



Stay Well Meetings creates an innovative experience focused on the comprehensive health and wellness of attendees. Designed to increase productivity, mental acuity and alertness while reducing stress and fatigue, the end result is a meeting space filled with features and programs that enhance the wellness of attendees and promote more productive meetings.

### **FEATURES AND BENEFITS**

#### MEETING ATTENDEES

- Experience meeting space designed with people and productivity in mind
- Benefit from healthy food choices curated by leading medical institutions
- Gain access to wellness programming, inclusive of mindfulness and meditation content

### **MEETING PLANNERS**

- Provide clients with the opportunity to host innovative and successful meetings
- Introduce clients to the wellness experience
- Differentiate yourself from the meeting planner market

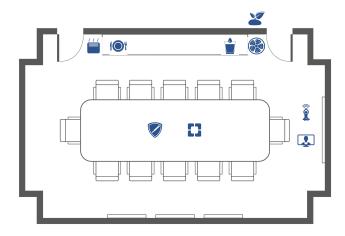
## **HOTELS**

- Answer the growing demand for wellness in hospitality
- Strengthen hotel brand and enhance overall guest experience
- Cross-promote with Stay Well rooms



## STAY WELL™ MEETINGS | PROGRAM FEATURES

## **FEATURES AND BENEFITS**









Cleveland Clinic Wellness

Deepak Chopra Welcome



Hydration Station

Nutritious Menu Options

Active Green Wall



CIRCADIAN LIGHTING



Report after report reveals how runaway corporate healthcare costs are devouring corporate profits. More businesses (and their road warriors) are demanding healthier business travel and meetings, a key galvanizer of the healthy hotel trend.

2014 TREND REPORT SPAFINDER GLOBAL SPA & WELLNESS TRENDS FORECAST

## IN-ROOM FEATURES | AIR PURIFICATION

## **IMPROVED INDOOR AIR**

Indoor air is subject to a wide range of pollutants, coming both from outdoor air that flows inside and from source contaminants within the building. Research suggests that the concentration of toxins, allergens and other pollutants can be up to five times higher indoors than it is outside.  $^1$ 

Hotelier's can significantly improve the air quality in meeting rooms. This device offers an unprecedented six-stage filtration system scientifically designed to tackle every major pollutant category – dust, fine particulates, mold, pollen, dander and volatile organic compounds (VOCs).





 $<sup>^{1}</sup>$  U.S. Environmental Protection Agency, Targeting Indoor Air Pollution EPA's Approach and Progress, 1993.

## IN-ROOM FEATURES | AIR PURIFICATION

## **FRESH AIR FEATURES**

- Easy Setup and Compact Design mounted design allows seamless installation and slim unit size makes it unobtrusive in any room
- Cost Effective long-lasting filters and an Energy Star-rated motor keeps costs low
- Extra Protection Filter custom filters act against odors
- Ultra Quiet Fan five custom fan speeds keep noise to a minimum
- Auto-Air Quality Monitor fan speed adjusts automatically by air quality sensors
- Filter Replacement Indicator automatic reminder when filter needs replacing
- Relaxing Lighting front LED mood light creates a soothing spectrum of colors
- Sleep Mode light-sensing sleep mode dims the display lights in a dark room
- Kid-Friendly Safety childproof feature quickly pauses operation when front panel is removed
- Unit Capability suitable for rooms up to 700 square feet, allowing two complete air changes per hour



# IN-ROOM FEATURES | AROMATHERAPY

## **SCENT DESIGNED SPACES**

At-Aroma professional diffusers make it possible to create high-quality spaces for various situations and locations. They implement aroma space design of high quality scents using 100% natural essential oils that match the needs as well as the image and style of the space, with consideration to the effects on the mind and body of attendees as well as the impact on the environment.







## IN-ROOM FEATURES | CLEANING PROTOCOL

## **UVC WAND CLEANING TOOL**

Studies show that remote controls and light switches are devices heavily contaminated with bacteria in hotel rooms. <sup>1</sup> Use of hypoallergenic products and state of the art UVC wand cleaning tool, which helps inactivate bacteria, viruses and other microbes on surfaces.

#### RECOMMENDATIONS FOR CLEANING AND MEETING TURNOVER

- Sanitize high touch areas with the UVC wand
- Examples of high touch areas include remote controls, light switches, and door handles



<sup>1</sup> Zemke DMV, Neal J, Shoemaker S, Kirsch K. Hotel cleanliness: will guests pay for enhanced disinfection? International Journal of Contemporary Hospitality Management. 2015;27(4):690-710.

## IN-ROOM FEATURES | CLEANING PROTOCOL

## **HYDRATE FEEL GREAT**

Proper hydration requires adequate water intake throughout the day and is vital for feeling refreshed and rejuvenated. The Stay Well™ Meetings program encourages meeting attendees to stay hydrated with options including water and/or specialty infused water during the course of their meetings

#### IMPORTANCE OF HYDRATION

- Hydration is important for the body, especially in warm weather to help prevent muscles from overheating
- Hydration reduces the risk of fatigue, loss of appetite, flushed skin, heat intolerance and lightheadedness





# **SOFT PROGRAMMING | CLEVELAND CLINIC WELLNESS**

## INTERACTIVE PROGRAMMING

Attendees are strongly encouraged to take advantage of the award-winning Cleveland Clinic online wellness programs that encourage healthy behaviors and positive changes. These robust programs are complimentary to all attendees and continue to be available to attendees after their time in a Stay Well Meeting room comes to an end. To learn more about the available program offerings, visit www.staywellroom/clevelandclinic.



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Sleep is the most underrated health habit.
Getting the right amount makes you look better, eat
better, feel better and have more energy for everything else
you want to do.

MICHAEL F. ROIZEN, MD CHIEF WELLNESS OFFICER, CLEVELAND CLINIC



# SOFT PROGRAMMING | DEEPAK CHOPRA

## **EXCLUSIVE PROGRAMMING**

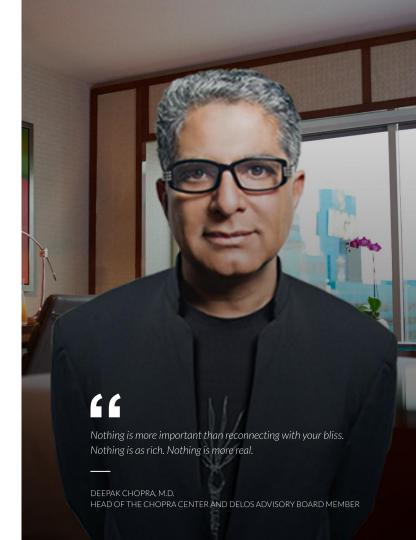
Pioneer in integrative medicine and Delos Advisory Board Member, Deepak Chopra, M.D. narrates a series of videos on making the most out of the Stay Well experience. Explore your room features with the "Deepak Chopra Welcome" and prepare for your meeting with Deepak Chopra's "Guided Meetings Meditation".



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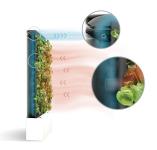
GUIDED MEETING MEDITATION



## **COMMON AREA | ACTIVE GREEN WALLS**

## REVOLUTIONIZE THE AIR YOU BREATHE

Everyone should have access to breathe healthy indoor air. Stay Well is pleased to offer the innovative active green walls from Naava, which seamlessly integrate nature's intelligence into the fabric of the built environment.



Naturally purified air with optimal humidity for a space of up to 63 square meters.

#### HOW NAAVA WORKS

- Indoor air is absorbed through the rhizosphere and the root system of the plants.
- Microbes living in the rhizosphere purify potentially harmful chemicals from the air.
- The fans return cleaner and naturalized indoor air back into the room.
- Sensors in the active green wall measure variables in the product and its environment.
- Naava OS artificial intelligence directs the functions of the active green wall automatically.
- The remote system transmits information to the active green wall from e.g. weather satellites.





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