

# Better Commutes

## Bicycling Solutions



## Equip employees to tap into healthy, sustainable & more affordable bicycle commuting!

Today's staffing issues, ranging from employee turnover and burnout to constant hiring headwinds, make one thing clear: promoting and supporting employee health and wellness are more important than ever. Enhance your employee wellness efforts in a low-cost way by supporting healthy, sustainable, and more affordable bicycle commuting.

Build a worksite culture that empowers employees to commute by bike through support services, onsite amenities, benefits, and wellness perks. Equipping employees to tap into bicycle commuting can boost health and wellness, while supporting your organization's workforce, performance, and sustainability goals.

Read on to learn about the many benefits bicycle commuting offers both employees and employers. Plus, get tips on how to support bicycle commuting at worksites and leveraging free resources and tools offered by Get There Oregon and our network of partners.

**“Employee wellbeing has become more important than ever on many fronts, but especially so for retention and recruitment. Offering support and benefits for active commuting boosts both the physical and mental health of our employees among other benefits.”**



—Stacey Brown, Sr.  
Wellbeing Consultant,  
Providence Health & Services

### Bike commuting employee *and* employer benefits



#### Physical Health

Biking improves circulation, builds stamina, and reduces the risk of chronic health conditions like diabetes and heart disease, while promoting a healthy weight.



#### Mental Health

Regular physical activity from biking can improve mental health and help relieve stress and burnout.



#### Save Money

Bike commuting cuts employee commute costs and reduces facility and parking expenses through reduced demand.



#### Boost Morale

Supporting employees to commute by bike improves work experience and job satisfaction, while boosting productivity.



#### Recruit & Retain Employees

Improving employee commutes through bike commuting can increase retention, while helping attract job candidates to join your team.

# Employee Bike Commute Support Tips

- Ask what types of commuting support, services, and benefits appeal most to employees
- Use Oregon's free Get There Connect tool to help employees plan bike routes and find commuting partners
- Tap into local organizations that provide bike safety, route planning, and maintenance workshops
- Provide basic onsite amenities like secure bike parking
- Provide onsite repairs and maintenance tools like tire pumps and multitools
- Foster peer-to-peer support to help interested employees start bike commuting
- Promote worksite, local, or statewide initiatives like the October Get There Challenge to encourage bike commuting
- Access resources from transit providers on combining bike commuting with bus trips



## Services & Benefits Options



### Use Get There Connect

Tap into Oregon's free Get There Connect tool that can help with route planning, finding bike commute partners, administering rewards, and putting on worksite initiatives.



### Offer route planning help

Connect employees with route planning tools and resources, in addition to bicycle riding and safety information.



### Set up basic onsite amenities

Provide plenty of secure, convenient, and quality bike parking that's close to entrances and protected from the elements.



### Provide onsite tools

Set up a repair area with tools, supplies, and a work stand so people can adjust bikes, air up their tires, make repairs, and do tune-ups.



### Extend wellness credits

Provide wellness credits for purchasing bicycles, equipment such as helmets, safety lights, and racks, and for gear like bike bags.



### Offer rewards and incentives

Extend regular financial or prize rewards and other incentives to employees for bike commuting.



**Resources.  
Support. Solutions.**



Tap into Oregon's free Get There Connect trip planning, ridematching, metrics, and rewards tool that offers employer networks for employees.



Gain workforce insights, HR and operations strategies, and employee program tips.



Access employee programs, including challenges and rewards.

Visit [GetThereOregon.org](https://www.getthereoregon.org)

