

MechSE WELLness

C01 Health and Wellness Awareness

Intent: Promote a deeper understanding of factors that impact human health and well-being.

We all want to enjoy life and be happy. Along the way, we make decisions. Can those decisions affect our health and well-being? Yes. Low health literacy (lack of health education) has been linked to lower use of preventive care (e.g. flu shots), poor management of chronic conditions (e.g. high blood pressure), and lower self-reported health. It is estimated that low health literacy costs the U.S. economy \$100-240 billion each year, which is about the net worth of Bill Gates and Warren Buffett combined!

Impact: By supporting awareness of health and wellness programs and policies and enhancing health literacy, we can encourage engagement in WELL features and support overall health and well-being.

Requirements for the Sidney Lu Mechanical Engineering Building:

1. Provide a WELL Feature Guide and materials to help occupants to familiarize themselves with and benefit from features that are achieved by our facility and University.
2. Promote health and wellness education via curated digital library of health and wellness educational materials.

How do we accomplish these requirements?

1. Create a WELL Feature Guide for you that describes how each WELL feature included in the facility and our University supports your health, well-being, and comfort.
2. Alert you to available health education opportunities, resources, and policies available to support your overall health.
3. Create some cool health facts around the facility to encourage your pursuit of health.
4. Share with you a digital library of ten health and wellness educational topics tailored to our community and all of our current policies related to WELL.



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