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SÜDTIROL
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Innovation **Unternehmer- reise USA**

09. – 15.10.2017

LOCATION
New York City, Pittsburgh, Rochester

WELL LIVING TECHNOLOGIEN

Technologiereise im Rahmen des Projekts EFRE FH_TechNet 1061
„Wissensintensive Dienstleistungen und Zugang zu Hi-Tech für
Unternehmen der Branchen Food & Health“
WP 6 Machbarkeit Well Living Lab im NOI Techpark
CUP D33D16001320005 EFRE 2014-2020

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Fondo europeo di sviluppo regionale



AUTONOME
PROVINZ
BOZEN
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PROVINCIA
AUTONOMA
DI BOLZANO
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“Meet Pillo” - The Personal Home Health Robot | 116 W Houston St | www.pillohealth.com | James Wyman

Pillo empowers people of all ages to better manage their health. He can answer health and wellness questions, connect directly with healthcare professionals, and securely manage vitamins and medication; storing, dispensing, and even ordering refills when required. And he's an intelligent platform, so his functionalities will grow over time.

Pillo is smart and he's always learning. You can ask him health and wellness questions so that you don't have to go scouring the internet looking for answers. And what's more, Pillo gathers his information only from verified sources, ensuring that you receive the most up-to-date and accurate information available.



Pillo is a healthcare companion. Using the latest in voice and facial recognition technologies, Pillo can hear, see and understand you. This enables him to adapt his functionalities to serve your specific needs. And to ensure that your supplements, medication, and personal data are all totally secure.



How long did your last visit to the doctor take? Two hours? Three hours? Pillo can connect you with a healthcare professional in minutes, from the comfort of your own home. No more waiting rooms. Get the help you need right when you need it with Pillo.



Pillo securely stores up to four week's worth of vitamins and medications in tamper proof containers within the device. And with his sophisticated identity recognition technologies, Pillo makes sure that medications are dispensed for the right user at the right time, every time. He can also send you or your caregivers reminders if you need a little help staying on schedule. Running low? Not to worry. Pillo knows and will automatically re-order your medications from your preferred pharmacy.



Tracking your physical activity with the latest wearable? Keeping tabs on your weight? Pillo will be able to sync seamlessly with wearable and wireless devices, allowing you to store, manage, and share your integrated health and wellness data from one totally secure location.



Pillo is platform. That means that his skills and functionalities will grow over time as developers build new and exciting features for him. There's truly no limit to what Pillo can do for you!

Pillo is a unique device, improving over time as he gets to know you, and gaining new functionalities as his software is remotely updated. Below are some of the exciting additional features that we plan to develop in

the near future. Some we will begin building soon after our crowdfunding campaign ends. Others, we will build as soon as we are done shipping the first Pillo devices.

With his tamper proof casing and advanced user recognition features, Pillo offers multiple levels of security for you and your family. The user experience is driven by a powerful ARM based processor, seven-inch touchscreen display, HD camera, multiple microphones, speaker, Wi-Fi and Bluetooth capabilities. Pillo is also equipped with an auxiliary lithium-ion battery to ensure that important functionality can remain active in the event of a temporary power outage.

Overview



Delos Office | 860 Washington Street | www.delos.com | Janna Wandzilak

As the pioneer of Wellness Real Estate™ and founder of the WELL Building Standard™, Delos is transforming our homes, offices, schools and other indoor environments by placing health and wellness at the center of design and construction decisions. The Delos platform includes technology, consulting, research, design and innovative solutions for the built environment – creating spaces that nurture and promote human health and well-being.

Delos is breaking new ground and defining the conditions required for enhancing wellness in all sectors of the built environment. Informed by seven years of research and rigorous analysis of environmental health impacts on people, Delos has fostered research collaborations with the Cleveland Clinic, Mayo Clinic, a board of doctors from the Columbia University Medical Center and leading architects, scientists and wellness thought leaders to introduce wellness standards, programs and solutions into the built environment.

Exploring the intersection between people and the built environment, Delos creates spaces that actively contribute to human health, performance and well-being by marrying the best innovations in technology, health, science, design and enterprise. We see the built environment as an asset to maximize human potential, and we envision environments that enhance us – that are both proactive and reactive – to live better by cultivating healthy lifestyle choices and helping prevent health problems before they begin.

We have broadened the scope beyond environmental sustainability. By including the best concepts of green technology, we have developed integrated solutions that address human sustainability.



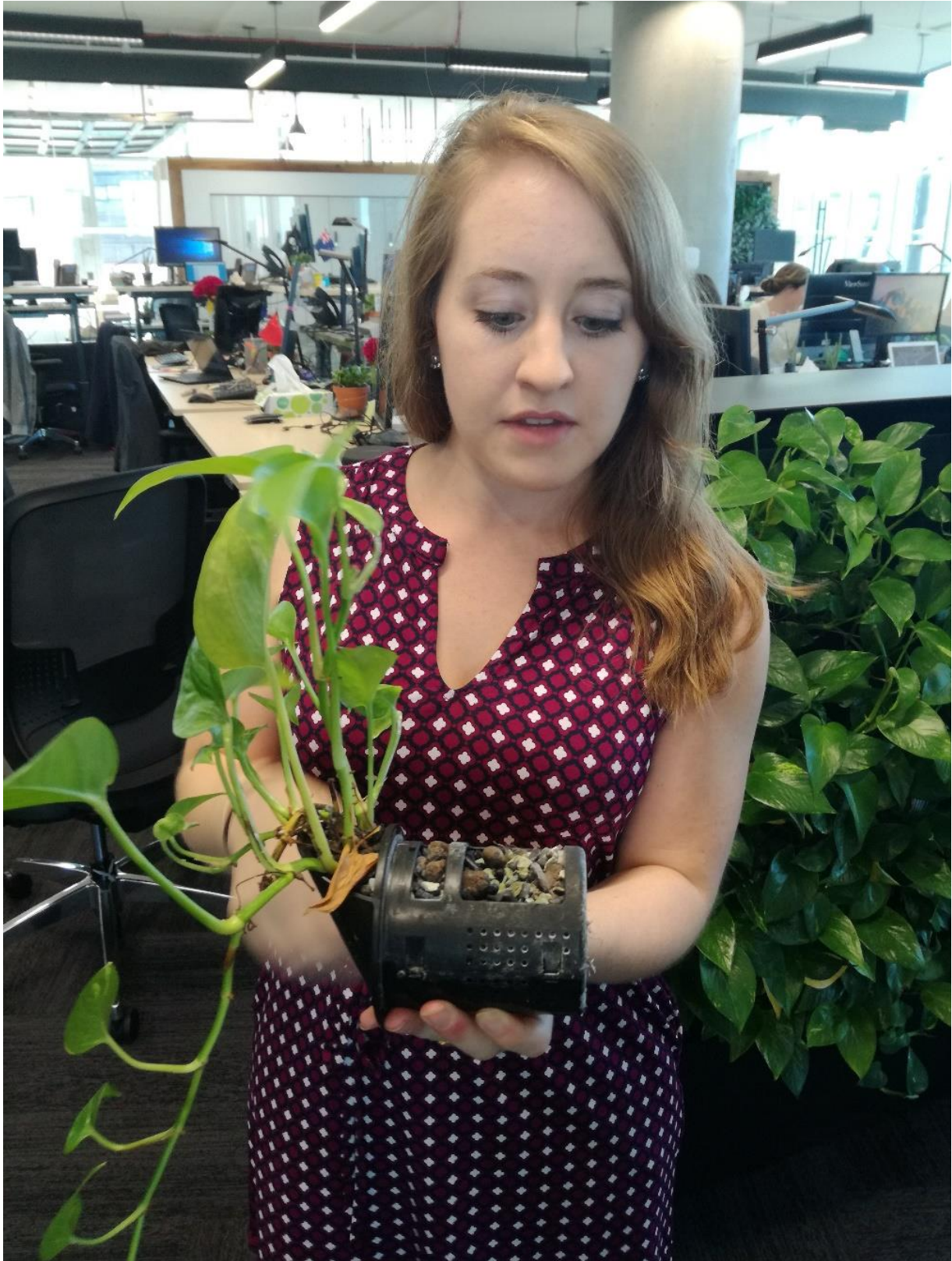
Bar and Kitchen for the employees. Daily lunch is provided by a caterer.



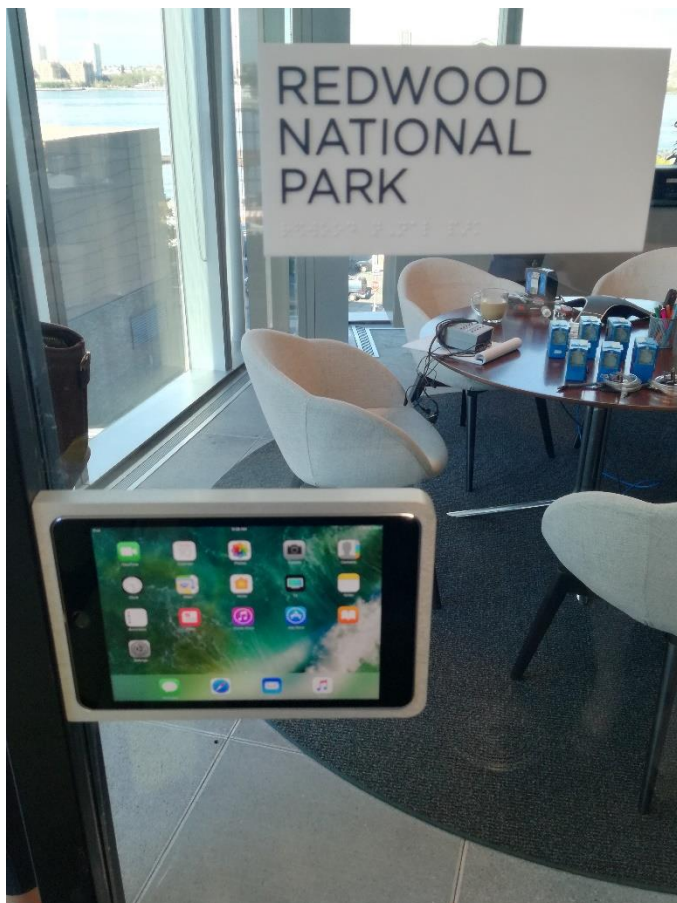
Outside terrace with a lot of plants, all native from the New York Region.



Big display which counts the movement the person is doing, going by.



Finish company (Naava) which brings plants indoors. They take care of everything.



All meeting rooms named after a national park.





Example of a small meeting room for phone conferences.



Highline of New York

Cook Fox | 250 W 57th St | www.cookfox.com | Jared Gilbert

Cookfox is an architectural studio dedicated to a vision of integrated, environmentally responsive design. They believe good design is sustainable and they are committed to being wise stewards of their shared natural and cultural resources.

COOKFOX co-founders Rick Cook and Bob Fox have built a team of passionate, talented professionals who are pursuing a transformative vision: beautiful design shaped by a strong connection to place, the highest standards of sustainability, and a commitment to excellence enriched by the collaborative process. We designed our open studio environment to be a healthy, productive, creative workplace where together we can meet the urgent challenge of crafting beautiful, sustainable architecture.

The principles of collaboration and integrated design set the tone for every project at COOKFOX. We engage clients, developers, contractors, engineers, and public stakeholders early on, bringing diverse perspectives into the design process. Throughout every project and in our own workplace, we view open communication and continuous learning as essential investments. We believe inspiration can come from anywhere at any time, so our studio and design process leave room for unexpected insights and spontaneous connections to happen. This enables our architects and designers to engage in the focused, yet inherently playful pursuit of intellectual curiosity that often leads to the most innovative and effective solutions.

As part of our proactive effort to shift the mindset of those who shape our world, Rick Cook and Bob Fox joined Bill Browning and Chris Garvin to found Terrapin Bright Green, an environmental consulting firm, to make a global difference beyond architecture through green development, policy, and research. Advancing strategies for whole-systems thinking and collaborative methodology, Terrapin works in collaboration with non-profit, government, and private entities to reconnect people with nature and fundamentally improve health, productivity, and overall economic and environmental performance.

COOKFOX is an architectural studio dedicated to a vision of integrated, environmentally responsive design. We believe good design is sustainable and we are committed to being wise stewards of our shared natural and cultural resources. Guided by our passion for excellence, belief in the collaborative process, and persistent curiosity, COOKFOX pursues projects that allow us to fundamentally re-think how people interact with buildings and the natural environment.

Starting with intensive research, we seek to understand each unique project in its environmental, cultural, and historical context. The work we do engages with layers of time and promotes a strong sense of place. Inspired by the legacy of artistry in architecture, we use technology and traditional techniques to bring the distinctive qualities of well-crafted materials and details into every project. Inspired by biophilia - design connecting people with nature - we pursue architecture that restores, regenerates, and elevates our collective experience of the urban environment.

With a deeply held sense of responsibility to our mission, COOKFOX seeks out projects of all scales and building types, engaging in those through which we can explore inventive responses to environmental and social issues. As individual architects, our work reflects our passion for creativity and embodies our highest beliefs and the brightest ambitions of our generation. Working as a team with our clients, we reconnect buildings with the systems that support life, enabling our projects to make a positive impact today and benefit generations to come.



The entrance area....with pictures and a biophilic installation.





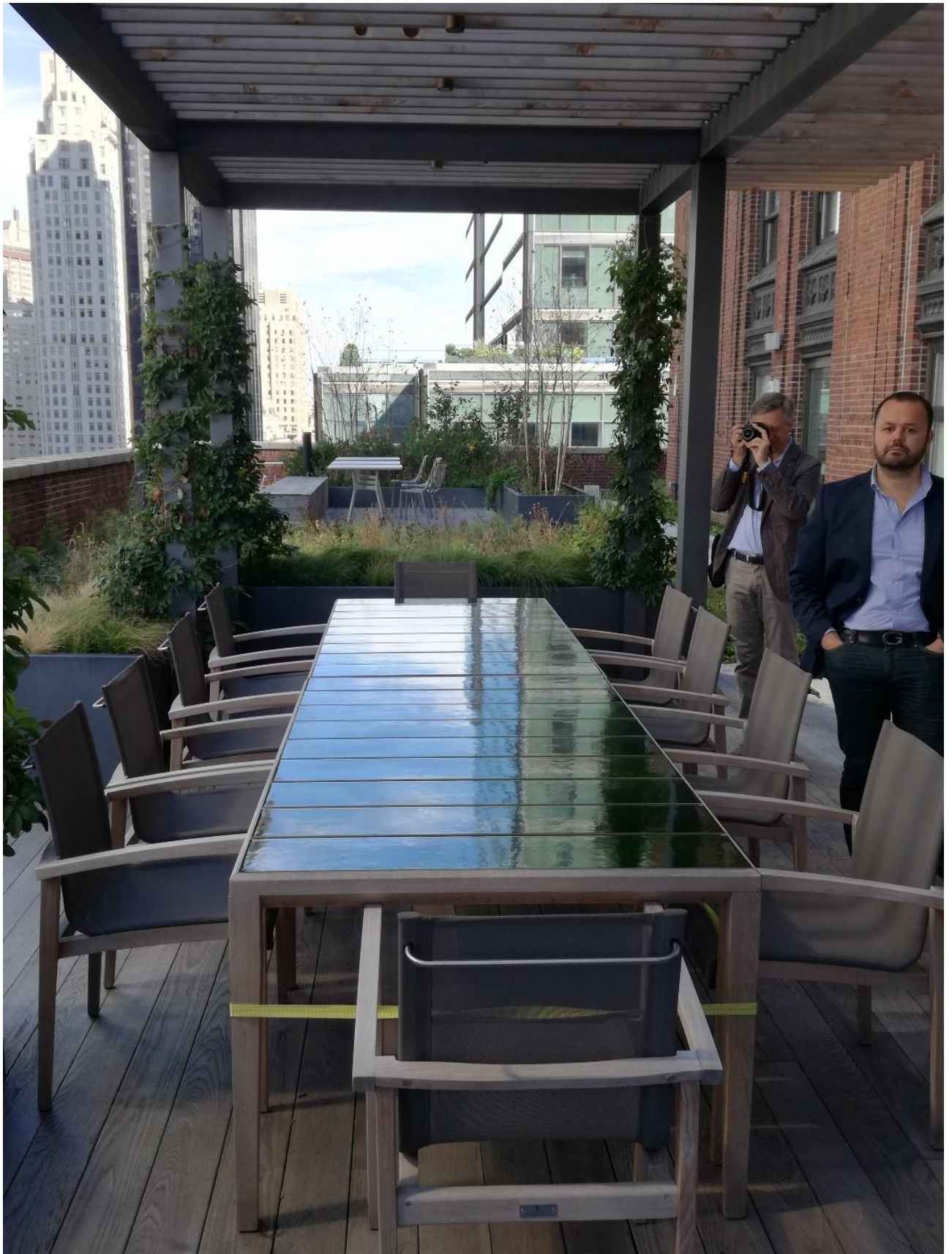
The joint kitchen for the employees.



The big table in the kitchen.



Outside herb's garden...with honey bees.



Outside meeting table in the shadow.



GREEN FEATURES

LEED Platinum Commercial Interiors

INDOOR ENVIRONMENT

The indoor environmental quality at One World Observatory was optimized by providing 30% more outside air and high efficiency air filters to remove over 85% of contaminants that can get inside a building.

OWO is providing natural daylight and views to over 75% of the project space.

A green cleaning program uses healthier, more environmentally friendly cleaning products.



Structuretone | W 34th St | www.structuretone.com | Jennifer Taranto

Structure Tone is a leading global construction management company and general contracting service provider with offices located in the US, UK, and Ireland. Founded in 1971, the company has grown to over 1,800 employees and more than \$3.5 billion in annual construction volume.

Case Study: Structure Tone Headquarters, New York, NY

NEWS ANALYSIS

Well-being at Work: The first WELL-certified project in New York City supports employee health and promotes collaboration.

by [James Wilson](#) [4]

June 6, 2017

When Structure Tone, a construction management and contracting company with offices around the world, decided to move its New York headquarters into a new space, it wanted to make an investment in support of its most valuable resource—people. The company's new office at 330 West 34th Street is the first project in New York City to achieve WELL certification and provides a workspace that supports a culture of healthy living and collaboration. Now happily situated in its new office, Structure Tone says the project—far from being a financial risk—was an excellent investment, and that the company will be advocating for the rating system with its clients.

Designed to feel good

The 82,000-square-foot office space received a Silver rating by incorporating features like filtered air and drinking water, circadian lighting, sit-stand desks, enhanced acoustic insulation, and finishes that contain low levels of volatile organic compounds (VOCs).

A central open stair—the project's most striking architectural feature—connects the two floors of the office, encouraging employees to engage in physical activity as they circulate through the office. An onsite "WELL café" provides employees with options for healthy snacks and prepared meals, and an automated health profile system allows employees to track their diets and learn to make more nutritional choices. The company also offers employees subsidized memberships to a local gym and to CitiBike, New York's bike share program.

KEY PARAMETERS

Location: New York, NY
Completed: 2016
Gross area: 82,000 ft²
Program: Office

Team

Architect: Gensler
Owner: Structure Tone
Engineer: Robert Derector Associates
Consultants: Cerami (acoustics); HDLC Architectural Lighting Design (lighting)
General Contractor: Structure Tone
WELL AP: Jennifer Taranto, Structure Tone

Having visited the project in person, BuildingGreen can report that measures taken to enhance acoustic and visual comfort do contribute to a sense of balance and calm throughout the space. Daylight is maximized, especially in the open office areas, which are not vast expanses of desks but are divided and arranged to create a series of well-scaled, neighboring spaces. The color and reflectivity of the finishes contribute to the quality of the interior light. James Donaghy, the company's chairman, noted the effect these design features have on his mood and energy level, describing how, at the end of the workday, he leaves the office feeling lively and alert rather than fatigued.

Donaghy says he not only feels better while at work, it's also affected his habits in other parts of his life. For example, he finds that he's more conscious of selecting foods that will make him feel well and avoiding those that don't. He notes too the impact on the culture of the office. Not only do the employees feel better, there's also a heightened sense of community and collaboration.

Cost per person

For leasing reasons the company had to move to its new space quickly and did not initially target WELL certification. The accelerated project schedule meant that added-cost features were given only brief consideration. However, when it became clear how WELL certification would impact employee well-being, there was a sudden shift in perception—what had been understood as just an added cost was seen instead as an investment. The decision was made even easier when the additional cost was expressed in terms of cost per person rather than cost per square foot.

Jennifer Taranto, director of sustainability at Structure Tone, added, “The way that the WELL certification spoke to the culture of our company and what we were trying to do and be in our new space—and the benefits to the employees in the space—that part I felt was a really robust argument that turned their heads at the end of the day.”

Donaghy notes that, when compared to total personnel costs, the added cost for WELL certification was “pennies,” (\$0.99 per employee per day) and that though there are ongoing costs relating to maintenance—such as replacing filters—the cost per person is expected to decrease each year of operation. Taranto reports that certification ultimately required a 0.66% increase in hard costs—an additional \$1.10 per square foot—mostly to cover nonconventional items like carbon dioxide sensors, special signage, task lighting, and additional noise remediation.

It took a team

Both Taranto and Donaghy stress the importance of a robust, integrative process. “Because of all of the different systems, and all the different parts and pieces that have to go into place, there's no way that you could do it without including all the stakeholders—it's just not possible,” Taranto told BuildingGreen.

The integrative approach was also essential to controlling cost. By working with the entire team to establish a clear plan and budget at the outset of the project, the company was able to keep added costs low.

The involvement of a wider range of stakeholders also helped the project team overcome specific challenges. As a tenant in an existing building, the company inherited an existing air handling unit. To meet filtration requirements, the project team relied on close coordination with the base building facilities staff. Another big challenge had to do with the Nourishment feature. In order to meet the requirements, the project team had to work very closely with the food vendor (and the vendor's various suppliers) to verify ingredients and curate a wholesome food selection to stock the onsite café.

THREE TAKEAWAYS

- 1) By first experimenting with health and wellness features in their own spaces, design and construction companies can promote a culture of well-being in their workplaces while gaining familiarity with products, strategies, and rating systems—allowing them to implement these on client projects with greater efficiency and cost-effectiveness.
- 2) Project teams advocating for health and wellness features can frame the discussion around added costs as a “per person” rather than a “per square foot” investment. This puts the financial element of health and wellness features in the right perspective—after all, health and wellness is about the people, not the building.
- 3) An integrative approach can control the added costs of health and wellness features and certification. Strong project management that promotes transparency while fostering close collaboration and clear communication with consultants can help project teams to achieve quality design outcomes in an efficient, cost-effective manner.

After construction, the verification part of the certification process was aided by the involvement of the WELL Assessor. Working closely with the assessor provided more clarity about the requirements and procedures than what the team was used to on LEED projects. “WELL behaves in the way that everyone wishes LEED did,” Taranto said. “It's the openness and transparency all the way through the process that's a huge benefit,” she explained. “Knowing this can alleviate some of the anxiety going into performance verification.”

Becoming an advocate

Taranto said the effects of the WELL certification process have “transcended the one office” and “opened the door for conversations about new company-wide policies.” The company is also exploring the possibility of certifying more of its spaces and many employees have expressed interest in becoming WELL Accredited Professionals.

In an effort to better serve its clients, the company has been surveying its end users about the barriers to incorporating sustainability and wellness into their projects. According to Taranto, the number-one answer is always cost, but now that the company has gone through the process of certifying its own project and has shown it can be done without much added cost, it can better advocate for wellness by helping clients to see past the “cost stigma.” The company also hosts project interviews in the new space as a way to demonstrate to clients both the immediate, visceral impact of designing for wellness and the company’s commitment to the values it advocates for.

For more information:

Structure Tone
structuretone.com [5]

To post a comment, you need to [register for a BuildingGreen Basic membership](#) [6] (free) or [login to your existing profile](#).

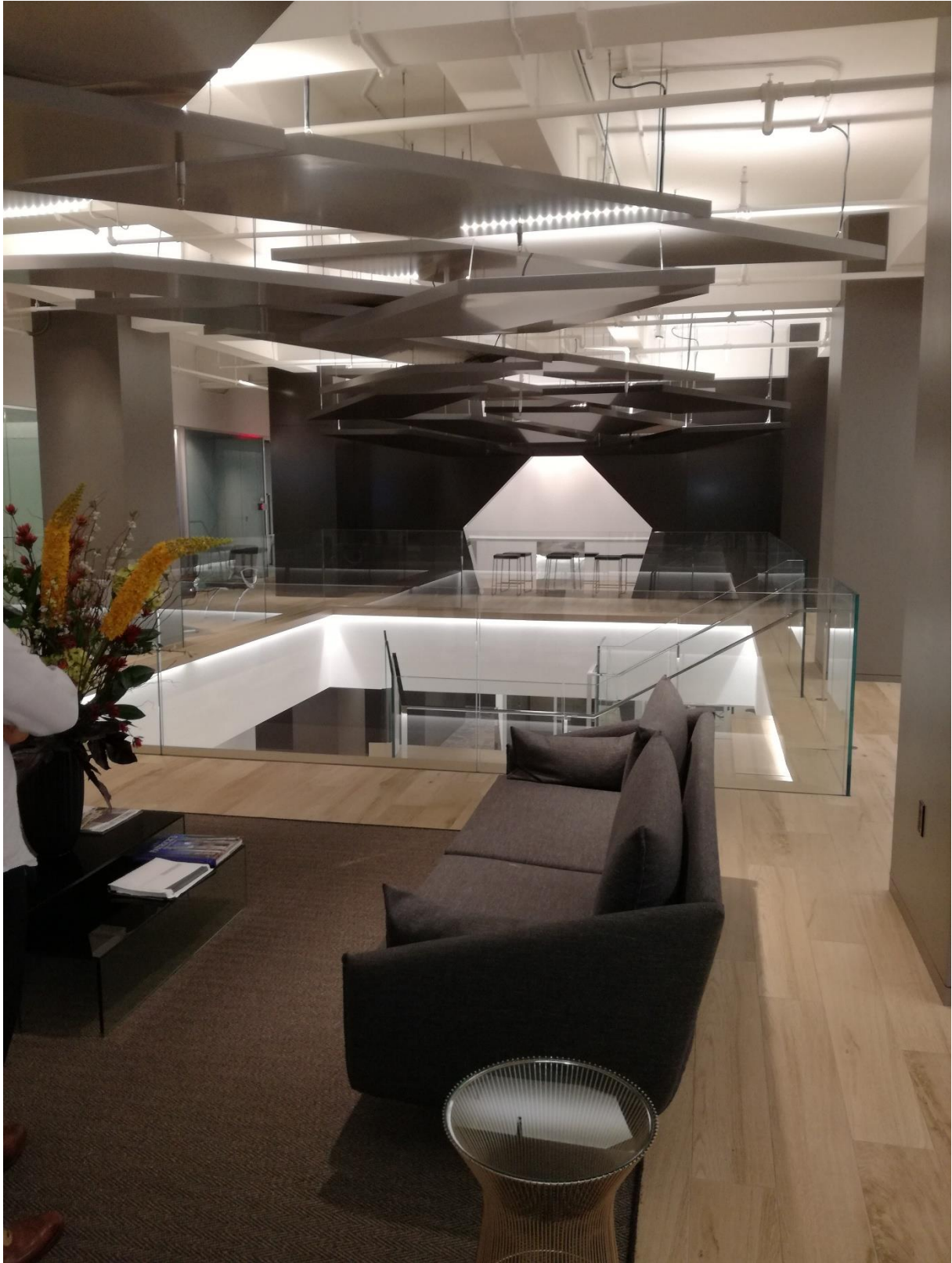
Source URL: <https://www.buildinggreen.com/news-analysis/case-study-structure-tone-headquarters-new-york-ny>

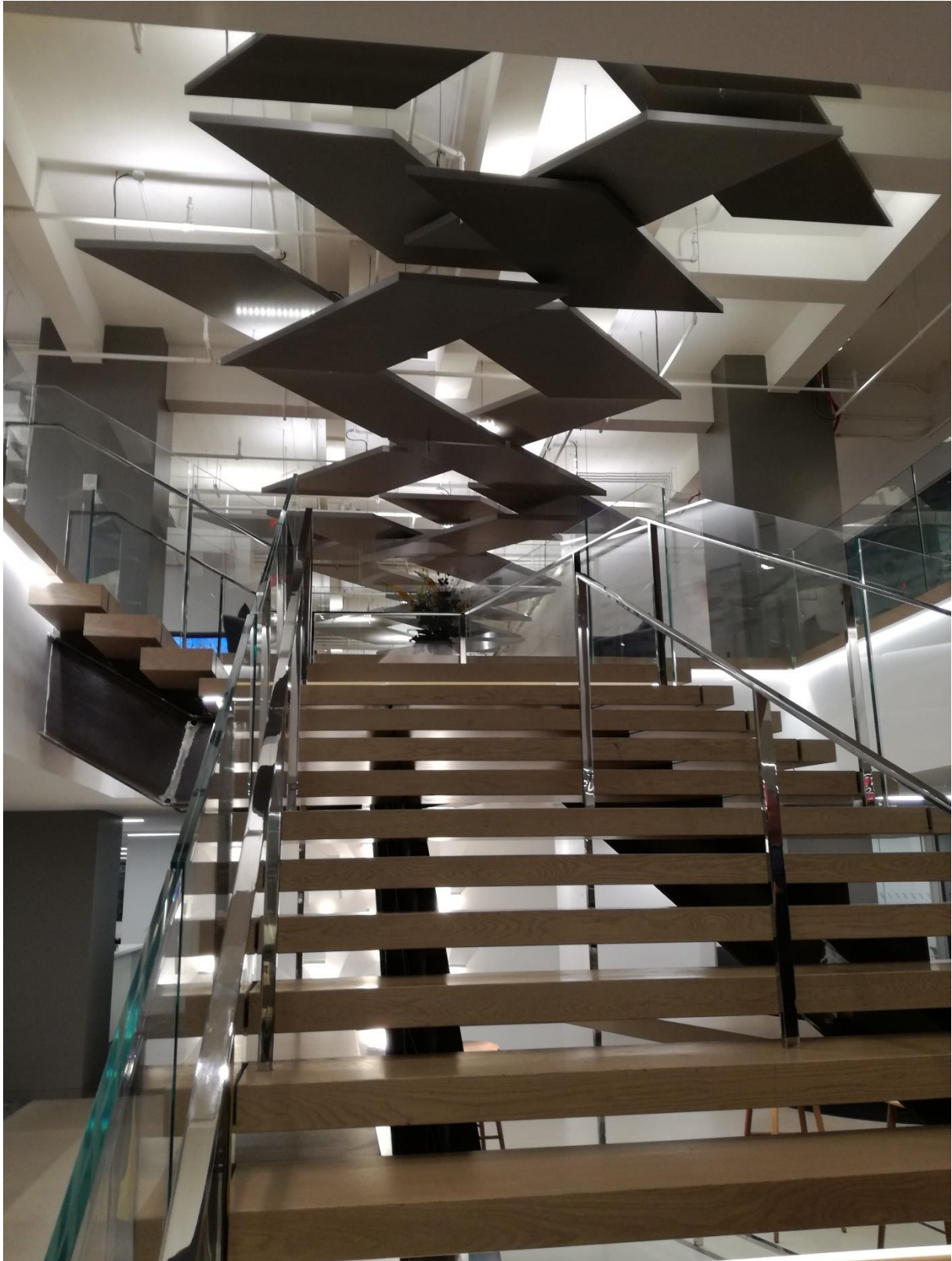
Links

- [1] <https://www.buildinggreen.com/design-health>
- [2] <https://www.buildinggreen.com/commercial-interiors>
- [3] <https://www.buildinggreen.com/well-fitwel>
- [4] <https://www.buildinggreen.com/author/james-wilson>
- [5] https://structuretone.com/iwbi-announces-first-well-certified-project-nyc/?nabe=4562921116139520:1,4702752097959936:0,5230367758090240:1&utm_referrer=https%3A%2F%2Fwww.google.com%2F
- [6] <https://www.buildinggreen.com/signup?destination=print/17551#comments>
- [7] <https://www.buildinggreen.com/feature/programming-buildings-health-well-fitwel-and-beyond>
- [8] <https://www.buildinggreen.com/feature-shorts/how-well-got-green-building-s-groove-back>
- [9] <https://www.buildinggreen.com/primer/sitting-new-smoking-fad-or-fact>



Central reception.





The open stair which connects the two floors with each other.



Kitchen and cafeteria for breaks.





Office surrounding.

Phipps Conservatory & Botanical Gardens | www.phipps.conservatory.org |
Nicolette Telech

Richard V. Piacentini |

A green oasis in the middle of Pittsburgh's vibrant Oakland neighborhood, Phipps has provided a world-class garden experience to its visitors since 1893 with some of the greenest buildings in the world.

Center for Sustainable Landscapes: One of the Greenest Buildings in the World

The Center for Sustainable Landscapes (CSL) at Phipps Conservatory and Botanical Gardens generates all of its own energy and treats all storm and sanitary water captured on-site. It is the first and only building to meet four of the highest green certifications:

- Living Building Challenge, the world's most rigorous green building standard
- LEED® Platinum — tied for the highest points awarded under version 2.2
- First and only Four Stars Sustainable SITES Initiative™ (SITES™) for landscapes project (pilot)
- First WELL Building Platinum project (pilot)

As Phipps' education, research and administration facility, the CSL is an integral part of the Phipps visitor experience as a "living museum," focusing attention on the important intersection between the built and natural environments, and demonstrating that human and environmental health are inextricably connected.

Take a Closer Look



Learn how the Center for Sustainable Landscapes connects people to nature in the short video below:

<https://youtu.be/IG1srhdIZHk>

<https://youtu.be/pBqhJfC7zi0>







Photo ©
Paul G. Wiegman

Breathe It In

The Center for Sustainable Landscapes' (CSL) environs enhance environmental health and improve our own well-being. This beautiful space cleans water and air, feeds and shelters wildlife and helps stabilize our climate. Because every plant on this lower site is found naturally within 200 miles, they thrive in local conditions, reducing the need to water them or use pesticides.



Besichtigung Well Living Lab | www.welllivinglab.com | Carole Wolfe

The Well Living Lab is a scientific research center that uses exclusively human-centered research to understand the interaction between health and well-being and indoor environments. Its design incorporates a large degree of control over research variables through a modular, reconfigurable space that simulates real-world environments. The Well Living Lab is a collaboration between real estate firm Delos Living LLC and Mayo Clinic. It is located in Rochester, Minnesota.

see presentation

Besichtigung Mayo Clinic | www.mayoclinic.org | Carole Wolfe

Mayo Clinic is the first and largest integrated, not-for-profit medical group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy that the needs of the patient come first. 3,800 physicians and scientists and 50,900 allied health staff work at Mayo, which has campuses in Rochester, Jacksonville and Phoenix/Scottsdale.





<https://healthyliving.mayoclinic.org/>







Ergebnisse:

Der Ausgangspunkt für die Technologiereise war es, das derzeit weltweit einzige Well Living Lab in USA zu besichtigen, um zu überprüfen, ob ein solches Labor künftig auch im NOI Techpark eingerichtet werden sollte.

Die Idee war es, Produktinnovationen der Südtiroler Unternehmen der Branche in einem frühzeitigen Stadium zu testen, um somit marktreife Produkte lancieren zu können. Zu diesem Zweck wurden auch Südtiroler Unternehmen eingeladen, an der Reise teilzunehmen, um auch deren Meinung einholen zu können.

Die Tests, welche im Well Living Lab in den USA durchgeführt werden, beziehen sich derzeit auf ganzheitliche Simulationen von Arbeitsumgebungen bzw. Wohnungen. Die Probanden halten sich mehrere Wochen in diesen Räumlichkeiten auf, verrichten dort ihre gewohnten Arbeiten. Es werden unterschiedliche Parameter verändert (wie z.B. Licht) und dann werden physiologische Parameter gemessen und Fragebögen ausgeteilt. Somit können Rückschlüsse gemacht werden und Verbesserungsvorschläge ausgearbeitet werden.

In Rochester funktioniert dies sehr gut, weil das Well Living Lab in das Setting der Mayo Clinic eingefunden ist und somit spezialisierte Forscher die Versuche überwachen und die Daten auswerten.

Versuche mit einzelnen Produkten zu machen und Unternehmen sind zwar geplant, aber wurden in der Realität noch nicht durchgeführt.

Für ein potientiell Well Living Lab im NOI Techpark müsste der Ansatz weit niederschwelliger sein. Wie dies in der Praxis aussehen könnte, wird durch Workshops mit Unternehmen besprochen und ein entsprechendes Szenario ausgearbeitet werden.

Das Feedback der Unternehmer zur Reise war gut, sie konnten viele Eindrücke mitnehmen. Ein Hotel hat auch durch Inspiration von der Reise ein Forschungs- und Entwicklungsprojekt eingereicht, um die Machbarkeit der Zertifizierung seines neuen Hotelprojekts nach dem Well Building Standard zu überprüfen. Das wäre das erste Hotel in Italien und eines der ersten weltweit, welches diesen Standard erhält.