



Kaiser Richmond Medical Center Commuter Guide

www.Eco-Thrive.com

Consider using a commute option to save money, reduce pollution, decrease traffic congestion and enjoy a stress-free ride to work.

Discover the Alternatives

Public Transit

Riding the bus or taking BART is relaxing, reliable and a great alternative to driving alone. Visit www.Eco-Thrive.com for a link to transit schedules.

If you currently drive alone to work, try commuting by bus, train, ferry or BART. You could be eligible to receive a FREE week of transit tickets. Contact 511 Contra Costa at www.511contracosta.org.

Shuttle Program

Take the free shuttle from the Richmond BART station to the RMC. The shuttle runs every 15 minutes, Monday through Friday, from 6:00 a.m. until 10:00 p.m. The shuttle is FREE to all RMC employees, members and visitors.

Ride the free shuttle from the El Cerrito Del Norte BART to the RMC. The shuttle runs every 15-20 minutes, Monday through Friday, during peak commute hours. The shuttle is available from 6:00 a.m. to 10:00 a.m. and again from 2:00 p.m. to 6:00 p.m.

Carpool

Carpool every day or just once a week - it's up to you. If you do not already have a carpool partner, or if you are looking to add to your carpool group, go to www.511contracosta.org to find others to share your commute. New carpoolers or groups who add a new carpool partner can sign up to receive a \$60 check from 511 Contra Costa.

Vanpool

Vanpooling is a highly economical way to travel. Each vanpool has 7-15 members and the driver usually commutes for free! Passengers read, relax, sleep and enjoy the ride. Vanpool groups receive regional subsidies, including half off the vanpool fare for the first three months, \$1,000 cash bonus, and free bridge tolls during peak commute hours. Contact us to start or join a vanpool group today.

Bicycling

Bicycling is a fun and healthy way to get to work or to transit. Store your bicycle in the secure bike cage on the ground floor of the parking garage or in the bicycle rack in front of Building C.

Walking

Consider giving your car a break. Walk to work and save money, get exercise, and arrive at work relaxed and stress free. Let us help you find a walking partner.

Commuter Programs

Commuter Spending Account

Pay for transit, vanpool fares, and for parking, using pre-tax dollars. The maximum benefit for 2010 is \$230 per month. To sign up for the Commuter Spending Account go to <http://kpnet.kp.net>

Rental Car

Need to rent a car for work? Use Enterprise Rent-A-Car and request the corporate rate. For information go to <http://kpnet.kp.org:81/travel/preferreds/enterprise.htm>

Guaranteed Ride Home

Employees who walk, bicycle, carpool, vanpool or take transit to work are eligible to participate in the Guaranteed Ride Home program. This program will pay for a free taxi or rental car ride home in case of an emergency. Emergencies include personal or family emergencies or being asked to work unexpected overtime. Sign up today at www.511contracosta.org, it's free.

Commuter Services

Your TDM Coordinator is Jackie Stiasny. Please call or email for personalized commuting assistance.

Phone: 510-752-2119, 8-492-2119

Email: Jackie.H.Stiasny@kp.org

Fax: (510) 752-2106

**Get started today!
Thrive, Don't Drive
(alone)**

For additional information, please go to:
www.Eco-Thrive.com

