

2021 Wellness Dividend Collaboration

We aimed to create a program that incentivizes those of you who are working from home to keep doing so, and those of you who are commuting into a physical workplace to do so using modes of transportation which are not driving alone.

Program Basics

There are 4 steps to earning Wellness Dividend credit.

1. Fill out the Commuter Survey: <https://www.surveymonkey.com/r/6PKWG5K>
2. Figure out how many non-driving-alone-commutes you need to take: <https://www.surveymonkey.com/r/6Z8KKBL>
3. Commute
4. Log your trips! (<https://forms.gle/fbiBr3gE87byZjzU6>)

What is the Wellness Dividend and why is Shift a part of it?

- The Wellness Dividend is annual effort by HR to encourage County employees to engage in healthier activities. If you'd like more info, please check out HR's page here: <https://smcgov.sharepoint.com/sites/wellness/SitePages/Wellness-Dividend-Program.aspx>
- Shift is a part of the Wellness Dividend because how we travel can have big impacts on our own health, and the health of the people around us. Driving is largely recognized as the worst culprit of negative health outcomes, compared to other ways of commuting. From increased rates of hypertension and stress, to the local air pollution which impacts the respiratory health of those nearby, to high rates of severe injuries and fatalities from accidents, relatively speaking large amounts of vehicle usage is pretty bad for all of us. We hope to encourage you to reimagine a commute without your car, for your own health, the health of the communities which we serve, and the health of our environment as a whole.

Some Rules

- You must complete BOTH surveys, and log the appropriate number of trips in the month of your choosing.
- Non-driving-alone-commutes means getting to work without being in your car by yourself. That means you can walk, bike, carpool, vanpool, take any mass transit (bus, train, etc.) or telework.
- You will be able to choose which calendar month (April, May, June, or July) you would like to complete your trips in. You must complete all your trips within the month you choose.
- You will have until the 10th of the following month to log the trips which were taken in the month previous. For example, all trips taken in the month of July would need to be logged before the 10th of August.
- You must log the number of trips determined in the second survey (or more), to receive wellness credit.

Some Help: trip planning and other incentives

- If you need any help figuring out how to get to and from work without using your car, please contact us at commute@smcgov.org! We're more than happy to help you trip plan and get signed up for our programs.
- You can find an overview of all of our commuter benefits here: <https://www.smcsustainability.org/livable-communities/shift>
- If you walk, bike or carpool, and you're not already receiving the transit subsidy, you're eligible to receive [commute cash!](#) That's our \$2 per day incentive for walking, biking, and carpooling for your commute. This incentive program runs all year, so you as long as you keep logging your trips you can keep earning cash rewards!

- If you vanpool or take mass transit, you can use the [\\$150 per month Transit Subsidy](#) to help cover your costs! See the instructions linked here, or [contact us](#) for more information.

How to Log Your Trips

- Trips will be logged should be logged at this link: <https://forms.gle/fbiBr3gE87byZjzU6>
- We ask that you do once, at the end of the month, and recording all of the trips you took at one time.