

AMP Circular Quay & Brisbane offices

Photo Credit: Nicole England, I Group. Courtesy of AMP.

AMP



AMP sets a high standard for healthy workplaces in Australia, as the first company in the country to receive Fitwel Certifications for their offices in Brisbane and Sydney in 2018. AMP Brisbane is an office consolidation project located in Brisbane and AMP Circular Quay is a renovated office fit-out for the company headquarters in Sydney.

Why AMP Uses Fitwel to Advance Health

AMP is a wealth management company which offers solutions and services across financial advice, investment management, banking, superannuation, self-managed superannuation funds (SMSFs) and life insurance. AMP has a long history in helping their customers manage their finances and achieve their goals. AMP is acutely focused on fostering happy, healthy lives in vibrant, inclusive communities and workplaces. As such, creating healthy workplaces is one of the priorities that actively supports their vision of supporting employee physical and psychological health. Using Fitwel to support their workplace wellbeing strategy is a natural fit to ensure AMP adheres to best-practices in indoor environmental quality, ergonomics, and active spaces.

Circular Quay office: AMP Headquarters

In heart of Sydney's commercial business district, Circular Quay is AMP's Headquarters, which occupies 14 floors for 3,000 employees. Since 2013, AMP has undertaken a workplace refurbishment project for Circular Quay, implementing an activity-based working model to integrate best practices from sustainability and health, even within a historical building such as their iconic Sydney headquarters.

Circular Quay is in a highly walkable neighborhood, just a 3-minute walk from outdoor amenities such as the Sydney Botanic Gardens. Employees have a discounted rate to an on-site health club offering fitness classes and equipment. AMP encourages active commuting through free access to showers and changing rooms. AMP upgraded the building's fire stairwells for employee use and placed prominent point-of-decision signs at elevator lobby areas to promote stair use. Within the office, AMP provides sit-stand workstations to further promote physical activity, natural daylight to promote mental health for a majority of employees, and dedicated lactation rooms to prioritize family health—creating a positive indoor environment.

Key Milestones in the Fitwel Certification Process

- **August 2017:** The project team registers Circular Quay on Fitwel Portal.
- **August - October 2017:** The project team begins collating documentation to prepare for their submission.
- **November 2017:** The project team submits for certification.
- **December 2017:** The project team receives a review report from the Fitwel certification team and gathers additional documentation before resubmitting for a final review.
- **January - April 2018:** The project team gathers additional documentation and resubmits the project for final review.
- **June 2018:** **Circular Quay is awarded a Fitwel 1 Star Rating** and becomes the first Fitwel certified property in Australia.

How AMP Circular Quay is Meeting Fitwel's Health Impact Categories

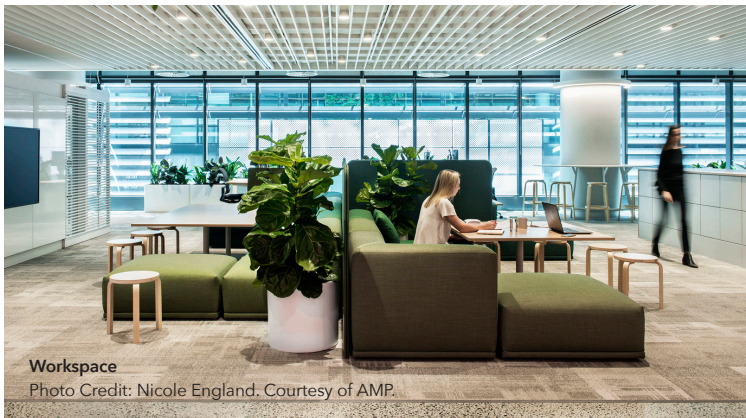
- **82% of selected strategies**
Impact Community Health
- **82% of selected strategies**
Reduce Morbidity + Absenteeism
- **78% of selected strategies**
Instill Feelings of Well-Being
- **86% of selected strategies**
Provide Healthy Food Options
- **93% of selected strategies**
Promote Occupant Safety
- **76% of selected strategies**
Increase Physical Activity
- **70% of selected strategies**
Support Social Equity



AMP Brisbane office

In 2017, AMP consolidated three existing offices into one new office following their activity-based working model in Brisbane. The new 2 floors' office space holds 220 employees within the Brisbane River Tower, which is also the city's first 6-star Green Star rated building. Located within a highly walkable neighborhood, and in close proximity to two public parks, Wickham Park and Roma Street Park Land Park, the Brisbane office provides multiple opportunities for employees to increase physical activity and participate in active transportation.

The office has an interconnecting internal stairwell for employees to access the kitchen and breakout spaces for socializing. Using the Fitwel Scorecard as a guide, AMP applied active design strategies to the stairwell design, encouraging use through creative color-changing lighting, music, and code-compliant glass. To encourage further physical activity, all employees have access to their own active workstations.



Key Milestones in the Fitwel Certification Process

- **January 2018:** The project team registers Brisbane on the Fitwel Portal.
- **January 2018 – March 2018:** The project team begins the process of benchmarking their project and collating documentation required to demonstrate Fitwel strategies.
- **March 2018:** The project team submits for certification.
- **April 2018:** The project team receives their review report from the Fitwel Certification Team.
- **May 2018:** The project team gathers additional documentation and resubmits the project for final review.
- **June 2018: AMP Brisbane is awarded a Fitwel 2 Star Rating** and becomes the first Fitwel certified property in Brisbane.

How AMP Brisbane is Meeting Fitwel's Health Impact Categories

- **80% of selected strategies**
Impact Community Health
- **68% of selected strategies**
Reduce Morbidity + Absenteeism
- **45% of selected strategies**
Support Social Equity
- **69% of selected strategies**
Instill Feelings of Well-Being
- **66% of selected strategies**
Provide Healthy Food Options
- **100% of selected strategies**
Promote Occupant Safety
- **69% of selected strategies**
Increase Physical Activity



AMP Brisbane Common Area
Photo Credit: Nicole England; Courtesy of AMP

After making upgrades to the stairs in the Circular Quay office, AMP has seen a significant uptake in use, with

35%

of occupants using stairs

AND

52%

of occupants using stairs in the second level of the building

“

Based on post occupancy surveys of our ABW transformation, we have been able to demonstrate that 79% of people agree or strongly agree that they are happier with AMP as employer due to the new working experience.”

– AMP Project Manager

“

I love the environment. I love the clever choice of colour scheme, the abundant plant life. I really enjoy our new neighbours, and our teams banter and work close by very comfortably.”

– **Employee**, AMP Brisbane office

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