

ANTICIPATED BENEFITS

The IGBC Health & Well-being Rating addresses the **Physical, Emotional & Intellectual** and **Social** Well-being of the occupants.

Healthy living practices and measurement techniques in the built environment can help in addressing the following:

1. Awareness Creation amongst occupants

- Awareness on indoor air quality, water quality and consumption requirement, along with their impacts
- Awareness on importance of fitness, nutritional choices and eco-friendly practices

2. Improvements in Built environment

- Improved Visual comfort, Thermal comfort, Olfactory comfort and Acoustic comfort for the building occupants
- Improved Hygiene and better sanitation
- Caring environment and safer surroundings

3. Positive impact on Health of Occupants

- Lower sickness rates, spread of diseases, physical strain and associated health impacts in occupants
- Enhanced fitness levels of the occupants
- Reduces health hazards and related Communicable and Non Communicable Diseases such as Chronic Respiratory Diseases (CRD), Cancer, Visual and Hearing Impairments, Cardiovascular Diseases, Chronic Respiratory Diseases and Bone & Joint Disorders etc.
- Improved quality of life, health and well-being of the occupants

4. Financial Benefits

- Reduction in medical expenditures
- Reduction in absenteeism
- Increased Productivity