

**WORK/LIFE
BALANCE**

How to keep healthy
at the office

JUN 2018

**BCA AWARDS
2018**

CapitaLand is the most lauded
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Your **CAPITAL** LETTER

QUARTERLY FOR CAPITALAND COMMERCIAL TRUST TENANTS

A building with heart

We shine a spotlight on one of the first developments in Singapore to 'put human capital at the very heart of its approach'

In November 2017, CapitaLand Commercial Trust (CCT) expanded its footprint to the Marina Bay area with the acquisition of Asia Square Tower 2, a 46-storey integrated development that includes Grade A offices and ancillary retail space. With sustainability and environmentally friendly practices at the forefront of today's society, this latest addition to CCT's portfolio of properties again demonstrates its continued commitment to provide for greener workplaces for the community, from the outside in. ▶

The Cube, a social hub for networking, entertainment and recreation activities

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Continued from cover

Award-winning green building

Asia Square Tower 2 has garnered several accolades, including Singapore's PUB Water Efficiency Award (Top in the Building Office Category) and Building and Construction Authority's Green Mark Award (Platinum) in 2017. The building also received the Leadership in Energy and Environmental Design (LEED) Core and Shell Platinum certification from the US Green Building Council, the most widely used green building rating system in the world.

Some energy-efficient features of Asia Square Tower 2 include the use of solar panels and a smart roof design that maximises natural sunlight, thereby reducing energy consumption. The building façade uses highly efficient double-glazed glass with triple lining to reduce heat. The Intelligent Building Management System and motion detectors throughout the building adjust lighting levels according to occupancy and usage, and water is harvested from air handling units to be reused for water closet flushing. Even the lifts are energy efficient – they generate electricity from the movement of the lift car to power the lift system itself.

A more holistic approach to sustainability

But beyond the building's innovative green features, what sets Asia Square Tower 2 apart from other eco-friendly developments is its approach to create a healthy and more productive work environment for tenants and the larger community. By putting people at the heart of the building's design, Asia Square Tower 2 has a balanced combination of 'work, play, live' elements to create the optimal 'green offices'. A number of building features are conducive to a sustainable work environment, including:

- Floor-to-ceiling windows that maximise natural light



Completed in September 2013, Asia Square Tower 2 is one of the newest buildings in the Marina Bay area

- The ability to link floors vertically by inter-office stairways for teams to seamlessly connect
- Sophisticated air-handling units and high-efficiency air filtration systems for the healthiest indoor air quality environment

The building offers a range of mixed-use spaces to support a healthy lifestyle for its tenants and members of the public, such as:

- The Cube, a naturally lit and ventilated 100,000-square-foot landscaped plaza for live entertainment or simply a place to relax after work
- The Food Garden, which can welcome about 690 patrons and overlooks The Cube

Asia Square Tower 2 is also designed to support work-life balance and general wellness. There are close to 90 bicycle racks and dedicated shower facilities for those who want to adopt a bike-to-work lifestyle. Periodically, CCT and the appointed property manager organise community activities such as workout sessions, lunchtime performances and workshops to further equip tenants to work and live sustainably. ■

The Food Garden houses numerous food and beverage stalls in a lush green setting



Work in some healthy habits

Maintaining good health is all part of a day's work, as CCT tenants show

As the adage goes, health is wealth. Without good health, it can be difficult for us to do anything – perform at work, take care of our kids or even relax on days off. Tenants of CapitaLand Commercial Trust (CCT) share their tips on how they stay healthy while keeping to their busy agendas.

Bottle it!

Water is essential to good health, and getting your eight glasses a day helps keep your mood and energy levels stable and enables your body to carry out its normal functions.

“Have a filled water bottle handy and remember to take sips of water often,” says Hussaini Firdaus, finance accountant at **Rakuten Asia**, CapitaGreen.

“Healthy living is first and foremost about having the right attitude, and then it's about taking action”

Andrew Phillips, Managing Director, Fitness First, Capital Tower

Less is more

Eating the right amounts and not going overboard at meals not only helps you stave off the kilos, but also keeps your energy levels stable throughout your busy workday.

Said Cavin Choo, country head of

Singapore and Malaysia at **Wells Fargo Bank**, CapitaGreen: “I'm not into specific diets and feel that we should be free to eat anything we like. The caveat here is to eat in moderation, to stop before your stomach tells you that you're full.”

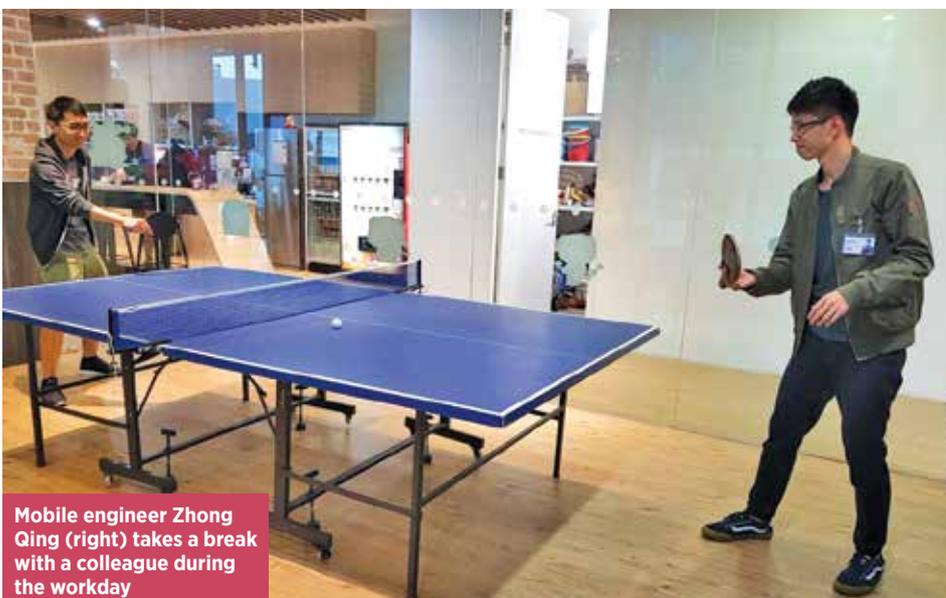
Agreeing, Kin Koon Lee, team leader, System Support Group at Rakuten Asia, said: “We are what we eat. If you eat more than you should for the day, go for a walk or do some exercise to burn off those extra calories.”

Give me a break

Taking short breaks is useful in relieving fatigue and keeps you fired up throughout the day.

“I try to take two-minute breaks by standing up for a bit after sitting in front of the computer for too long,” said Zhong Qing, a mobile engineer at Rakuten. “This break can be used to do short exercises like squats, which can help keep you energised.”

Longer breaks where you participate in a group activity with co-workers not only keep you refreshed, but are also fun and contribute



Mobile engineer Zhong Qing (right) takes a break with a colleague during the workday

PHOTO: ZHONG QING

Verbatim

“Helping others develop in their own careers is what I’m most proud of.”

Andrew Bunn, Country Manager for Singapore, Brunei and Malaysia, Emirates at Twenty Anson, shares what motivates him and how the airline is committed to creating positive change.



1. Happily, there is no such thing as a typical day at Emirates. I am lucky to have a role with varied responsibilities, allowing me to touch all aspects of our business.

2. I enjoy personally engaging with our customers and business partners whenever I can. I get a real buzz when I hear from people how much they have enjoyed their Emirates experience. It is truly a multicultural, cosmopolitan environment that is highly motivating.

3. I embrace change and always tackle new challenges head on, which may explain why I have been able to move through different roles in different countries and adapt to new surroundings.

4. Our strength is in our people. We are committed to providing equal opportunities to both women and men across all business functions. Our diversity of people, ideas and culture has helped shape our success.

5. We believe in making a positive difference to economies, communities and the environment, through the services we provide and the causes we support at both the local and global level. This includes supporting CapitaLand’s blood donation drives and recycling programmes.



Andrew Phillips (third from left) and colleagues at 2017's CCT Eco Race, which promoted healthy living and sustainability among CCT's tenants

to team bonding. Said Qing: “I also try to play some table tennis with colleagues at around 4pm every day.”

Make it a habit

Creating and staying in the habit of exercising makes it less of a pain when it comes to psyching yourself to work out. Regular exercise helps reduce stress and increase your energy levels so you can get more work done in the day.

“It is easy to create excuses not to exercise,” said Andrew Phillips, managing director at **Fitness First**, Capital Tower. “But humans are creatures of habit, so commit to training regularly, even if you can spare only 20 minutes. When you exercise for even the smallest amount of time, you perpetuate this extremely important habit.”

One way of cultivating this habit and getting some exercise in your busy day is to cycle to work, something that Wells Fargo’s Choo does. “I cycle to work once a week and when the weather permits,” he said.

To promote healthy living and foster interaction between tenants, CCT is



Wells Fargo's Cavin Choo at a mass cycling event

PHOTO: CAVIN CHOO

organising “Wellness Week” – a special line-up of activities focused on health and wellness in the last week of July. Tenants can look forward to programmes such as lunchtime talks, workshops, retail promotions and special workout classes. ■

Digital transformation of the healthcare sector

Raman Singh, CEO of pharmaceutical company **Mundipharma** at Asia Square Tower 2, shares his insights on the future of healthcare in an increasingly tech-savvy world

At a time when technological innovation is rapidly reshaping business models, industries and economies, it seems evident that the healthcare sector is at the centre of this transformation. According to some analyst projections, the global eHealth market accounted for US\$99.35 billion in 2015 and it is expected to reach US\$285.57 billion by 2022. In emerging economies where regulations on health data are less onerous and where patients often pay to see a doctor, there is even faster growth and innovation. China, a country that builds 400 hospitals per year, saw its two largest venture capital investments in health in 2017 – and India is following close behind.

In the short term, I see the greatest transformation of the sector stemming from a growing array of apps that give consumers direct access to qualified general practitioners (GPs) via their mobile phones – it is estimated that American GPs will conduct 5.4 million video consultations a year by 2020. In the long term, global

e-commerce players will make an impact as they find innovative ways to bring together health data on phones and apps, allowing patients to take greater control of their existing health conditions.

We are working hard with partners, health companies and governments to help accelerate this transformative curve by developing high-tech digital initiatives across all our therapy areas, including:

- Virtual reality education in analgesia, oncology, oncology supportive care and respiratory. This is an exciting approach to medical education using technology like Google Cardboard and Oculus Rift.
- A mobile app for ophthalmology, which uses augmented reality to demonstrate the irreversible visual impairment caused as glaucoma progresses. This, combined with an interactive 3D model, helps patients understand why treatment is so important despite their disease often

being asymptomatic. Currently, many patients stop taking their medication, which can result in permanent blindness.

- A mobile app dosage converter, which takes a complex algorithm and produces an easy-to-use calculator for doctors. It is fully referenced and responsive to the guidelines of the country that the doctor is practising in, increasing doctors' confidence and saving their time when changing patients' medications.

The global healthcare sector must not only embrace, but also ride the digital transformation wave in order to extend its reach and access to patients. What is important through all of this is the patient journey – innovative technology has the potential to consolidate or streamline what is currently a complex and fractured patient experience, particularly in emerging markets. Technology can overcome shortcomings of the physical system, helping to provide millions of patients with lifesaving treatments and information. ■



**Raman Singh, CEO,
Mundipharma**



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Work perks for tenants

In April and May, CCT organised several activities for tenants to promote community at the workplace, and to refresh their regular workdays. On 5, 12 and 26 April, masseurs from the Singapore Association of the Visually Handicapped set up lunchtime massage stations at Capital Tower, CapitaGreen, One George Street and Twenty Anson and offered head and shoulder massages to tenants. "Engaging the visually handicapped masseurs was a good way to support them, and it was an enjoyable treat for employees," said Catherine Yong, **GMO GlobalSign Pte Ltd**, Twenty Anson. CCT tenants were also treated to lunchtime talks and sharing sessions, in partnership with other CCT tenants, around the themes of personal finance and travel.

One of CCT's signature activities, Tenants' Treats – where a lunchtime treat is distributed to tenants across all of CCT's properties as a way to delight and thank them for their support – took place from 8 to 15 May. For the first distribution of 2018, CCT partnered with **General Mills**

Singapore, a tenant at Capital Tower, to give out Häagen-Dazs Stickbars. "I have worked in other buildings, and this is my first time experiencing such treats for tenants. It was refreshing for us office workers to freshen up after long meetings in the morning," said Denice Lim, **Leader Energy Pte Ltd**, Asia Square Tower 2.

To stay up to date on upcoming programmes, look out for *your M.I.X*, CCT's bi-monthly listing of activities. Join our mailing list at capitaland.com/signup ■

CAPITALAND NEWS UPDATE

Tenants were delighted with Häagen-Dazs Stickbars at May's Tenants' Treats



CapitaLand wins big at the BCA Awards

At the recent Building and Construction Authority (BCA) Awards 2018, **CapitaLand Limited** won 25 awards for its developments in Singapore, China and Vietnam, making it the international developer with the most wins this year.

Among its wins, CapitaLand received its first Green Mark Pearl Award for Capital Tower, which recognised CapitaLand's efforts in engaging tenants to green more than 50% of the property's total tenanted area through green activities such as eWaste collection and a recycling programme, as well as green fit-out guides. Twenty Anson Suites received the highest rated Green Mark Award for Office Interior (Platinum), while One George Street's Tenant Service Centre received the Green Mark Award for



Lynette Leong, Chief Executive Officer, CapitaLand Commercial (in red), and Alfred Lim, Head of Singapore Operations & Global Sustainability, CapitaLand Commercial (fifth from right), along with members of building management teams at the recent BCA Awards

Office Interior Award (Gold^{PLUS}).

In addition, one of CapitaLand's next-generation integrated developments in Singapore, CapitaSpring, won the prestigious Universal Design Mark Design Gold^{PLUS} award. Once it is completed in 2021, CapitaSpring is set to inject more greenery and shared community spaces into the Central Business District. ■

GREEN TIP

Approximately 500 billion plastic bags are used worldwide every year and are mistaken for food by animals such as sea turtles. To mark World Oceans Day on 8 June, how about carrying a reusable eco-bag in your handbag or car at all times, for use when you next shop.



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