

# How to Sign up for Gohio Commute

<https://gohiocommute.com/s/metrohealth>

Updated – May 2021



HOME

EVENTS

LOGIN HERE

REGISTER

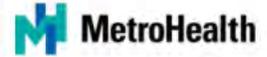
CONTACT US

FAQS



(Parent: Northeast Ohio (NOACA))

### MetroHealth



Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio.

This is a subnetwork of the Northeast Ohio (NOACA) network. You will be automatically joined to it as well upon joining this team/network.

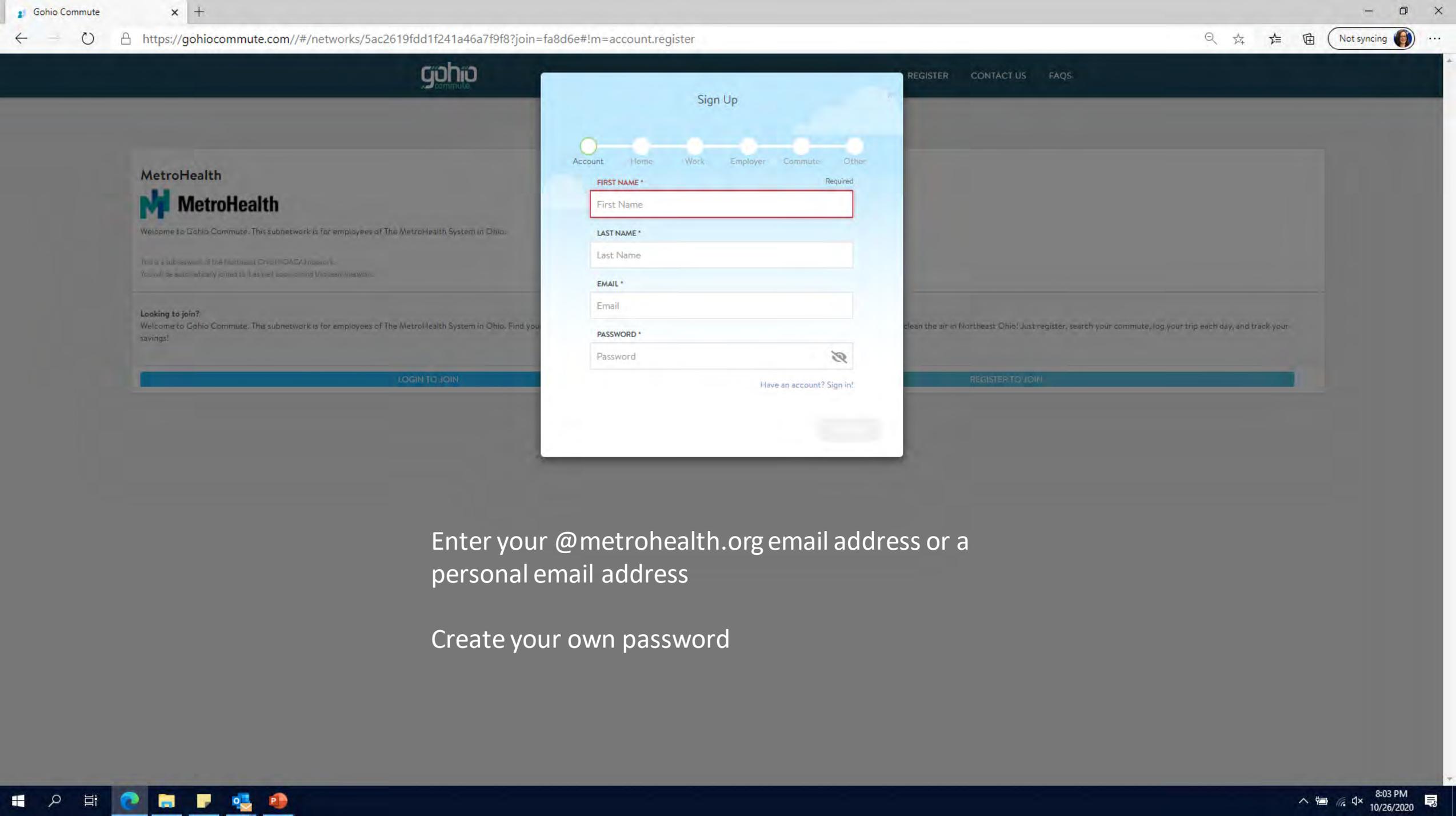
#### Looking to join?

Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio. Find your smarter, healthier, and more cost-effective way to commute to work and home each day, and help clean the air in Northeast Ohio! Just register, search your commute, log your trip each day, and track your savings!

LOGIN TO JOIN

REGISTER TO JOIN

Show account login form



### Sign Up



FIRST NAME \* Required

LAST NAME \*

EMAIL \*

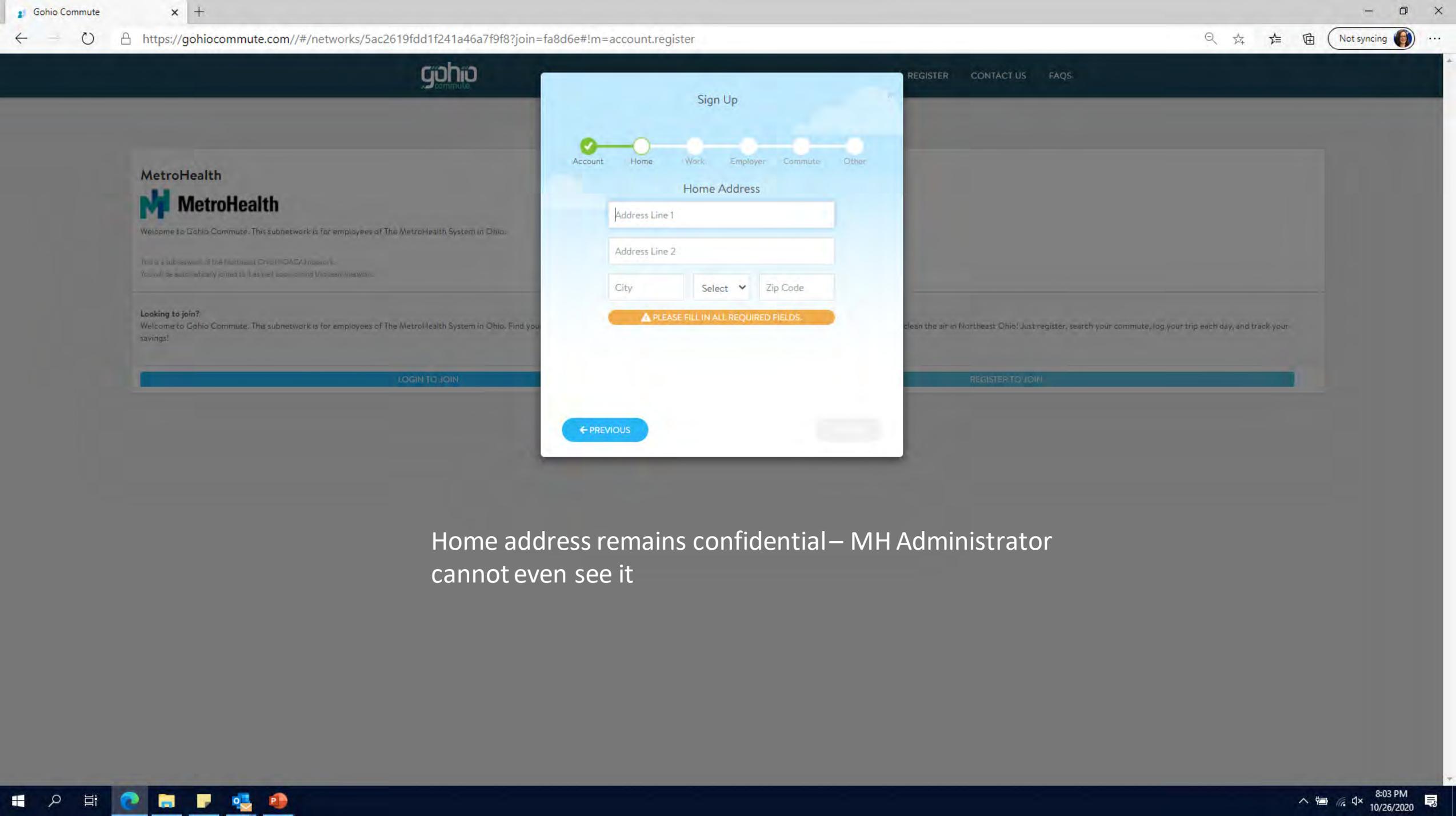
PASSWORD \*



Have an account? Sign in!

Enter your @metrohealth.org email address or a personal email address

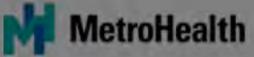
Create your own password



Home address remains confidential – MH Administrator cannot even see it



### MetroHealth



Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio.

This is a sub-network of the Northeast Ohio (NOAC) network. You will be automatically joined to it as well as your primary MetroHealth network.

**Looking to join?**  
Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio. Find your savings!

LOGIN TO JOIN

### Sign Up

Account Home Work Employer Commute Other

#### Work Address

Address Line 1

Address Line 2

City Select Zip Code

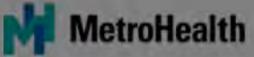
← PREVIOUS

clean the air in Northeast Ohio! Just register, search your commute, log your trip each day, and track your savings!

REGISTER TO JOIN



### MetroHealth



Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio.

This is a sub-network of the Northeast Ohio (NOAC) network. You will be automatically joined to it as well as your other MetroHealth networks.

#### Looking to join?

Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio. Find your savings!

LOGIN TO JOIN

REGISTER TO JOIN

### Sign Up

Account Home Work Employer Commute Other

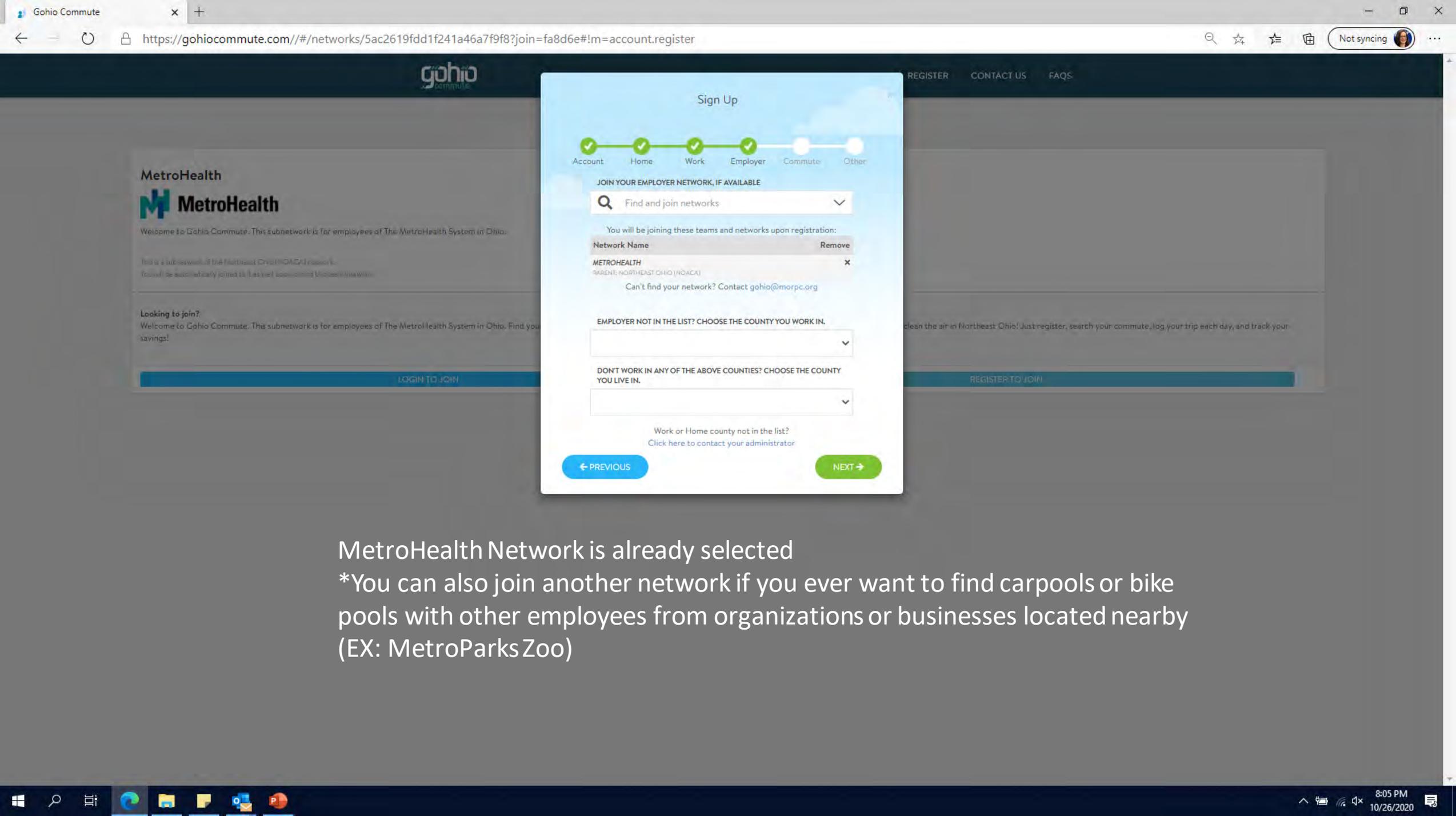
#### Work Address

2500 MetroHealth Drive

Address Line 2

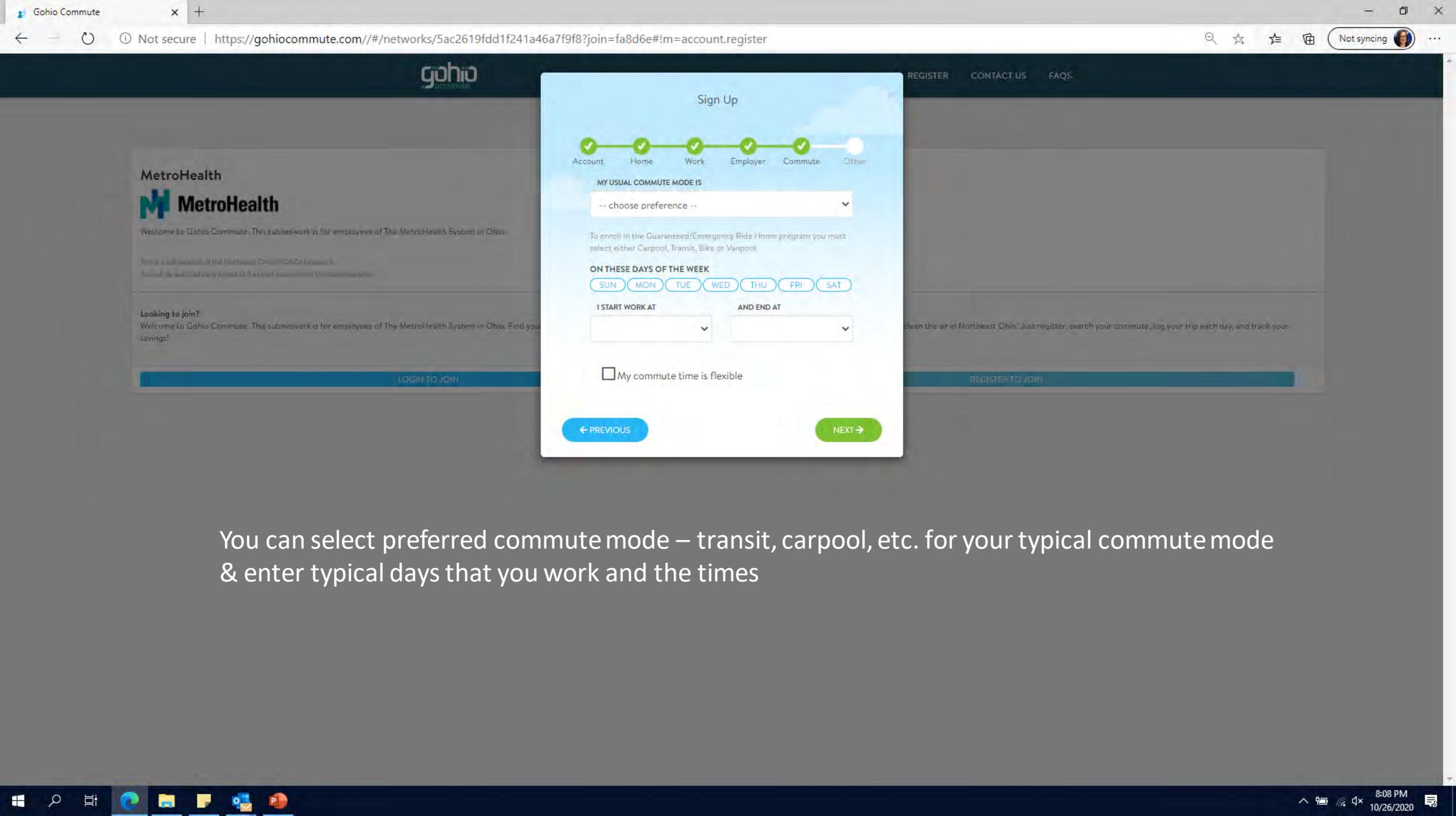
Cleveland Ohio 44109

← PREVIOUS NEXT →

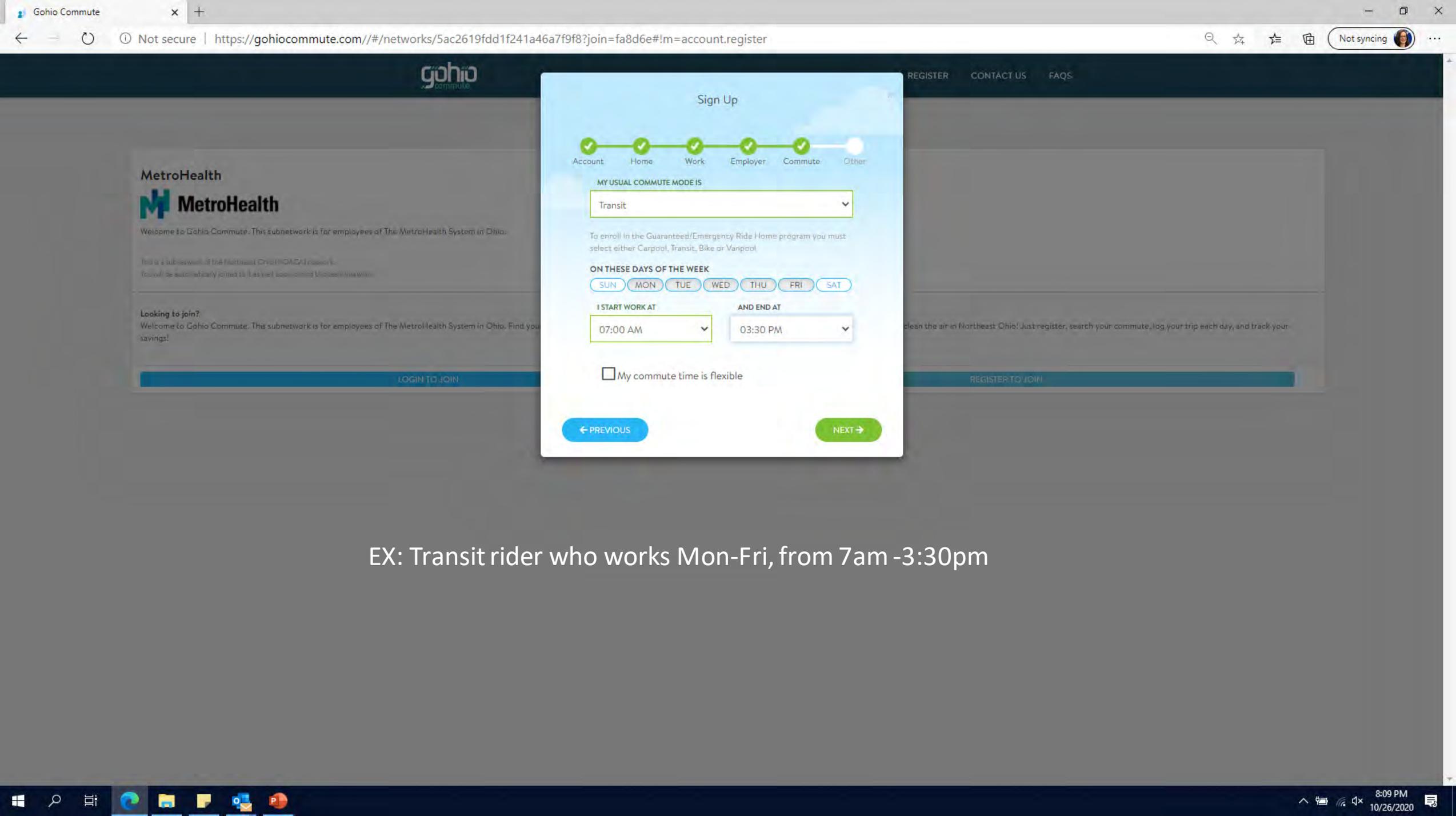


MetroHealth Network is already selected

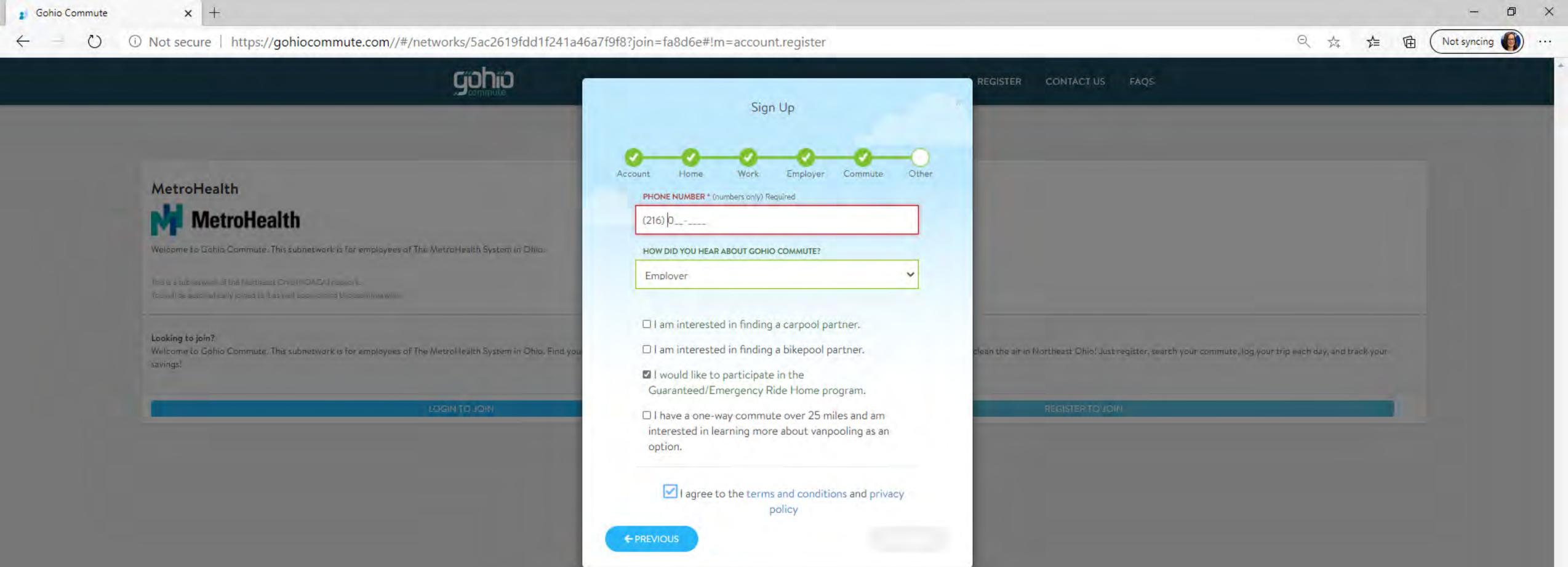
\*You can also join another network if you ever want to find carpools or bike pools with other employees from organizations or businesses located nearby (EX: MetroParksZoo)



You can select preferred commute mode – transit, carpool, etc. for your typical commute mode & enter typical days that you work and the times



EX: Transit rider who works Mon-Fri, from 7am -3:30pm



Phone number remains confidential – MH Administrator cannot even see it

To get matched with a carpooler or bikepooler from MH – check first box “I am interested in finding a carpool / bike pool partner”

Guaranteed Ride Home – for car and bike pools – 4 times/year – get reimbursed for uber/taxi ride home in an emergency situation



Welcome! Your account has been created and you are now logged in.

OK



Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio.

You are a member of this network.

Welcome back to MetroHealth's employee network on Gohio Commute. Find your smarter, healthier and more cost-effective commute, and help clean the air in Northeast Ohio. Don't forget to log your commute each day, and track your savings!

LEAVE METROHEALTH

GO TO YOUR DASHBOARD



Hi Sam!

**Almost done!** x

Tell us about your normal commute. From here, you can define your preferences and choose to participate in our alternative transportation program.

[Don't ask me again](#) [NOT NOW](#) [OKAY, LET'S GO!](#)

## MetroHealth

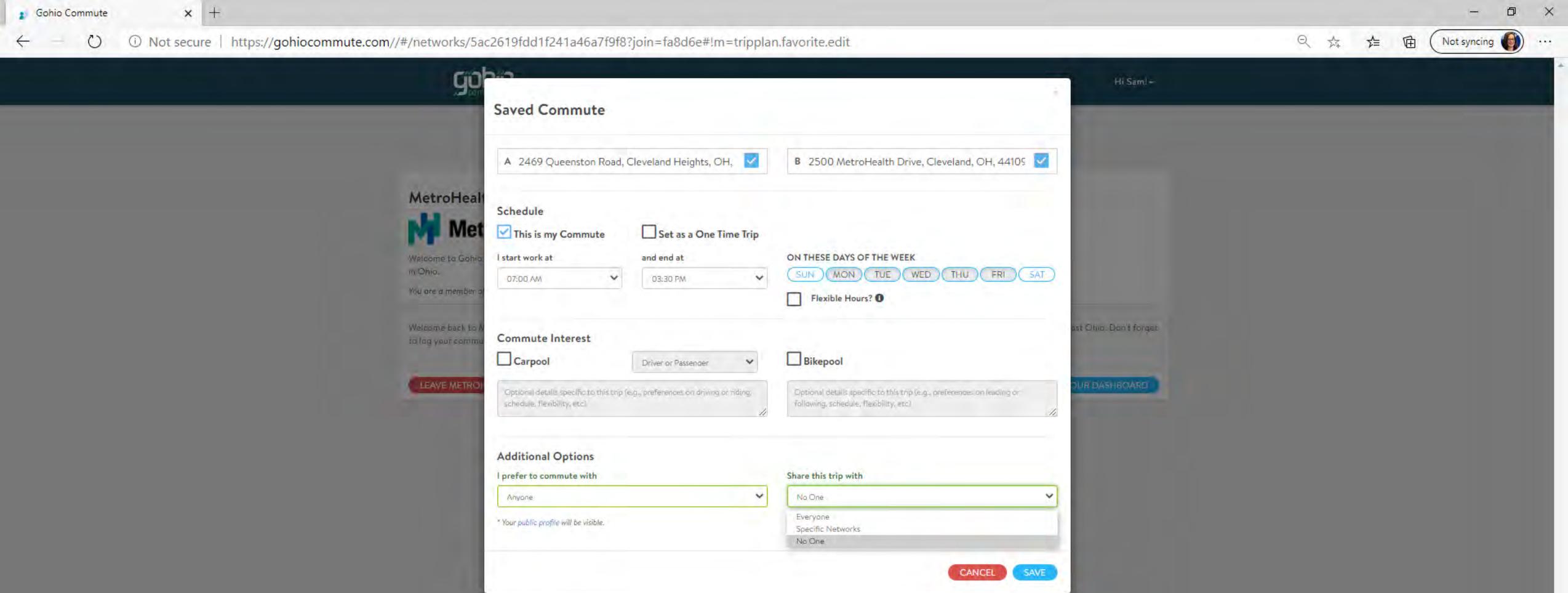
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[LEAVE METROHEALTH](#)

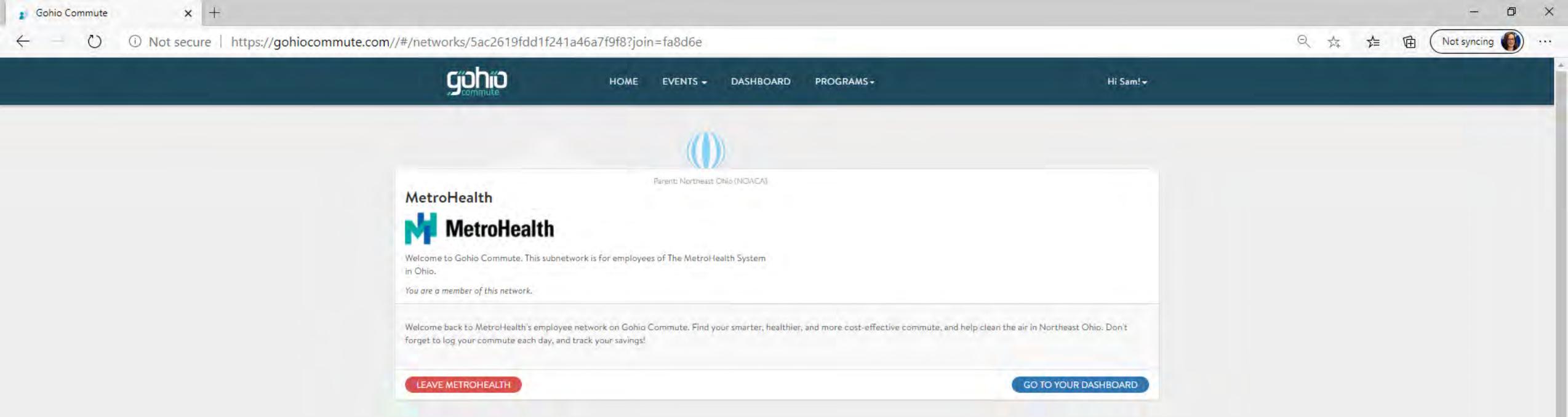
[GO TO YOUR DASHBOARD](#)



Home to Work addresses you entered become your default Saved Commute

If you are a carpooler or bikepooler – select if you want to be driver or passenger, add other notes

“I prefer to commute with...” Can select MetroHealth only, if want



You are all set up! Log your commutes each day or....you can do it just twice a month, or....use the Commute Tracker to get reminders to log your commutes (see next few slides)

### 2021 MetroHealthy Program

- Earn 100 points for registering for Gohio Commute
- Earn up to 400 points / week for biking, walking, transit, carpool, telework commutes (100 per commute day)



**MY COMMUTES**

2469 Queenston Road > 2500 Met

**From:** 2469 Queenston Road, Clev... **To:** 2500 MetroHealth Drive, C...

Leave By: 10/26/2020 08:15 PM

WEATHER WILL BE ☁ AND 47°

**20 CARPOOL OPTIONS**

**4 TRANSIT OPTIONS**  
11.4 mi, 60 min

**WALK**  
9.8 mi, 3 hr 23 min

**2 BIKE OPTIONS**  
10.6 mi, 1 hr 2 min

**DRIVE**  
11.7 mi, 25 min

**20 BIKEPOOL OPTIONS**

MY MEMBERSHIPS ★ ADD ANOTHER COMMUTE

**COMMUTE OPTIONS**

Easily compare transportation modes and find others to carpool, vanpool or bike together.

Start

Destination

MANAGE MY PROFILE

**NEO Clean Air Challenge**

Commuter Choice Awards

**\$0.00**

YOU HAVE ALREADY SAVED

Use the trip logger to record your trips and see your personal stats.

VIEW ALL MY STATS

**ACHIEVEMENTS**

You have no Achievements

VIEW ACHIEVEMENTS

VIEW ALL MY CHALLENGES

- Users
- Networks

TOP COMMUTERS	TRIPS
Susan	1,857

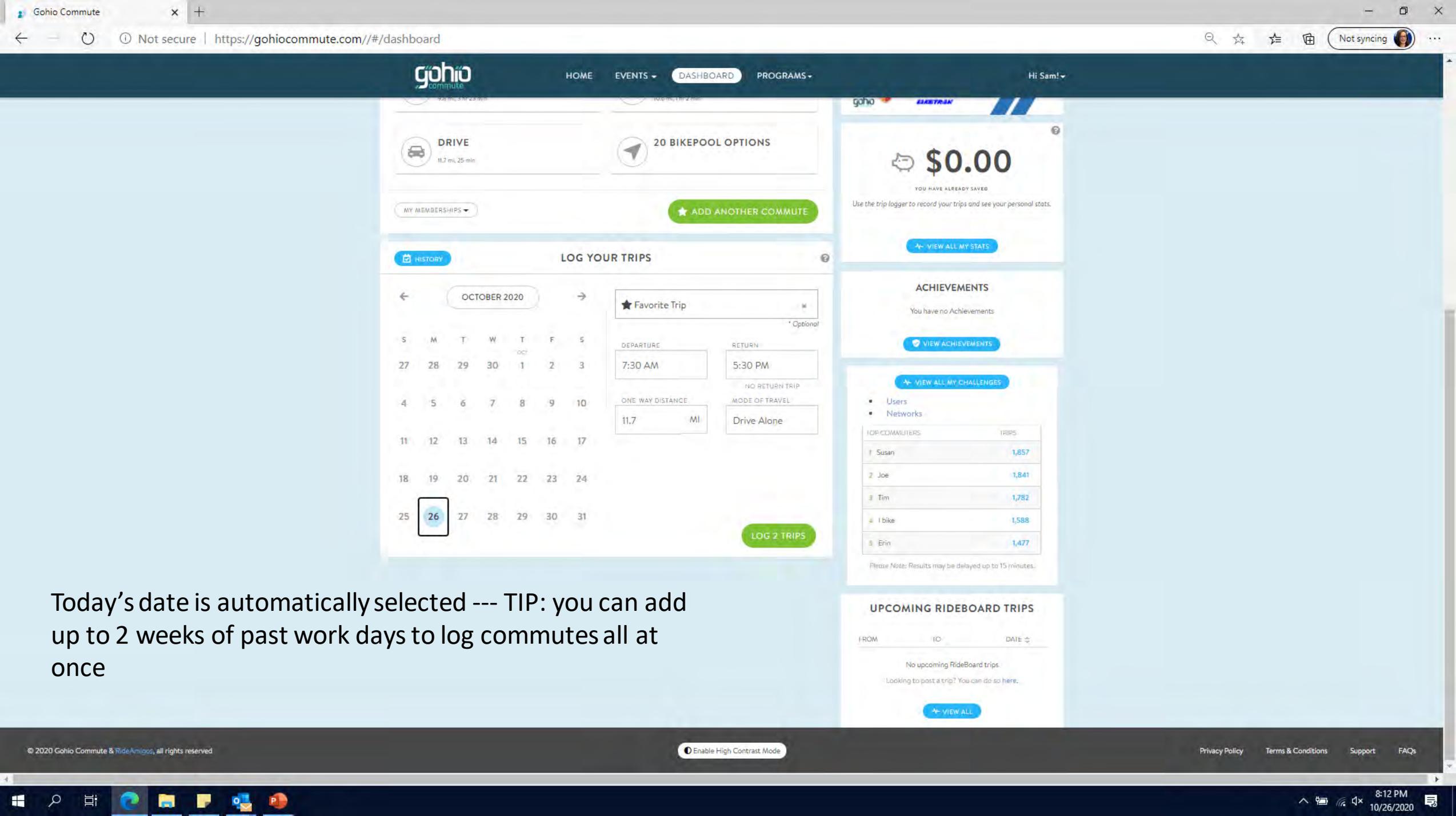
**LOG YOUR TRIPS**

OCTOBER 2020

Favorite Trip

DEPARTURE: 7:30 AM RETURN: 5:30 PM

ONE WAY DISTANCE: 11.7 MI MODE OF TRAVEL: Drive Alone



Today's date is automatically selected --- TIP: you can add up to 2 weeks of past work days to log commutes all at once



**DRIVE**  
11.7 mi, 25 min

**20 BIKEPOOL OPTIONS**

MY MEMBERSHIPS

ADD ANOTHER COMMUTE

**LOG YOUR TRIPS**

OCTOBER 2020

S	M	T	W	T	F	S
				OCT		
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

★ Favorite Trip

DEPARTURE: 7:30 AM

RETURN: 5:30 PM

NO RETURN TRIP

ONE WAY DISTANCE: 11.7 MI

MODE OF TRAVEL:

- Drive Alone
- Select Mode
- Bike
- Bikeshare
- Carpool
- Drive Alone
- Ridehailing
- Transit
- Vanpool
- Walk
- Micro-Transit
- E-Scooter
- Telework
- Day Off

**\$0.00**

YOU HAVE ALREADY SAVED

Use the trip logger to record your trips and see your personal stats.

VIEW ALL MY STATS

**ACHIEVEMENTS**

You have no Achievements

VIEW ACHIEVEMENTS

VIEW ALL MY CHALLENGES

- Users
- Networks

TOP COMMUTERS	TRIPS
1 Susan	1,857
2 Joe	1,841
3 Tim	1,782
4 I bike	1,588
5 Erin	1,477

Please Note: Results may be delayed up to 15 minutes.

**UPCOMING RIDEBOARD TRIPS**

FROM TO DATE

No upcoming RideBoard trips.

Looking to post a trip? You can do so here.

VIEW ALL

Make a mistake?  
Select "History"  
button to edit  
commutes that you  
entered

The screenshot shows the goho commute dashboard. At the top, there's a navigation bar with 'HOME', 'EVENTS', 'DASHBOARD', and 'PROGRAMS'. The user is logged in as 'Hi Sam!'. Below the navigation, there are several cards: 'DRIVE' (11.7 mi, 25 min), '20 BIKEPOOL OPTIONS', and a '\$0.00' savings card. A 'HISTORY' button is highlighted in blue. Below it, the 'LOG YOUR TRIPS' section features a calendar for October 2020. The date '12' is selected and highlighted with a black box. To the right of the calendar is a form for logging a trip, with fields for 'DEPARTURE' (7:30 AM), 'RETURN' (5:30 PM), 'ONE WAY DISTANCE' (11.7 MI), and 'MODE OF TRAVEL' (Day Off).

Select a date to edit  
and this editing box  
pops out

This screenshot is a zoomed-in view of the 'LOG YOUR TRIPS' section. The calendar for October 2020 is shown, with the date '12' selected and highlighted with a black box. To the right of the calendar, a 'MY TRIP REPORT' box is visible, showing two trip entries for Monday, October 12, 2020. Each entry includes the time, mode of travel, and distance, along with edit and delete icons. The first entry is '7:30 AM, Drive Alone, 11.7 mi' with locations 'A 2469 Queenston Rd, Cleveland H...' and 'B 2500 Metrohealth Dr, Cleveland...'. The second entry is '5:30 PM, Drive Alone, 11.7 mi' with locations 'A 2500 Metrohealth Dr, Cleveland...' and 'B 2469 Queenston Rd, Cleveland H...'.



MY MEMBERSHIPS

★ ADD ANOTHER COMMUTE

LOG TRIPS

### LOG YOUR TRIPS

← DECEMBER 2020 →

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Mon - Dec 14, 2020

A 2500 Metrohealth Dr, Cleveland...  
B 2469 Queenston Rd, Cleveland H...

TIME: 11:30 PM

MODE: **Carpool**

DISTANCE: 11.7 MI

CANCEL SAVE

You have no Achievements

VIEW ACHIEVEMENTS

VIEW ALL MY CHALLENGES

- Users
- Networks

TOP COMMUTERS	TRIPS
1 Susan	1,943
2 Joe	1,934
3 Tim	1,842
4 I bike	1,664
5 Erin	1,492

Please Note: Results may be delayed up to 15 minutes.

### UPCOMING RIDEBOARD TRIPS

FROM TO DATE

No upcoming RideBoard trips

Looking to post a trip? You can do so here.

VIEW ALL

Speaking:

Kristen Kim

Joseph Sheha

The dashboard displays the following information:

- Navigation:** HOME, EVENTS, DASHBOARD (selected), PROGRAMS, Hi Sam!
- Route:** From: 2469 Queenston Road, Clev... To: 2500 MetroHealth Drive, C...
- Leave By:** 10/26/2020, 08:15 PM
- Weather:** WEATHER WILL BE ☁ AND 47°
- Options:**
  - 20 CARPOOL OPTIONS
  - 4 TRANSIT OPTIONS (11.4 mi, 60 min)
  - WALK (9.8 mi, 3 hr 23 min)
  - 2 BIKE OPTIONS (10.6 mi, 1 hr 2 min)
  - DRIVE (11.7 mi, 25 min)
  - 20 BIKEPOOL OPTIONS
- Memberships:** MY MEMBERSHIPS, ADD ANOTHER COMMUTE
- LOG YOUR TRIPS:**
  - Calendar for OCTOBER 2020 with dates 12-16 and 19-23 highlighted.
  - Favorite Trip: \* Optional
  - DEPARTURE: 7:30 AM, RETURN: 5:30 PM
  - ONE WAY DISTANCE: 11.7 MI, MODE OF TRAVEL: Day Off
- Summary Cards:**
  - Destination input field
  - MANAGE MY PROFILE
  - NEO Clean Air Challenge banner
  - \$132.44** YOU HAVE ALREADY SAVED. Use the trip logger to record your trips and see your personal stats. VIEW ALL MY STATS
  - ACHIEVEMENTS: You have no Achievements. VIEW ACHIEVEMENTS
  - VIEW ALL MY CHALLENGES
  - TOP COMMUTERS:
 

Users	TRIPS
Susan	1,857
Joe	1,841
Tim	1,782
1 bike	1,588

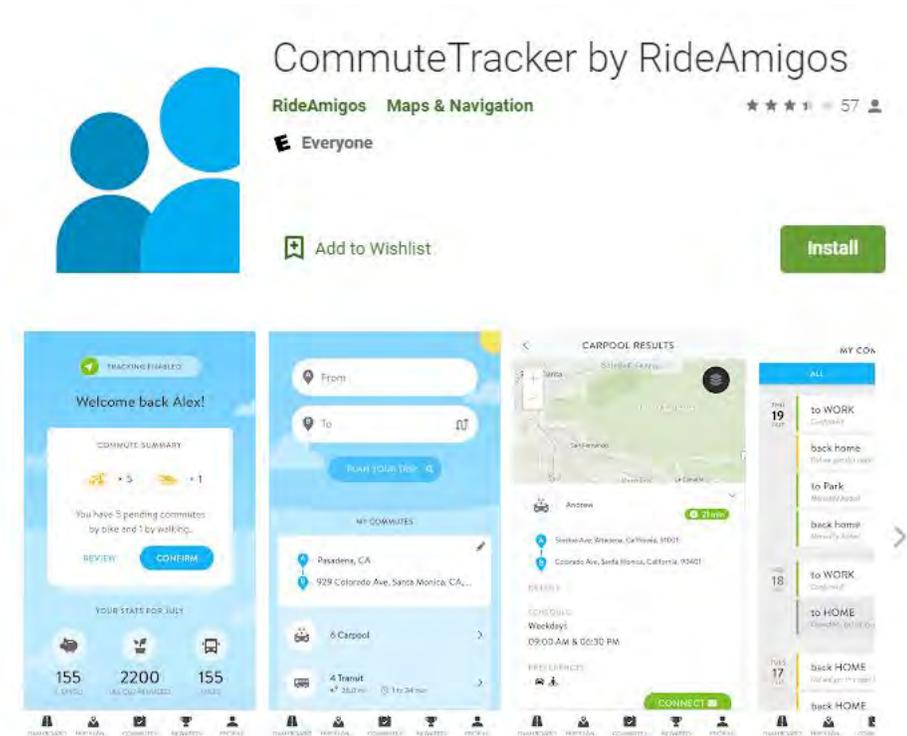
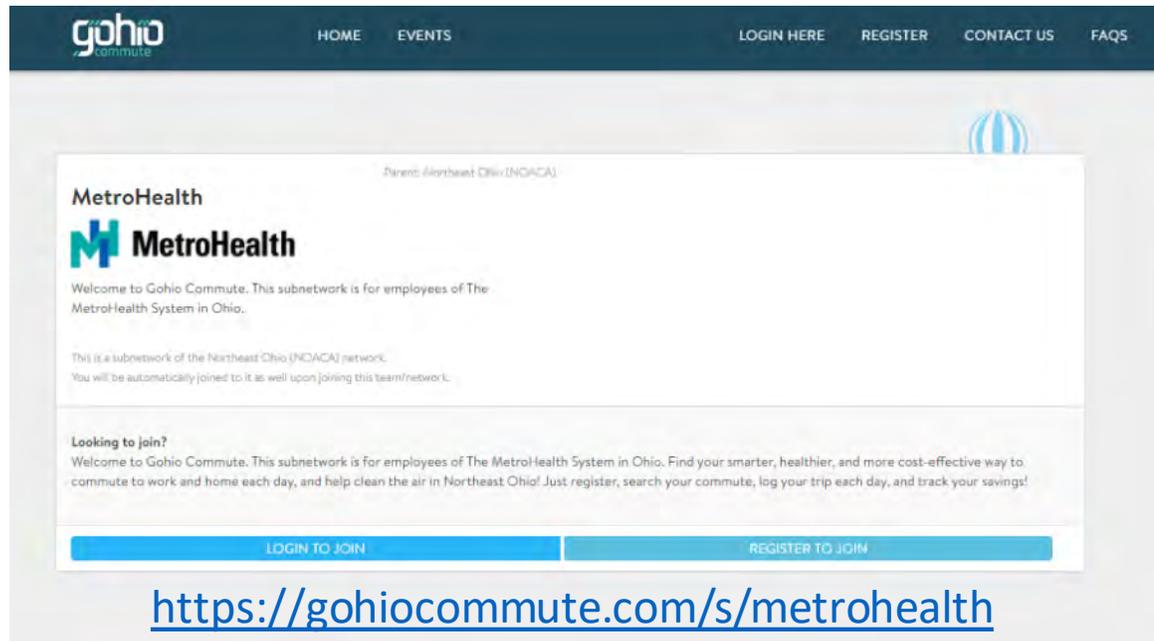
Dashboard gets updated with savings

“View all my stats” shows total number of trips, total miles traveled & non-SOV distance traveled; also tells you calories burned, carbon emissions avoided

The modal window displays the following statistics:

- Stats / Trips:**
  - 22 TRIPS LOGGED
  - 0 NON-SOV TRIPS
  - 257.4 mi DISTANCE LOGGED
  - 0 ft NON-SOV DISTANCE
- Environmental Impact:**
  - 189.8 lbs CO2 REDUCED
  - 0 CALORIES BURNED
  - \$132.44 MONEY SAVED
- Footer:** CLOSE, LOG YOUR TRIPS, \*estimated results, Non-SOV = Non-Single Occupant Vehicle

# Commute Logging – Gohio Commute & Commute Tracker App



CommuteTracker by RideAmigos is the easy and fun way to connect to commuter programs and incentives from your employer or region!

Good for logging commute trips  
\*\*Tracks your trips using your phone  
Connects to Gohio Commute