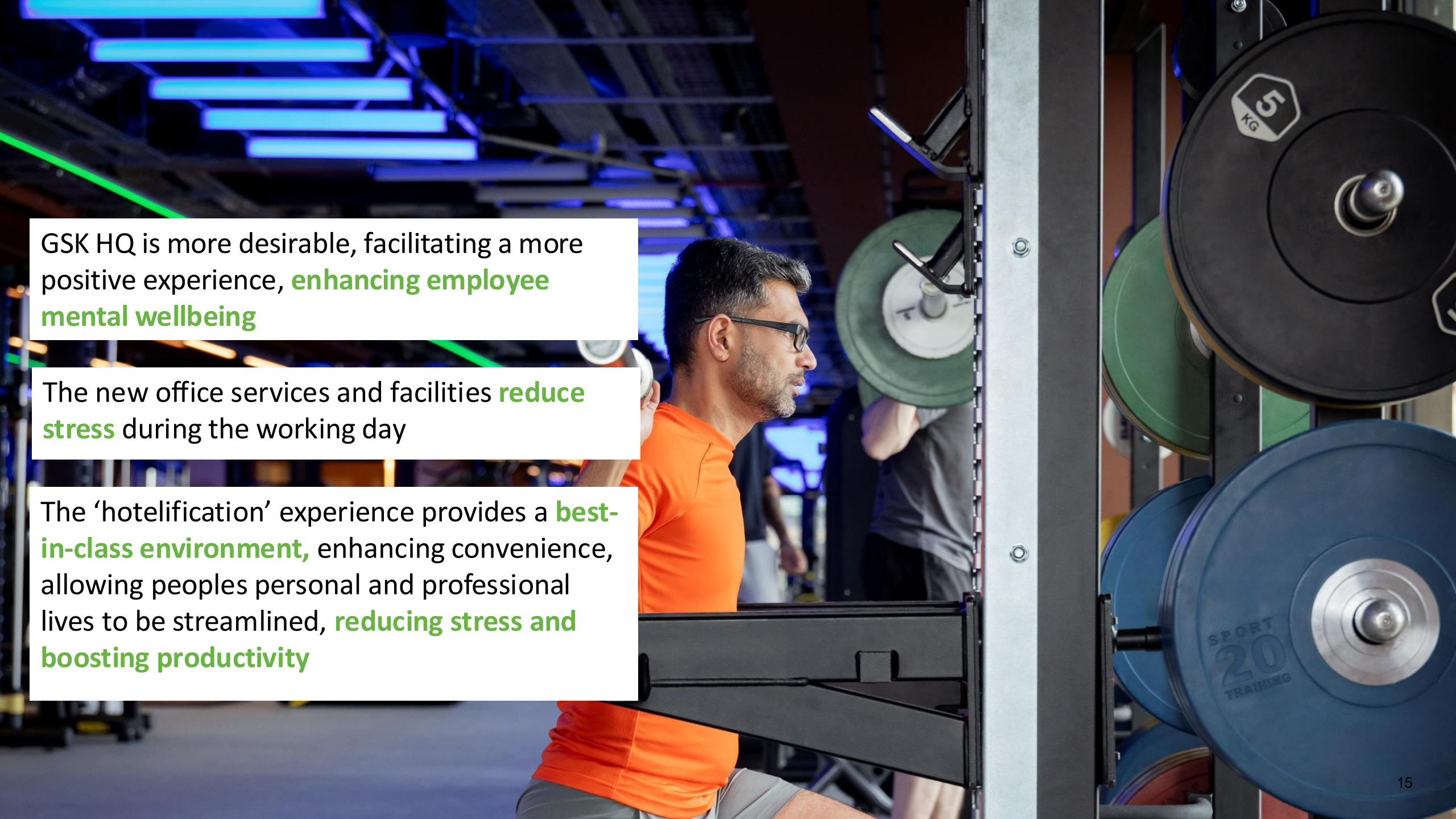
A key metric that defines a positive workplace experience is having the right space at the right time to complete the work required



People who find it hard to plan ahead report **lower productivity and higher stress**





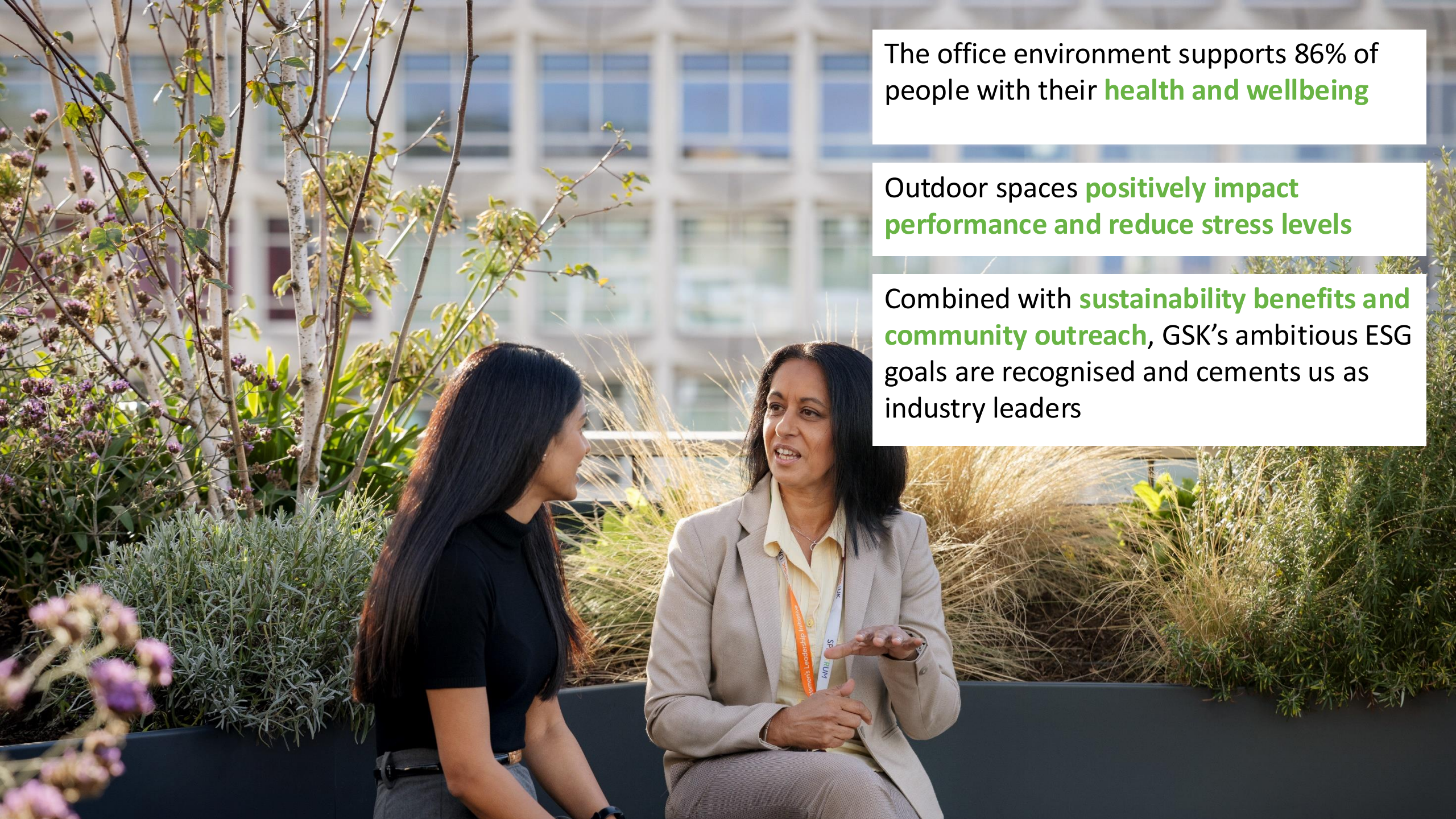
A man in an orange shirt and glasses is working out in a gym. He is standing in front of a weight rack filled with various colored weight plates (black, green, blue). The gym has a modern feel with blue and green neon lights in the background.

GSK HQ is more desirable, facilitating a more positive experience, **enhancing employee mental wellbeing**

The new office services and facilities **reduce stress** during the working day

The 'hotelification' experience provides a **best-in-class environment**, enhancing convenience, allowing peoples personal and professional lives to be streamlined, **reducing stress and boosting productivity**





The office environment supports 86% of people with their **health and wellbeing**

Outdoor spaces **positively impact performance and reduce stress levels**

Combined with **sustainability benefits and community outreach**, GSK's ambitious ESG goals are recognised and cements us as industry leaders





# WE ARE WELL

[wearewell.com](http://wearewell.com)

GSK