

2023

RESIDENT HEALTHY LIVING GUIDE



The Palazzo at Park La Brea (East)

AIR
COMMUNITIES

A Focus on Community & Resident Wellbeing

At Palazzo East our goal is to provide homes where residents can refresh, reconnect, and recharge. We pride ourselves in creating extraordinary living spaces in thriving communities. As such, we created this Resident Healthy Living Guide to inform and support our residents to live their best life. Our health and wellness operational policies are guided by the [9 Foundations of a Healthy Building](#) developed by the Harvard T.H. Chan School of Public Health, and are implemented as best practices throughout our company:



Ventilation

We meet or exceed local ventilation guidelines to control indoor sources of odors, chemicals, carbon dioxide, and outdoor pollutants.



Air Quality

We perform regular indoor air quality testing and work to avoid the use of building materials that are known to adversely impact human health and the environment, and our buildings are smoke-free.



Thermal Health

Each resident is provided with SmartRent technology to manage HVAC usage and regulate desired temperatures from the convenience of their smart phones.



Moisture

SmartRent thermostats monitor humidity and moisture sensors installed near water sources alert the team immediately to prevent excess moisture and mold.



Dust and Pest

Our integrated pest management plan focuses on safe and effective preventative measures to avoid use of harmful pesticides, and our frequent cleaning of all common areas utilizes high efficiency filter vacuums to limit dust and dirt accumulation.



Safety and Security

Our community meets the highest standards for resident safety and security, including meeting fire safety and carbon monoxide monitoring standards. We have a safety and security policy that includes emergency procedures, regular drills, and regular communication with our residents.



Water Quality

We utilize water-efficient equipment and incorporate water management best practices into daily operations. We install water purification stations where needed and bottle filling stations when feasible.



Noise

We protect against outdoor noises from traffic and control indoor sources of noise such as mechanical equipment as feasible and respond to noise complaints immediately.



Lighting and Views

We incorporate efficient LED lighting into our buildings to reduce eye strain and provide a comfortable living environment.

Healthy Amenities

Palazzo East provides the following health and wellness features and amenities to help our residents live well:

- ✓ Smoke-free living
- ✓ Pet-friendly living
- ✓ Smart home technology, including keyless entry, temperature control and Smart Package 365 locker system
- ✓ Walkability – Walk Score of 91
- ✓ Location near grocery stores, restaurants, parks and more
- ✓ Access to local farmer's market
- ✓ Easy access to public transit stops
- ✓ Resident club house
- ✓ Bicycle storage
- ✓ Dog Park
- ✓ Walking path
- ✓ Bike path
- ✓ Electric Vehicle Charging Stations
- ✓ Indoor Spa Areas
- ✓ All apartments have either a balcony or patio
- ✓ Rooftop lounge
- ✓ Outdoor garden area
- ✓ Outdoor fire pits
- ✓ Outdoor courtyard
- ✓ Outdoor barbeque area
- ✓ Outdoor spa and pool area
- ✓ 24/7 Fitness center with top-of-the-line cardio and strength training machines
- ✓ Yoga room
- ✓ Filtered water bottle refill station
- ✓ A common area lounge to relax and recharge
- ✓ Well-lit stairs that are well-located to encourage stair use
- ✓ A green cleaning policy throughout common areas

Everyday Wellness at Home

These five easy steps can help you incorporate health and wellness into your daily wellness routine.

We are devoted to delivering an elevated living experience. A key part of Palazzo East is a commitment to exceptional customer service. Contact your community's leadership team with any feedback or concerns. Love living with us? Let us know!

Take the Stairs

Get in your daily step goal by taking the stairs when possible.

Use Green Cleaning Products

Green cleaning products avoid potentially harmful ingredients to your health and promote healthier indoor air quality.

Get Outside

Enjoy the fitness and outdoor amenities throughout the community and get moving – anything from a short walk, strength-building workout, or bike ride.

Buy Local

Support local farmers and small businesses by purchasing healthy local produce at Farmers Markets.

Decorate with Houseplants

Indoor plants help us feel closer to nature, filter our air, and improve our mood.



Health & Wellness Premium Unit Upgrade Options:

Green Cleaning Products

Enjoy a welcome basket of **free green cleaning products** as an introduction to safe and effective cleaning options

Enhanced Indoor Air Quality

- ✓ Only **low/no volatile organic compound (VOC) products** used in unit upgrade, including paints, finishes, carpets, adhesives, and cleaning products to ensure a healthy indoor air quality from Day 1.
- ✓ **Higher filtration** added to HVAC unit(s) to trap particulate matter from going into the air
- ✓ **Increased ventilation** for optimal cognitive function and reduce air pollutants
- ✓ **Indoor air monitors** to measure CO2, carbon monoxide, and VOC's to ensure indoor air quality remains at optimal levels

Exceptional Water Quality

A water filtration system to provide the highest quality drinking water

Smart Lighting System

LED lighting that aligns with the circadian rhythm day to night cycle to improve daytime energy and nighttime sleep quality

Blackout shades

Blackout shades for bedrooms to block artificial light at night and protect against health effects of circadian misalignment

Views to nature *(e.g., start with the units with the best nature views, including greenery, trees, water, etc.)*

This unit includes the best **views to nature** to reduce stress and positively impact mood and general wellbeing

Operable windows *(where feasible)*

Operable windows provide residents access to daylight and fresh air, which benefits mental health and the ability of a resident to control their own comfort.

