

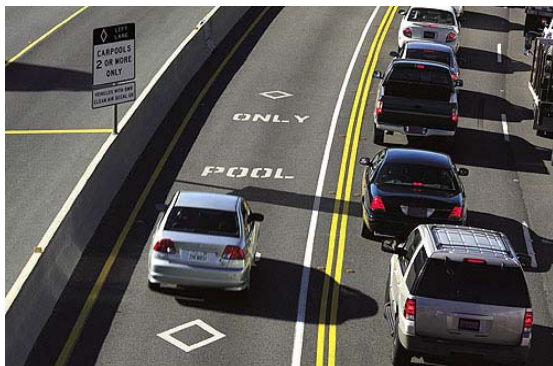
Improve Employee Wellness, Productivity, Job Satisfaction

Active transportation modes such as cycling, walking and transit, have been shown to improve health and wellness through encouraging weight loss, improving cardiovascular fitness and improving mood. This impacts your workplace by increasing employee productivity and morale, while decreasing absenteeism. In recent surveys; 66% of employees feel that their commute effects their job satisfaction.



Smart Commute Employer Services

The following list outlines a portion of the services Smart Commute Hamilton offers to members:



Travel Demand Analysis

Smart Commute analyses employee travel demand through spatial analysis and mapping as well as behavioral surveys. We set up indicators and help you to monitor employee progress, according to the customized travel demand plan we provide.

Carpooling & Vanpooling

CarpoolZone.ca provides a profiling and ride matching service which matches your employees with other employees and Carpool Zone users to form a best match. Bike and walk pooling are available through other means and promotions using emails and ride board matching.

Transit Services

TransitZone.ca provides employers with a discounted transit pass program for employees. The City of Hamilton matches employer contributions up to 20%. If the employer chooses to subsidize employee passes by 20%, then the employee will receive a 40% discount. Transit route planning for employees is also available as part of the customized Smart Commute Travel Plan for workplaces. In addition, we offer free transit days during special events.

Emergency Ride Home (ERH) and Active Transportation

EmergencyRideHome.ca provides employees with commuter insurance when they cycle, walk, take transit or carpool to work. In the event of an emergency, the ERH program is available to sustainable commuters and will reimburse a taxi ride home (at the employer's cost), so that they can act quickly.

Active Transportation and Employee Wellbeing

The goals of Smart Commute are to reduce congestion and improve air quality, in order to improve employee health and wellbeing. Cycling and Walking help achieve these goals and provide the further benefit of reducing obesity and heart disease.

Secure Bike Parking is an important consideration for employees riding to work, helping to protect their transportation investment. Smart Commute can help employers design these facilities, an example of which can be found on our [website](#).

Bike to Work Initiatives give employees the chance to become familiar with bike routes to their workplace. Smart Commute provides on-line route maps and helps employers organize events to promote cycling to the workplace. [The official bike to work day website](#) will promote events at your workplace. In addition, these events provide new cyclists with an opportunity to meet seasoned veterans, have fun and learn safe cycling tips.

Walk to Work Initiatives encourage individuals to meet with their coworkers, walk and be active. They also recognize the effort of walkers, educate walkers about the health benefits of walking and create safe walking routes to work. To learn more about Walk to Work Days visit <http://www.smartcommute.ca/hamilton/walk> and view some [walking maps](#).

A Cycling and Walking Analysis will be completed for your workplace to determine routes and safe corridors. It will also determine the percentage of your employees that are located within walking, cycling and transit range, with estimated travel times.

Establishing a Health and Wellness Committee; Smart Commute can offer toolkits and expertise in employee engagement to ensure employees remain involved, active participants in your wellness program.



Membership in the Transportation Management Association (TMA)

The Hamilton TMA allows you to share best practices with other employers and groups, and connects your company to the Ontario Government/Metrolinx initiative (www.smartcommute.ca).

Events and Contests

These are held regularly throughout the year. In the past, prizes have included iPods, netbook computers and cycling gear to make active commuting safer and easier. Employers are able to support, promote and run events while Smart Commute handles the administration and cost of the events and prizes. [See our events page for more information.](#)

