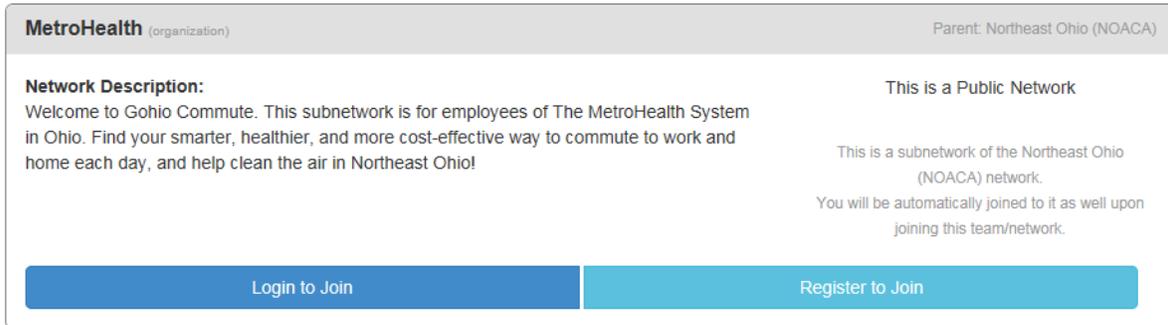


Gohio Commute – Account Creation Process

1. Go to <https://gohiocommute.com/s/metrohealth> and click on “Register to Join”.



MetroHealth (organization) Parent: Northeast Ohio (NOACA)

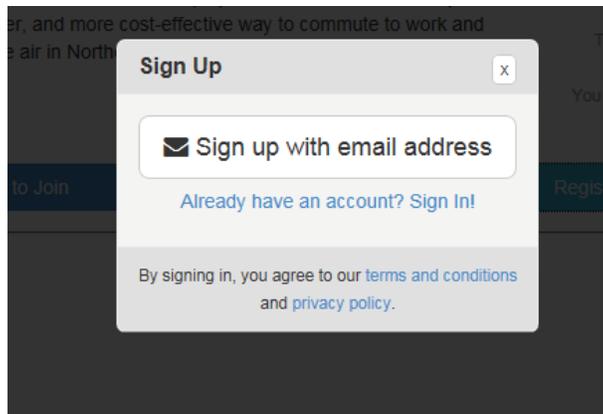
Network Description:
 Welcome to Gohio Commute. This subnetwork is for employees of The MetroHealth System in Ohio. Find your smarter, healthier, and more cost-effective way to commute to work and home each day, and help clean the air in Northeast Ohio!

This is a Public Network

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

Login to Join Register to Join

2. Click “Sign up with email address” and provide an email address you most frequently use (*to connect to your MetroHealthy Account, use the same email address you used for that program).



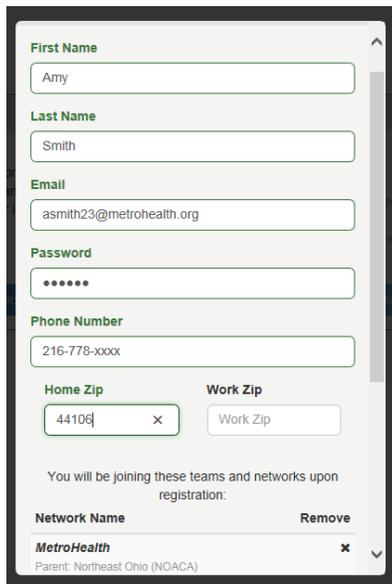
Sign Up x

Sign up with email address

[Already have an account? Sign In!](#)

By signing in, you agree to our [terms and conditions](#) and [privacy policy](#).

3. Complete the fields below and click “Sign Up!”



First Name
Amy

Last Name
Smith

Email
asmith23@metrohealth.org

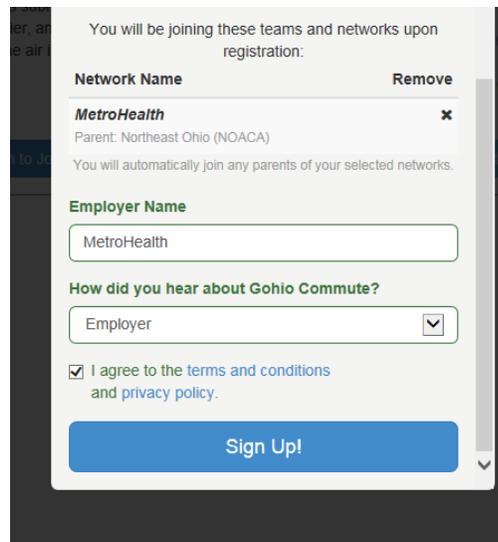
Password
••••••

Phone Number
216-778-xxxx

Home Zip 44106 x **Work Zip**

You will be joining these teams and networks upon registration:

Network Name	Remove
MetroHealth Parent: Northeast Ohio (NOACA)	x



You will be joining these teams and networks upon registration:

Network Name	Remove
MetroHealth Parent: Northeast Ohio (NOACA)	x

You will automatically join any parents of your selected networks.

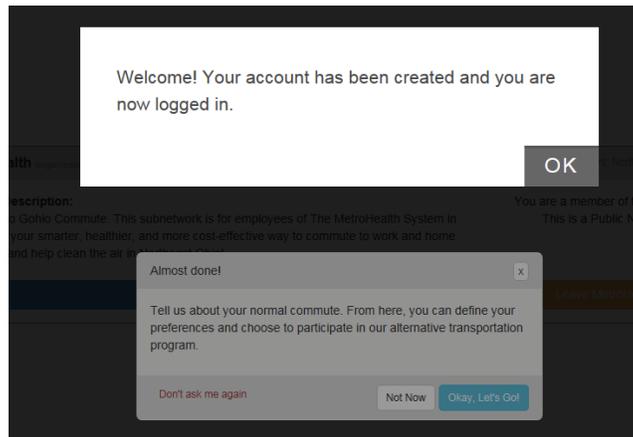
Employer Name
MetroHealth

How did you hear about Gohio Commute?
 v

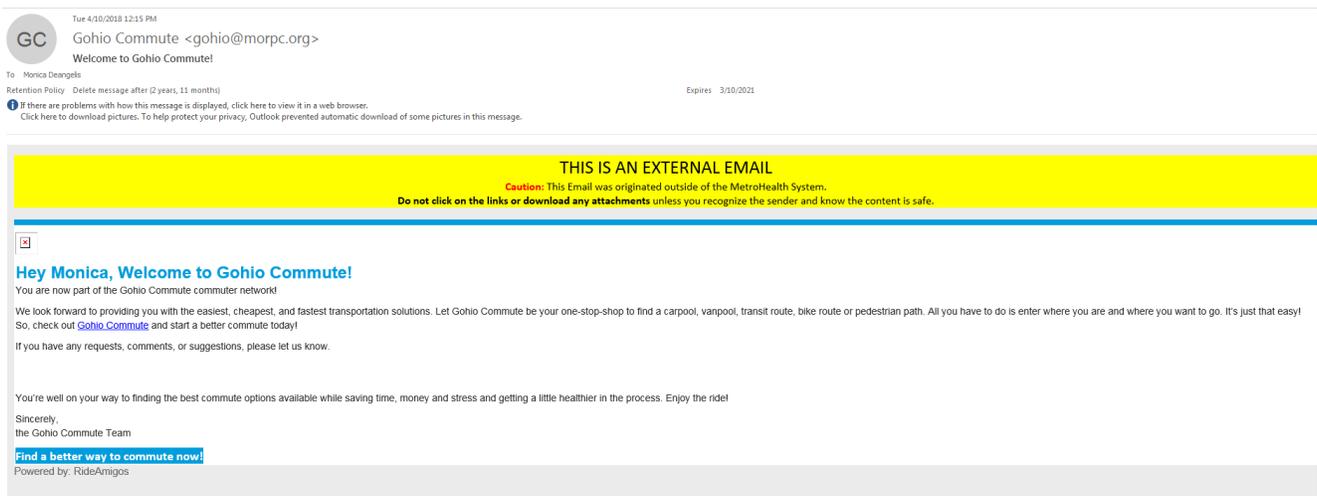
I agree to the [terms and conditions](#) and [privacy policy](#).

Sign Up!

- Once your account has been created, you will click “OK”. [You will also receive a welcome email from Gohio Commute for your records!]



[Example of welcome email automatically, below].



- Complete your commute information and click “Save”.

A screenshot of a web form for entering commute information. The form is titled "1210 S Circleview Dr, Independence, Ohio, 44131 to 2500 Metrohealth Dr, Cleveland, Ohio, 44109". It has sections for "Locations & Schedule" with two location fields (A and B) and a "Flexible Hours?" section with a start and end time dropdown and a day-of-the-week selector. The "Commute Interest" section has two main options: "Carpool" (with a dropdown for "Driver or Passenger") and "Bikepool". Each has a "Notes" field for optional details. The "Additional Options" section has two dropdowns: "I prefer to commute with" (set to "Anyone") and "Share this trip with" (set to "Everyone (Public/Shared with all users)"). At the bottom right are "Remove" and "Save" buttons.

6. Have fun exploring your Dashboard.

MetroHealth (organization)
Parent: Northeast Ohio (NOACA)

Network Description:
 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!

You are a member of this network.
 This is a Public Network

Go to your Dashboard

Leave MetroHealth

USERS	TRIPS
1 Joe	965
2 Tim	564
3 Susan	509
4 I bike	456
5 Annie	440

7. Hit “View My Commute Options” button in “My Commutes” box or “Start” and “Destination” box to see options

8. Log your commute trips for up to 2 weeks

Log Your Trips

As you travel, record your commutes here to participate in programs, contests, and more! Triplog dates must be within the last 2 weeks.

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	1	2	3	4	5

Log Trips | History

Selected Dates: 04/16/18

★ Favorite Trip

Departure Time: 6:00 AM

Return Time: 5:30 PM

No Return Trip

One-Way Distance

Mode of Travel

- Select Mode
- Bike
- Bikeshare
- Carpool
- Drive Alone
- car2go
- Transit
- Vanpool
- Walk
- Telework
- Day Off

Log 2 Trips

9. Connect Apps in Your Profile (Strava or Ride Amigos “Commute Tracker”, available in App Store / GooglePlay)

Personal Details

My Statistics

Public Profile

My Networks

Login Credentials

Connected Apps

Deactivate Account

Connected Apps

You can connect your account to external services which can automatically log your trips and more!



Commute Tracker by rideamigos

Automatically log your trips by connecting your account to the Commute Tracker by RideAmigos.

✔ You are currently connected | ✖ Disconnect / Generate New Connect Pin



COMPATIBLE WITH

Strava

Connect your account to Strava to automatically log trips to and from work. [More info?](#)

You are connected to Strava

✖ Disconnect

10. Questions?

- a. Gohio Commute help - <https://gohiocommute.com/#/pages/about-noaca#!m=faq> or email noaca@mpo.noaca.org
- b. MetroHealthy Points help - metrohealthy@metrohealth.org
- c. MetroHealth Sustainability – sokeeffe@metrohealth.org