

Rideshare Review

A bimonthly publication from Capitol Rideshare

September/October 2018



Celebrate Rideshare Month in October

Take another look at alternate modes—and reap the rewards!

To raise awareness about commuting alternatives, Capitol Rideshare is celebrating Rideshare Month in October. Summer vacations have ended, students have gone back to school and the snowbirds are flocking to the valley, which means there are more cars on the road. As commutes are longer now, October a great time to re-think using alternate modes, which include:

Transit: state employees receive a 50% subsidy on the [Platinum Pass](#), the fare card used on buses and light rail.

Carpooling: state employees who [carpool](#) three or more days a week can apply for a Rideshare parking permit, allowing them to park in reserved Rideshare parking (where available).

Vanpooling: employees who [vanpool](#) will receive a \$30 monthly subsidy toward the cost of the vanpool.

Bike/walk: Take a look at [resources](#) for employees who incorporate biking/walking into their commutes, including a [discounted GRID bike](#) share account.

Telework: Telework is a management option that allows qualified state employees to work from home, or a state office location closer to home, one or more days a week. [Learn more](#) to see if this option works for you and your supervisor.

Capitol Rideshare celebratory activities in October

- **Lyft is providing a discount code for current Commuter Club members!***
The code has been uploaded to the Commuter Club portal (accessible via the member dashboard “promos” menu link).
- During October, we will randomly select **current Commuter Club members* to win prizes** for their participation! Be sure to sign up before Rideshare month is over for a chance to win!

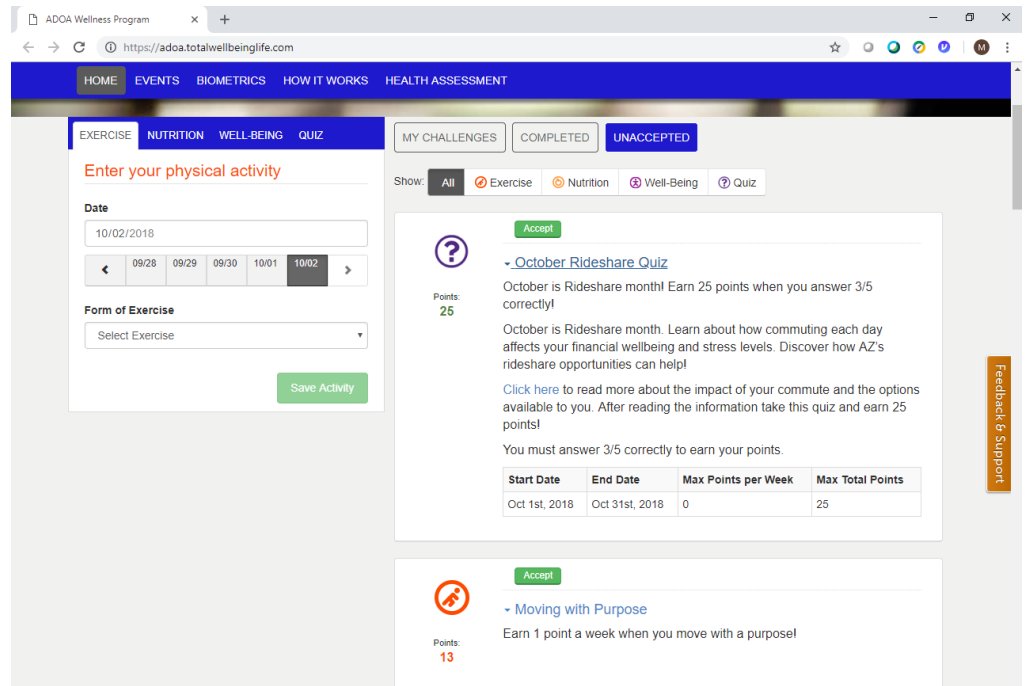
* You must be actively enrolled for FY 2019; use the [online portal](#) to enroll this month! [Commuter Club](#) membership is FREE and is available to non-university state employees using an alternate mode two or more times per week. The primary benefit of Commuter Club membership is the **Emergency Ride Home (ERH) program**, which provides a free ride home via Uber or Lyft for Commuter Club members who have an unexpected emergency at work (restrictions apply). Members also receive periodic promotional discount codes from Uber and Lyft, which are accessible through their member dashboard.

Contact:

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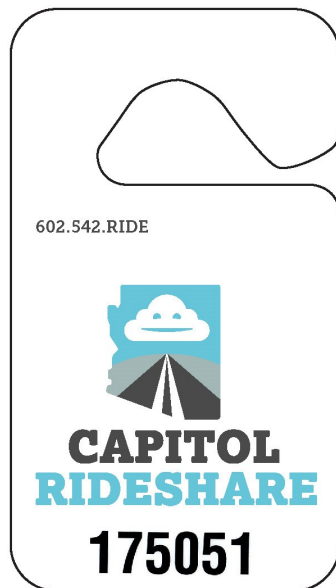
Capitol Rideshare and Benefits Services challenge: test your knowledge about commute-related stress and earn 25 HIP points!

In celebration of Rideshare Month, Capitol Rideshare is teaming up with Benefits Services Division to offer employees the chance to combine their commitment to sharing the ride and their efforts in the state's wellness program. Anyone who has spent time in valley traffic knows it's a stress-inducing, time-intensive activity. Capitol Rideshare aims to help employees reduce that stress by reducing their single occupancy commutes—which is beneficial to the employee's overall well being. So log in to your Health Impact Program ([HIP](#)) wellness account, learn more about how reducing your commute can reduce your stress and earn 25 points toward the \$200 bonus!



New parking permit design features updated Capitol Rideshare logo

As noted in the August/September 2018 issue of Rideshare Review, Capitol Rideshare has a new logo. Capitol Rideshare has ordered new parking permits that feature the new artwork. The previous permits are still valid—as long as they have the current orange renewal sticker, which expires June 30, 2019. All vehicles parked in Rideshare parking spaces must have a parking permit with a 2019 orange sticker or the car will receive a violation notice (a hard-to-remove sticker on the vehicle's window). To renew or apply for a permit, please complete the online [application](#).



Help fight transit fraud

A reminder for employees who have a Platinum Pass: employees are responsible for all charges incurred on their Platinum Pass until they notify their human resources department, in writing, that the pass is lost or has been stolen. The Platinum Pass may be used only by the employee to whom it was issued.

Steps to prevent fraud:

- Keep your Platinum Pass secured.
- Check your paystub for charges, even when you have not used your pass.
- NEVER loan your pass to anyone else.
- Report your pass missing immediately (in writing) by contacting your human resources liaison.
- Follow up with HR to ensure your missing pass has been replaced (Capitol Rideshare can check this as well).

Contact Capitol Rideshare with any questions at RideshareHelp@azdoa.gov or 602.542.7433.

Fall & winter pollutants—and what you can do to mitigate the effects

As the seasons change, so do the types of air pollutants. From October 1 through March 31, the Arizona Department of Environmental Quality (ADEQ) air quality reports will measure increases in carbon monoxide and particulates. On days when levels reach unhealthy levels, ADEQ will issue a high pollution advisory (HPA).

Carbon monoxide is a colorless, odorless gas produced mainly by vehicles, which tends to build up during stagnant temperature inversions common during the winter months. It hinders the body's ability to carry oxygen in the blood, causing serious problems for those with cardiovascular diseases. At high concentrations, carbon monoxide can increase fatigue, reduce work capacity, and may adversely affect fetal development.

Particulate matter, which includes acid sulfates, toxic organic compounds and metals, and insoluble dusts are capable of penetrating to the deeper portions of the respiratory system and producing acute reductions in lung function, increasing the incidence of respiratory disease in children. It can also increase the risk of premature mortality in elderly and ill persons. Traffic on unpaved roads, windblown dust, construction and demolition are all major contributors. ADEQ measures and reports two types of particulates: coarse (PM₁₀) and fine (PM_{2.5}).

To help lessen the amount and mitigate the effects of all of these pollutants, reduce your single occupancy commutes: take transit, carpool, telework and combine trips. When ADEQ issues a high pollution advisory (HPA) for PM₁₀, additional efforts include avoiding dirt roads and not using leaf blowers. On HPA days issued for PM_{2.5}, use an alternate mode and use gas or electric instead of burning wood.

MCAQD offers discounts on clean-burning fire pits and fireplaces

In an effort to improve air quality and reduce air pollution produced by outdoor wood burning in fire pits, the Maricopa County Air Quality Department (MCAQD) created a Propane Fire Pit Program. This program, which is available to all residents of Maricopa County, provides vouchers for discounts towards the purchase of new propane fire pits. To learn more about this program, visit the MCAQD's [Propane Fire Pit Program](#) web page.

MCAQD also administers a program designed to reduce air pollution from wood burning fireplaces. The program offers two options: 1) if a home is already plumbed for natural gas, the program will provide a voucher for up to \$2,000 to cover the cost of the installation of a natural gas log set; or 2) the program will, at **no charge to the homeowner**, retrofit a wood burning fireplace with an air pollution reduction device. The pilot has a geographic limit. To learn more about the program, homeowners in central/south Phoenix area should visit the MCAQD's [Fireplace Retrofit Program](#) web page.

As ADEQ issues record number of HPAs, state employees use alt modes, win prizes

Summer high pollution advisory (HPA) season, which officially began in April, has concluded. During the summer months, unhealthy levels of ozone can trigger a variety of respiratory and other health problems. The Arizona Department of Environmental Quality (ADEQ) measures the air quality for ozone pollution and issues HPAs for unhealthy and unsafe rises in ozone levels, as well as particulates. The consistently high levels of ozone pollution during spring and summer resulted in a record number of HPA days in 2018 (55 HPA days compared to 45 in 2017).

On HPA days, state employees are encouraged to carpool, telework, take transit, stay in for lunch, combine trips, avoid drive-thru options, and refuel after dark. These employees chose an alternate mode in August and September, entered the HPA contest and won \$5 Lyft credits:

- **Irene Hogan, Arizona Attorney General's Office**
- **Katie DiTullio, Arizona Department of Education**
- **Erik Gunness, Arizona State Parks Board**
- **Linzie Melgreen, Department of Economic Security**
- **Gerardo "Uriel" Rodriguez, Arizona Corporation Commission**
- **Lori Hofer, Arizona Department of Housing**

Coordinator's Corner

HPA emails, contests ending

In an effort to reduce the emails to the travel reduction coordinators, Capitol Rideshare will discontinue sending high pollution advisory (HPA) emails on HPA days. As noted on page 3, there were 55 HPAs issued so far this year; this includes 45 consecutive days of alerts from June 9 to Aug. 22. We heard from coordinators who reported fatigue among their colleagues about receiving email alerts every day. Coordinators may choose to subscribe to the Arizona Department of Environmental Quality (ADEQ) [air quality forecast email alerts](#) or coordinators can check the [ADEQ forecast online](#) and post the HPA alert signs on HPA days in common areas in the workplace, such as break rooms and at main entrances. Given the proliferation of public communications when HPAs are announced (ADOT digital signs, broadcast outlets and social media), sending daily emails to employees has become redundant. As we close out the HPA email alerts, we also are ending the HPA contests. Our final HPA winners are published on page 3.

New Employee Orientation

Capitol Rideshare staff is available to present an overview of the state's travel reduction program and services to employees at your agency's new employee orientation (NEO). We also sent you the redesigned Capitol Rideshare brochures to be included in new hire packets when new state employees are onboarded. To order additional brochures or to request a Capitol Rideshare speaker, please send an email with your NEO times and dates to RideshareHelp@azdoa.gov.

Reminders

GRID Bike Share renewals

For employees who were among the first to sign up last year for the discounted annual GRID Bike Share membership, it's time to renew. Because this exclusive program is only available to state employees using a state email address, you must go through the group membership registration. If your membership has ended, [follow this link](#) and register through Capitol Rideshare's group plan.

Visit Capitol Rideshare at the Benefits Expos

Capitol Rideshare will host a table at the various Benefits Expos this year (locations and dates below). Be sure to stop by and visit us and learn more about our programs!

ADOT	10/15/18
ADOA Tucson	10/18/18
ADOA Phoenix	10/24/18
Tempe Historical Museum	10/26/18
Rio Vista Rec Center	10/29/18
AHCCCS	10/30/18

Valley Metro holiday schedule

The holiday season will soon be here. Employees who take transit are advised to check the [Valley Metro 2018 holiday schedule](#).

Match list service for carpools and vanpools

Need to find someone to share the ride? Log on to SharetheRide.com and complete a match list. It takes just a few minutes and it is confidential. The tool will allow you to find others who are seeking commuters for a carpool or vanpool. Please be sure to check out our [online video about vanpool](#) as a commuting option!

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Editor: Mary Marshall



**CAPITOL
RIDESHARE**

Ride smarter. Breathe easier.