



## How Workplace Wellness Boosts Productivity

When employee well-being thrives, employers directly benefit—they deliver **higher productivity**, take **fewer sick days**, and have **lower rates of burnout, safety accidents, and turnover**:

- » Supporting workplace wellness through improved physical and mental health can **yield higher performance and productivity**.
- » Employees are more engaged in their jobs and have **nearly 20% higher productivity**.
- » A healthy workforce means **fewer days lost to illness and injury—absenteeism is lower by 25%**.
- » Employees with better mental health are **less likely to experience burnout by 71%**.
- » Organizations have higher employee retention rates—**costly staff turnover is lower by 25%**.
- » Higher levels of employee well-being **increase job satisfaction and morale**.

## Improve employee wellness *and* productivity: try commute solutions!

Commuting is a necessary part of employee work routines for a majority—77% of workers—who drive to work. Yet, commutes have gotten worse due to longer distances traveled, continual traffic delays, and skyrocketing costs. Bad commutes can cause financial, physical, and mental strain and stress on employees that hurts health and wellness, resulting in impacts on job satisfaction, productivity, and retention.

Employers can play a vital role in supporting employee health and wellness, and that includes improving the commute experience. Get There Oregon and partners offer free resources and services to equip employees to use healthy commute options like carpooling, vanpooling, transit, biking, compressed work, and remote work.

## Commuting Impacts on Employee Health & Wellness



### Financial Burden

Commuting can be expensive with the cost of gas, vehicle repairs, and parking quickly adding up. The financial burden can cause substantial stress and worry.



### Reduced Activity

Longer commutes can mean less time for physical activity. A sedentary lifestyle can impact energy levels and increase the risk of obesity, diabetes, and other health problems.



### Mental Strain

The daily grind of the commute can cause stress, anxiety, isolation, and depression. Longer commutes can have even more of an impact on well-being and mental health.



### Sleep Deprivation

Employees who wake up early to commute may not get enough sleep, which can lead to fatigue, lower productivity, accidents, and long-term health issues.



### Stress & Fatigue

Commuting longer distances and in traffic can cause chronic stress and physical health issues. Painful commutes can drain employee energy levels and cause lasting fatigue.



### Productivity & Burnout

Difficult commutes triggering strain, stress, and fatigue can hurt work satisfaction and productivity. Studies link bad commutes to costly absenteeism, burnout, and turnover.

# Commute Solutions & Wellness Benefits

Commute options—carpooling, vanpooling, biking, walking, transit, remote work, and compressed work—deliver a **broad range of financial, emotional, physical, and social wellness benefits:**



## Mental Health

- » Ease financial strain and stress by reducing commute costs.
- » Make commutes more enjoyable and enable employees to relax and unwind.
- » Boost wellness and relieve stress by increasing physical activity through biking and walking.
- » Reduce stress and strain with better work-life balance through compressed and remote work.



## Physical Health

- » Increase physical activity to build stamina and reduce the risk of chronic health conditions like diabetes and heart disease.
- » Help employees stay physically energized and productive by reducing commute stress and difficulty.
- » Enable employees who rideshare and take transit rest and recharge while someone else does the driving.



## Social Connection

- » Increase social connection through commute options to boost wellness and improve mental health.
- » Provide an opportunity for employees to socialize with friends and co-workers by carpooling, vanpooling, and taking transit.
- » Reduce feelings of isolation, depression, and anxiety through a greater sense of belonging and social connection.



**Resources.  
Support.  
Solutions.**



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



Get free assistance creating employee commute support and benefits programs.



Access employee materials to promote commute options and support tools.

For support and access to resources and tools at no cost, contact:  
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