

# MechSE WELLness

## C03 Occupant Survey

**Intent: Establish minimum standards for evaluation of experience and self-reported health and well-being of building occupants.**

Each of us experiences health and well-being in a unique way, with personal goals and methods to achieve them. Given such diversity in our facility, it is challenging to prescribe a comprehensive set of features that are effective across all settings. Surveying occupants about their level of satisfaction with wellness initiatives provide valuable insight into how best to help everyone be well.

**Impact: Giving individuals the ability to offer feedback helps identify problems, evaluate effectiveness of interventions aimed at improving health, and presents ways to create a healthier environment.**

### **What are the requirements to earn this credit?**

1. Semi-annually, conduct a survey regards quality of air, water, sound, light, thermal comfort, ergonomics, aesthetics, maintenance, cleanliness, access to nature, views, nourishment, workplace wellness opportunities, healthy behavior support, physical activity promotions, personal productivity, self-rated health and well-being, and standard demographic information.
2. Share aggregated results to the community as requested.
3. Upload the survey and results to WELL Online on an annual basis.

### **How is MechSE accomplishing these requirements?**

Two times a year MechSE will survey our department, once in the summer and once in the winter, regards topics mentioned above. Aggregated results inform the MechSE WELLness Committee's direction and promotion of our wellness culture.



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