Telework, also referred to as Telecommuting, is not an all or nothing concept, it in itself is flexible. For many work environments, especially for knowledge workers, 1-2 days a week strikes an optimal balance. Such arrangements allow for a weekly dose of uninterrupted work as well as a significant presence in the workplace. Statistically-supported benefits include:

**Employee Satisfaction:**
- 36% of employees would choose FWAs over a pay raise
- A poll of 1,500 technology professionals revealed that 37% would take a pay cut of 10% if they could work from home.
- 80% of employees consider telework a job perk.

**Attrition:**
- 14% of Americans have changed jobs to shorten the commute
- 46% of companies that allow telework say it has reduced attrition
- Two-thirds of employees would take another job to ease the commute.

**Unscheduled Absences:**
- 78% of employees who call in sick, really aren’t. They do so because of family issues, personal needs, and stress.
- Teleworkers typically continue to work when they’re sick (without infecting others).

**Productivity:**
- Best Buy, British Telecom, Dow Chemical, and many others show that teleworkers are 35-40% more productive.
- In direct comparisons, AT&T found its telecommuters worked five more hours at home than its office workers. JD Edwards teleworkers were shown to be 20-25 percent more productive than their office colleagues. And American Express employees who worked from home were 43 percent more productive than workers in the office.
- Over two-thirds of employers report increased productivity among their telecommuters.

**Sustainability:**
- Sun Microsystems reported that its 24,000 U.S. employees participating in the Open Work Program avoided producing 32,000 metric tons of CO2 last year by driving less often to and from work.
- 70% of employees report they would see their companies in a more favorable light if they helped them reduce their carbon emissions.
- Traffic jams idle away almost three billion gallons of gas and accounts for 26 million extra tons of greenhouse gases.