



# THE WELL LIVING LAB INDOOR HEALTH BEGINS HERE.



A Delos and  
Mayo Clinic  
collaboration.

## Physical Structure

**7,500**  
square feet of sensor-rich space

**Research**  
Real-world research for healthier  
indoor spaces

### CAPABILITIES

- Unprecedented data gathering and storage abilities
- Rapid reconfiguration of the physical environment through modular design
- Ability to simulate a wide range of environmental variables
- Sophisticated data analytics platform and visualization
- State-of-the-art remote monitoring control center
- Access to Mayo Clinic staff, researchers and physicians
- Principal investigators from a wide range of medical and scientific backgrounds
- Ability to conduct multiple simultaneous studies in real-world settings outside the Lab

### COLLABORATORS

The Well Living Lab™ is a collaboration of industry leaders, Delos™ and Mayo Clinic. As the pioneer of Wellness Real Estate™, Delos is transforming our homes, offices, schools and other indoor environments by placing health and well-being at the center of design and construction decisions.

The collaboration receives support from Mayo Clinic Center for Innovation, a dedicated team within Mayo whose mission is to transform the experience and delivery of health and health care by fusing human-centered design principles with scientific method.

### RESEARCH PROJECTS AND APPROACH

- Experimental and observational studies
- Large and small groups of human subjects, varying demographics and health status
- Single or multiple variables, such as lighting, nutrition, air quality, physical sleep or work environment
- Practical and meaningful outcomes, including sleep, performance, stress, fitness, and nutrition
- Focus on a variety of indoor spaces, such as offices, classrooms and homes
- Measurement methods include cognitive tests, wearable and environmental sensors, observation and ethnography, and auto-ethnography and self reports
- Research began in late May 2016

## EMPLOYEES

The Well Living Lab team is comprised of employees from both Delos and Mayo Clinic, including:

- Delos staff—Executive Director, Chief Strategy Officer, Research Associates, Communications Director
- Mayo staff—Medical Director, Project Manager, Innovation Coordinator, Design Researcher, Information Technology Director and Technology Specialists/Program Analysts, Administrative Assistant

## LEADERSHIP

- Governed by a Joint Steering Committee made up of Mayo Clinic and Delos leaders
- Guidance provided by a Scientific Advisory Board chaired by a Mayo Clinic scientist and made up of Mayo Clinic researchers and external scientific and medical experts
- Management team comprised of medical director, executive director and chief strategy officer

### GOOD COMPANY

When you become a Well Living Lab Alliance Member, you're in good company. Alliance Members receive exclusive access to Well Living Lab experts and help shape future research that is conducted at the Lab — all while growing their professional network through participation in the Strategic Advisory Council and attending our annual Alliance Summit.

### ALLIANCE FOUNDING MEMBERS:

- CBRE (*Worldwide Leaders in Real Estate Services*)
- IFF (*International Flavors & Fragrances*)
- View (*Dynamic Glass*)

### ALLIANCE SUSTAINING MEMBERS

- Noaber Foundation (*The Challenge for Innovation in Care and Welfare*)

### ALLIANCE SUPPORTING MEMBERS

- Welspun (*A globally recognized leader in the fields of Line Pipes and Home Textiles*)

### Learn more or connect with the Well Living Lab:

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