



Oakland Medical Center Commuter Guide

www.Eco-Thrive.com

Discover the Alternatives

Carpool

Carpool everyday or just once a week - it's up to you. Employees who carpool at least four days a week can park for FREE at Oakland Medical Center (OMC) in designated carpool parking areas.

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 a monthly vanpool subsidy from Kaiser. The vanpool parks for free at OMC.

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 or stop by the Commuter Services office for personalized trip planning.

Bicycle

Bicycling is a fun and healthy way to get to work. Store your bicycle in the secure bicycle cage located in the Howe Street member garage or in the 3510 Broadway garage. Or, store your bicycle in the bicycle room in the 3751 garage, or use the rack at Mosswood. There are showers and lockers at 3701 Broadway for your convenience. Join the bicycle group to receive bicycling news. Learn safe cycling with quarterly Urban Bicycle Safety classes and brown-bag workshops.

Walk

Consider giving your car a break. Walk to work and save money, get exercise, and arrive at work relaxed and stress free. Look for bicycle and walking routes to OMC on www.Eco-Thrive.com

Award-Winning Programs

Shuttle Program

OMC offers free shuttle service to and from MacArthur BART station. The shuttle runs every 10-20 minutes, 5:45 a.m. until 12:25 a.m. In addition, OMC provides free shuttle service to offsite parking.

Ridematching

If you are looking for a carpool partner or vanpool group, contact us or go to www.Eco-Thrive.com and find others to share your commute.

Commuter Subsidy Program

Ride public transit or vanpool three or more days per week to be eligible for a \$30 monthly subsidy, funded by Kaiser.

Commuter Spending Account

Pay for transit, vanpool fares, and for parking, using pre-tax dollars. The 2012 maximum benefit (subsidy plus pre-tax amount) for transit or vanpool is \$125 per month. The maximum parking benefit is \$240 per month. To sign up for the Commuter Spending Account go to <http://kpnet.kp.net>.

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.

CarShare

Join City CarShare and reserve a car for personal or business use. Receive the discount rate.
<http://www.citycarshare.org/KP.do>

Sporadic Parking - Commuter Club

Join the Commuter Club if you use an alternative to driving alone at least three days a week. Members are eligible to purchase sporadic parking and are eligible to win monthly prize drawings.

Commuter Club members can purchase sporadic parking in the Howe Street Visitor garage for \$4/day, up to seven days a month.

Commuter Services is located in the Parking/Security Office in the Howe garage. Please visit, call, or email for personalized commuting assistance.

Phone: 510-752-2119

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

