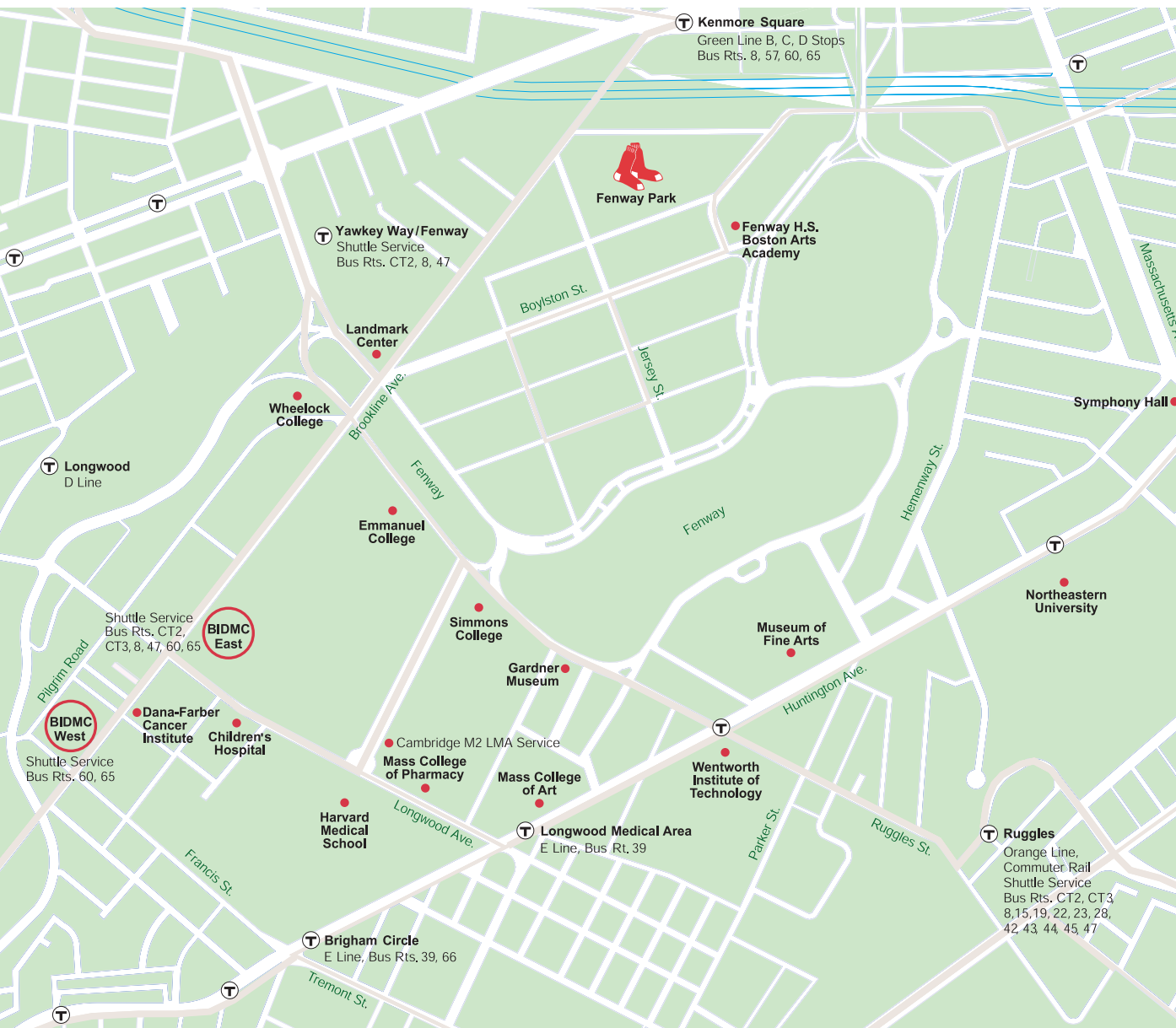


# Longwood Medical Area



Check  
[www.mbt.com](http://www.mbt.com)  
for up-to-date bus and subway schedules

BIDMC has been designated one of the



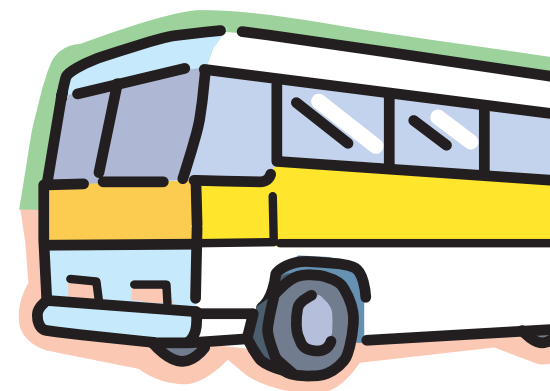
by the Environmental Protection Agency.

BIDMC Commuter Services

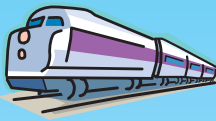


# Arrive Happy

*Beth Israel Deaconess Medical Center can help make your commute easier – and more affordable.*



## Ride for Less



BIDMC subsidizes MBTA bus, subway, commuter rail and other public transportation costs pre-tax up to 45 percent or \$65 a month. Payroll deduction and convenient pass pick-up make it easy. Your options include:

- ⇒ Several stops on the E and D green lines of the MBTA
- ⇒ Multiple MBTA bus lines
- ⇒ The Framingham/Worcester line of the commuter rail, which stops at Yawkey Way, a short walk or shuttle ride from BIDMC

Check [www.mbta.com](http://www.mbta.com) for details.

And if you MUST bring your car occasionally, BIDMC offers flexible day-pass parking.

## Grab a Shuttle



MASCO (medical, academic and scientific community organization) serves BIDMC and other area institutions with:

- ⇒ Frequent service to and from the MBTA Ruggles stop served by the MBTA orange line and the commuter rail
- ⇒ Frequent service to and from the JFK/UMass stop served by the MBTA red line and the commuter rail
- ⇒ A low-cost shuttle between Cambridge and the Longwood medical area (LMA)

## Join In: Car Pools, Van Pools and More



BIDMC has joined other LMA institutions to form CommuteWorks, which provides:

- ⇒ Coordination of van and car pools
- ⇒ Emergency rides home for pool participants (and BIDMC's occasional day pass parking when you need it)
- ⇒ Access to a Zipcar for personal and professional errands
- ⇒ Ride-matching
- ⇒ Personalized commute assistance
- ⇒ Information on biking and walking to work

See [www.masco.org/commuteworks](http://www.masco.org/commuteworks) for information.

## Bring Your Bike



Two-wheelers are welcome! We offer secure, covered bicycle parking racks and cages. In addition, BIDMC's low-cost, on-site health club, BeWell!, offers full locker room services.

## Nights and Weekends

BIDMC staff who work nights and weekends can choose from several options. Visit commuter services for details.



## If You Must Park

Parking in the LMA is scarce – and expensive. One parking jewel is the **Crosstown Center Parking Facility**, a new garage within a stone's throw of the south side of Route 93. This modern garage offers heated and lighted waiting areas, a 24-hour attendant, and on-site coffee and other services as well as free, frequent MASCO shuttle service. Commuter services can tell you more about this and other parking options.



## For More Information

Stop by commuter services on Kirstein 2, east campus, call us at (617) 667-3035, or visit the commuter services Web site at [www.home.caregroup.org](http://www.home.caregroup.org), how to information > commuter services.

## Beth Israel Deaconess Medical Center

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A teaching hospital  
of Harvard  
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*Affiliated with Joslin Clinic*

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