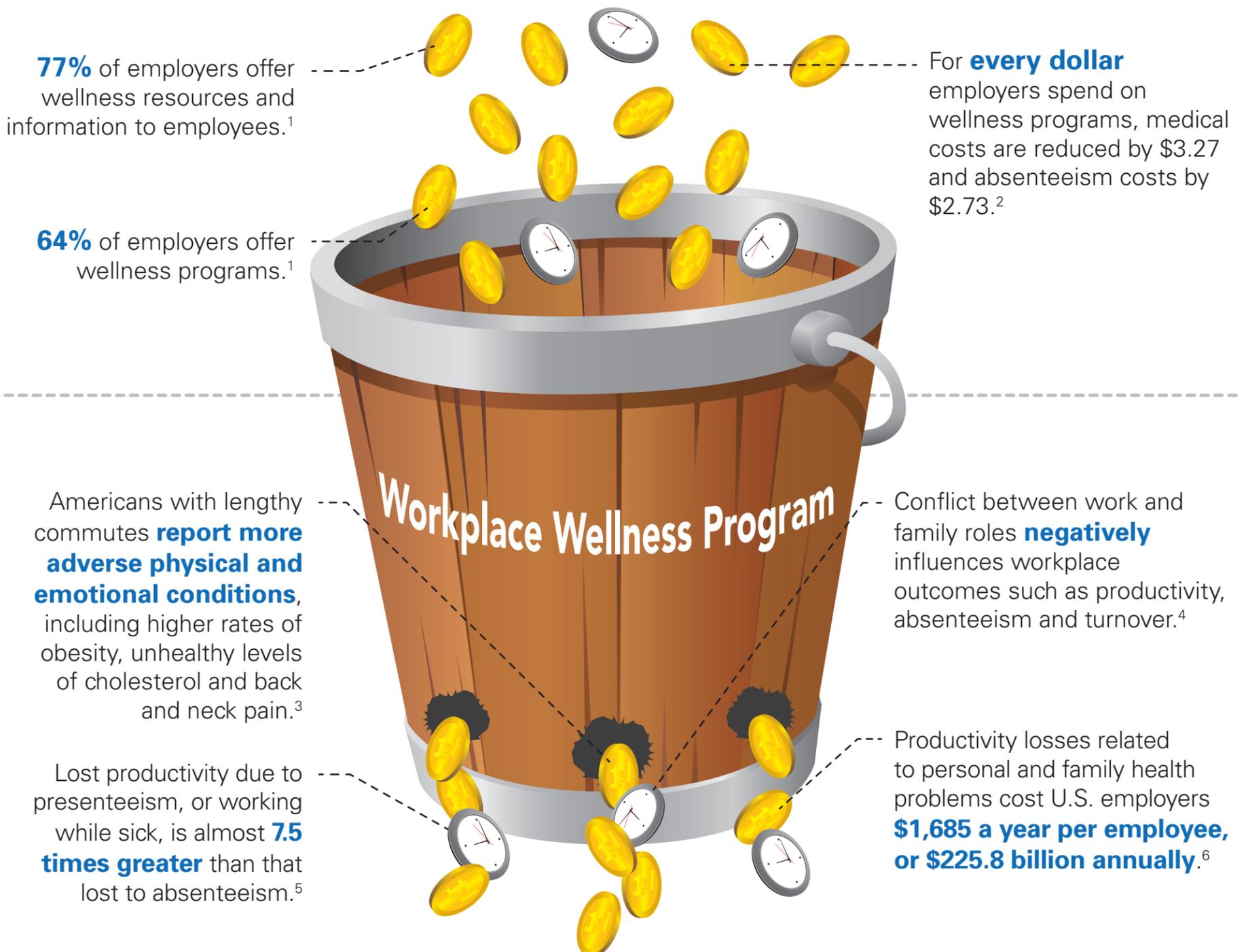


# Is Traffic Draining Employee Productivity at Your Workplace?

Corporate wellness programs aim to improve health and productivity... but are the lost time and added stress of a drive-alone commute draining away the benefits of your program?



## Put a cork in it with a commute options program.

Commute alternatives encourage physical activity. The average transit rider walks 19 minutes a day, and cycling to work can have tremendous health benefits for employees.<sup>7</sup>

Other commute options like carpooling and vanpooling can reduce stress levels by replacing time behind the wheel with time to read, sleep or catch up on work.

When conducive, providing employees with the ability to telework can make it significantly more easy to balance work and family needs.



GEORGIA**COMMUTE**OPTIONS

Get More by Driving Less

[GACommuteOptions.com](http://GACommuteOptions.com)

<sup>1</sup> 2013 Employee Benefits, Society for Human Resources Management  
<sup>2</sup> Health Affairs  
<sup>3</sup> Gallup-Healthways Well-Being Index  
<sup>4</sup> Higgins, Duxbury, & Irving  
<sup>5</sup> Employers Health Coalition  
<sup>6</sup> Stewart, Ricci, Chee, & Morganstein  
<sup>7</sup> Centers for Disease Control/American Journal of Preventive Medicine