

September



is Mental Health

Awareness Month



wellness@transitchicago.com



Employee Assistance Program Webcast

Suicide Awareness for Managers

Wednesday, September 4 at 1 pm



**Suicide is a difficult topic, but one that's vital to discuss.
Learn about risk factors, common warning signs, and how to
respond if someone is struggling.**



Register to view live or watch at a later time

<https://bit.ly/4502ml8>



wellnesscoach@transitchicago.com

LIVE MEDITATION & DEEP BREATHING SESSION



Thursday, September 5

12 - 12:15 pm

WITH COACH YOHANNES



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



wellnesscoach@transitchicago.com



Join Wellness at the Transit Jamboree



Saturday, September 7, 2024

We are excited to combine our Wellness Health Fair with this year's Transit Jamboree. In addition to the thrill of the Rodeo, stop by the Wellness Health Fair to be a well-being winner.

- Health Vendors
- EAP Counselors
- Live Meditation Sessions
- Live Workouts
- Massage Chairs
- American Cancer Society
- Retirement & Financial Planning
- Health & Fitness Tips
- CVS Flu Shot Bus

Skokie Shops - 3701 W. Oakton St. Skokie, IL 60076

All employees and their families are welcome.



wellnesscoach@transitchicago.com



Ask The Expert

Keep Your Mind Sharp at Any Age

Thursday, September 12 at 1 pm

featuring

Debbie Friend

Register to view live or watch at a later time

<https://bit.ly/MindSharp2024>

[Register Here](#)



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Employee Assistance Program Webcast

Age is Just a Number: 50 & Beyond

Wednesday, September 18 at 1 pm

Is 50 the new 30? Aging brings new challenges, but also new opportunities. Discover ways to make most of this stage of life.

Register to view live or watch at a later time

<https://bit.ly/4502ml8>



Join live to
be entered
into our
Wellness
Raffle!



Well-Informed

Practicing Self Compassion

Wednesday, September 18 at 11 am

Featuring

Beth Devilbiss

Register Here

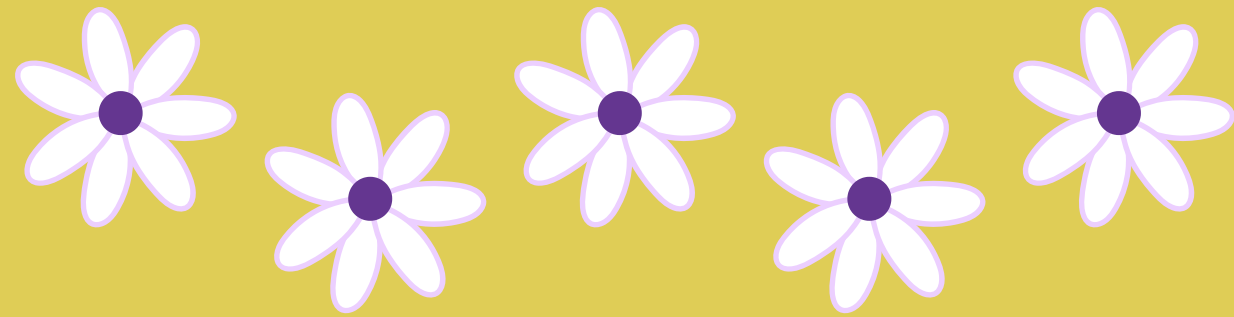
Register to view live or watch at a later time

<https://bit.ly/4760fki>



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Valid for CTA Employees Only

Walk to EndALZ

Soldier Field - Southeast Lawn

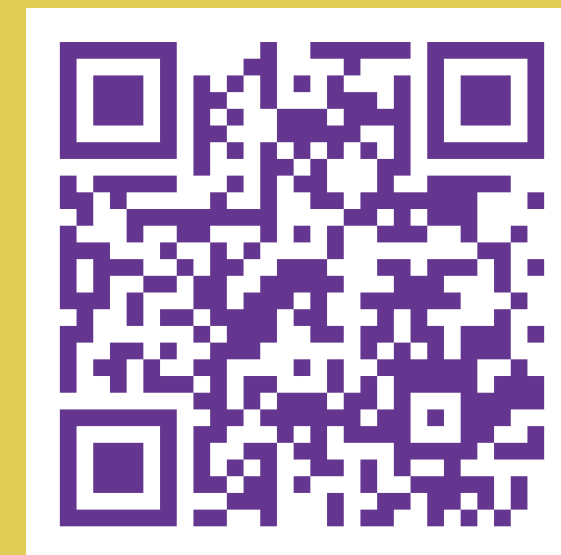
Saturday, September 21, 2024

Venue Opens at 8am | Race Starts at 9 am



THE END OF ALZHEIMER'S STARTS WITH YOU.

Register Here



<http://act.alz.org/goto/CTA>

Registration Instructions:

1. Visit <http://act.alz.org/goto/CTA>
2. Click Join Our Team
3. Create an account or Log-In
4. Complete Registration Info



Registered participants who achieve the fundraising minimum of \$100 will receive an official Walk to End Alzheimer's T-shirt provided by the walk organization. CTA Wellness is not providing T-shirts for this walk.



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Let's #ZEROout Prostate Cancer Together!

Valid for CTA Employees Only

Chicago - SEA Blue Run/Walk

Diversey Harbor

Sunday, September 22, 2024

Check-In 7:30 am | Race Starts at 9 am



Registration Instructions:

1. Visit <https://bit.ly/46Ph2Y7>
2. Click Join Team Chicago Transit Authority
3. Create an account or Log-In
4. Complete Registration Info

Note: T-shirts are only provided by the Zero Prostate Cancer organization directly NOT CTA Wellness.



Register Here



<https://bit.ly/ZeroPTeamCTA>

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Financial Fridays

Know your CTA 457 & 401k Plans

Friday, September 27 | 12 pm



Register to view live or watch at a later time

<https://bit.ly/4b1JecL>



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Move Mondays

LIVE WORKOUT SESSION

Core & More

Monday, September 30

12 - 12:30 pm

featuring Coach Travis

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/4aYJkkw>



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2024 Making Strides Against Breast Cancer Walk

Soldier Field - Saturday, October 5, 2024 | 10 am

Register by September 23 to Receive Your #TeamCTA Swag

Registration Instructions:

1. Visit <https://bit.ly/3shEo8Y>
2. Join Team Chicago Transit Authority
3. Create an account or Log-In
4. Complete Registration Info

#TeamCTA Swag Pickup Information:

- Pickup will be held at CTA Headquarters:
 - Oct. 2 | 5 pm - 7 pm & Oct. 3 | 3 pm - 5 pm
- Swag will be issued on a first come, first serve basis, while supplies last.
- Sizing pre-order & delivery are unavailable for this event.
- Swag is for registered and attending employees only.



REGISTER HERE



<https://bit.ly/46H7BL3>



CARRERA DE LOS MUERTOS

5K RUN/WALK

JUAREZ HS, PILSEN

Saturday, November 2, 2024 | 8 am

Valid for CTA Employees Only

Code: BUS&TRAINSCTA24

Registration Instructions:

1. Visit <https://bit.ly/3sfr5Gq>
2. Click Register Here for 2024
3. Choose Timed or Untimed
4. Complete Registration Info
5. Join TeamCTA w/ password teamcta
6. Click on, I Have a Coupon and Enter BUS&TRAINSCTA24
7. Complete Registration to receive confirmation email

Deadline to Register - October 26.



REGISTER HERE



<https://bit.ly/3sfr5Gq>



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HOT CHOCOLATE RUN GRANT PARK

Sunday, November 3, 2024 | 7:30 am

Registration Instructions:

1. Visit <https://bit.ly/3Ox5KQ4>
2. Click Sign Up Now
3. Choose 5k, 10k, 15k, or 2-Mile Walk
4. Log-In or Create Account
5. Complete Registration Info
6. At Checkout, Click on Coupon and Enter CTAHC24

Deadline to Register - October 27.



Free to All CTA Employees

Code: CTAHC24



REGISTER HERE



<https://bit.ly/3Ox5KQ4>



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Working On Wellness

“The Wellness Program has truly transformed my daily routine. It’s like having a personal guide that helps me tackle stress without resorting to my secret stash of snacks. Thanks to the amazing seminars, workout sessions, and resources provided by the Stress Reduction Workshops and Financial Literacy Seminars, I feel more balanced and supported.”

-Noé Villagómez, Jr.

Manager - Rail Maintenance
Forest Park Terminal



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**Lace up your sneakers and embark on a journey towards better health! Introducing the Wellness Runners Rewards Program.
Designed exclusively for you!**

**Join Wellness in embracing a healthier lifestyle through our Wellness Runners Rewards Program!
Earn incentives by completing runs at your own pace and enjoy the benefits of an improved well-being.**



Scan the QR Code and learn how to start earning your rewards!



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2024 Show Us Your Smile Dental Health Campaign



Thank you CTA Employees for submitting photos during the Show Us Your Smile campaign!



Visit myCigna.com to locate a nearby in-network dentist and schedule your biannual dental appointments today.



wellness@transitchicago.com

5 Ways to Maintain Good Mental Health



In this Thoughtful Thursdays segment, Coach Yohannes provides us with practical methods to help maintain good mental health.

View Here!



<https://bit.ly/3OELdJv>



Subscribe to the
Live Well Work Well YouTube Channel



wellness@transitchicago.com



STRESS MANAGEMENT PROGRAM

Choose the support you need

- Personalized Plans
- Workbooks and toolkits
- One-on-One support from specially trained health advocates



Available 24/7 Call 1-888-371-1125 or visit myCigna.com for more information.

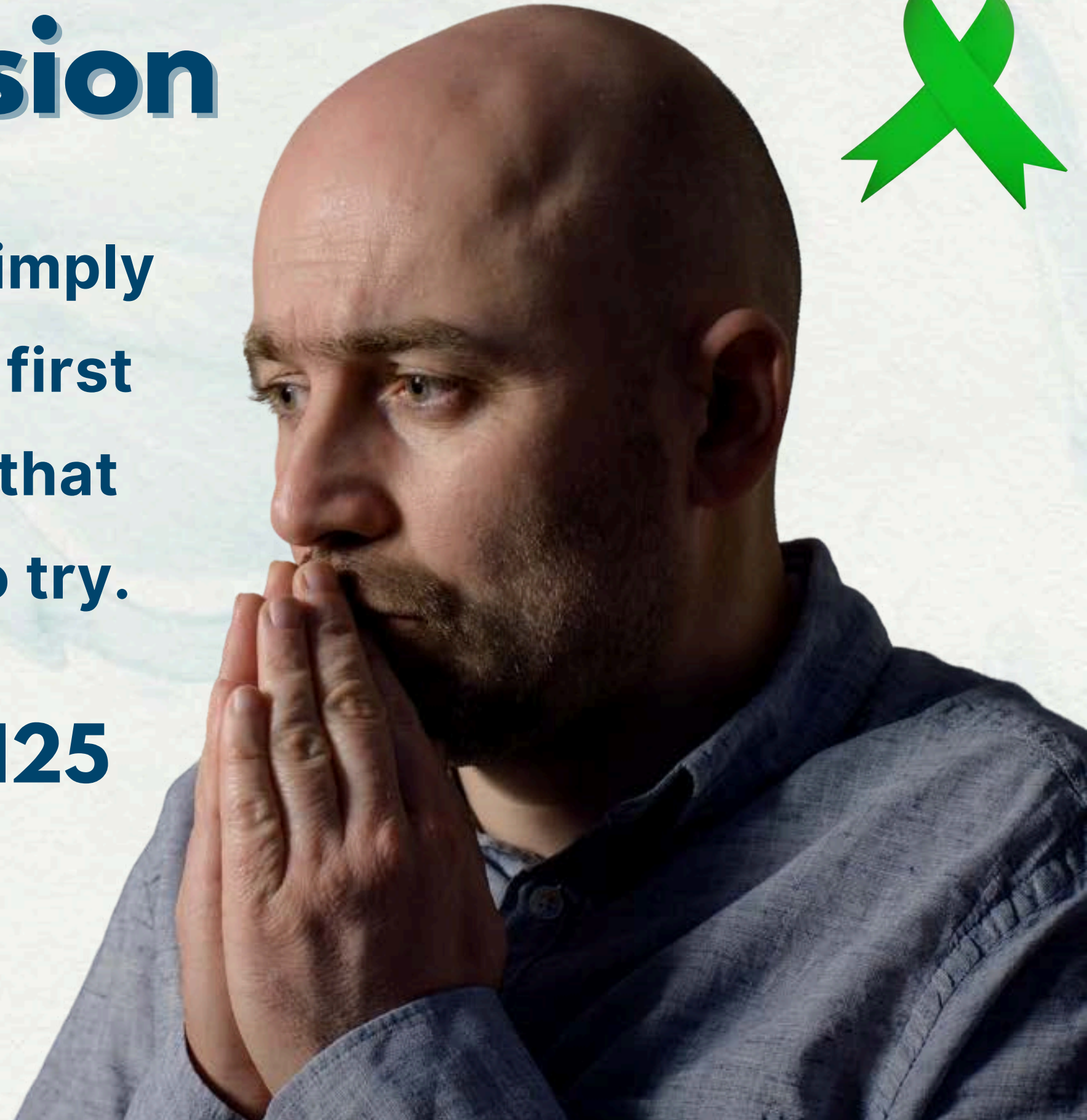


Get Help for Depression



Depression isn't something you can simply pull yourself out of on your own. The first step to feeling better is recognizing that treatment can help if you're willing to try.

To learn more, call **1-888-371-1125**
or visit **myCigna.com**



Available 24/7 Call 1-888-371-1125 or visit myCigna.com for more information.



6 Free Counseling Sessions Per Issue



**Provided Through Your
Employee Assistance Program**

EAP Resources:

1-888-371-1125

or

myCigna.com

Employer ID: CTA



Visit myCigna.com for more information.



Your Mental Health is Important



We are all facing challenging times; these times are especially difficult for front line personnel. Difficult, and sometimes, offensive customers can take a toll on your well-being. Wellness has a number of tools and resources available to help you cope and thrive.

Behavioral Wellness Webinars

Online seminars are available to you at your convenience with various topics related to your mental well-being. Log into cigna.com/eapwebcasts with your myCigna account and select any topic to register.

- **Stress and Our Perception**
- **Stress in Customer Service Roles**
- **Stress Relief: Train Your Brain**



Visit myCigna.com for more information.



CTA Cares

Real Support for Real Life

- › Assess your needs and find a solution to help resolve your concerns
- › Get the help you need when you're in a crisis situation
- › Receive 6 face-to-face or video-based counseling sessions per issue per year with an EAP professional
- › Get connected with the right mental health or substance use resources in your plan's network
- › Get directed to a variety of helpful resources in your community

Get the EAP support you need conveniently on myCigna.com

- › Search for an EAP professional in your network
- › Get educational materials on almost any work or life issue
- › Take a self-assessment to see how you're doing
- › Access our interactive tools and much more!

Call us anytime, any day.

1-888-371-1125 (24/7)

Or visit myCigna.com

CTA Cares

Real Solutions for Real Life – Get the EAP Support You Need.

- › Assess your needs and find a solution to help resolve your concerns
- › Get the help you need when you're in a crisis situation
- › Receive 6 face-to-face or video-based counseling sessions per issue per year with an EAP professional
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- › Access our interactive tools and much more!

Call us anytime, any day.

1-888-371-1125 (24/7)

Or visit myCigna.com

Find Your Right Fitness Program

In 3 Easy Steps

- 1** Find your perfect gym from thousands of options nation wide.
- 2** Enroll in minutes, with **no long-term contracts** or annual fees.
- 3** Start working out today!



Plus >>> 6,200+ Premium Gym Options at exercise studios.

Get Started: <https://discoverhealthyrewards.sites.cigna.com>

STANDARD FITNESS MEMBERSHIP

\$28/mo

12,500+ Fitness Centers

Active&Fit
DIRECT™

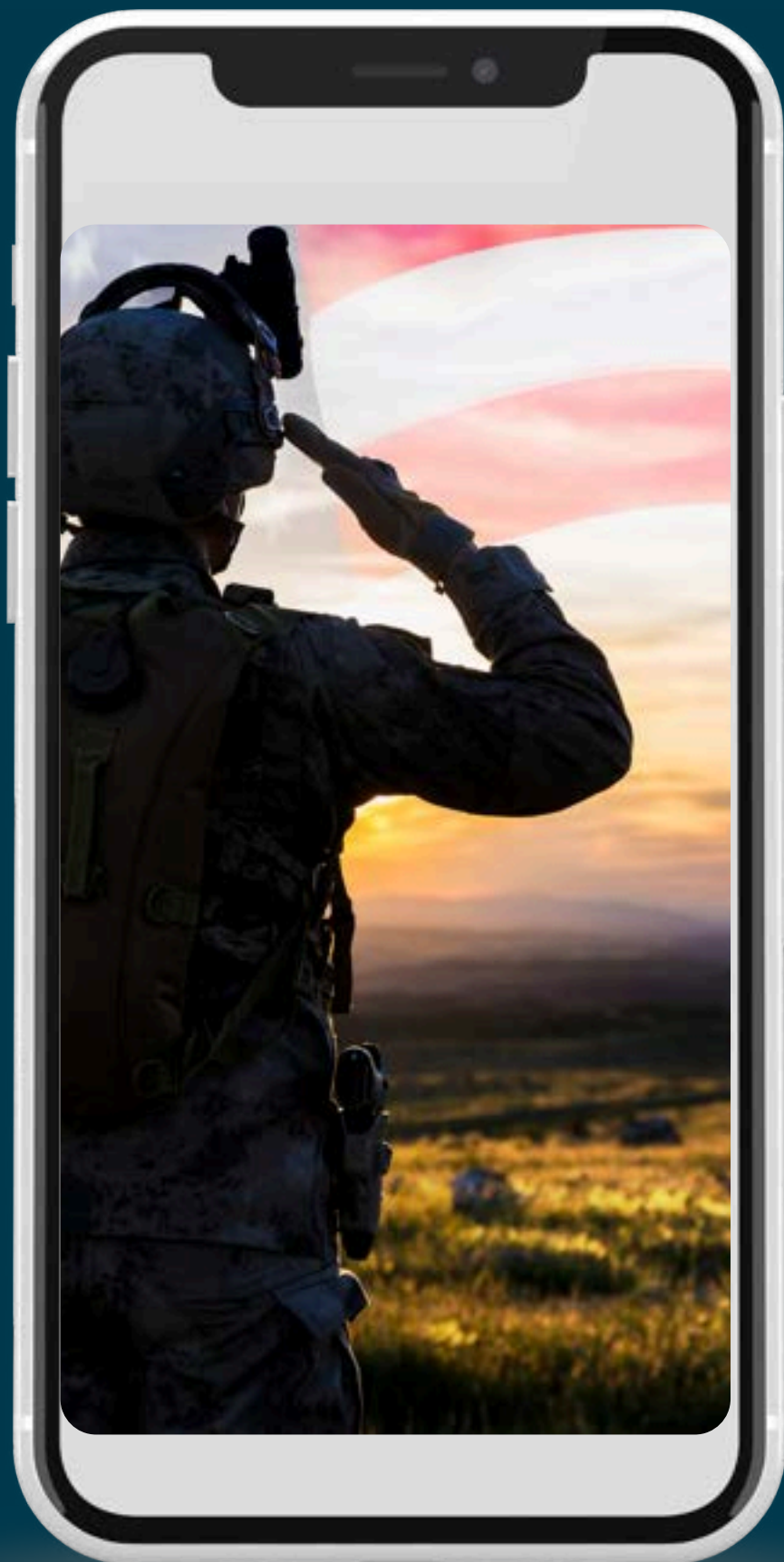


Veteran Support Line

**The Support Line is free and
available 24/7 365 days**

About Cigna's Veteran Support Line

**The Veteran Support Line provides a wide range of
assistance for veterans, as well as their caregivers and
families, whether they are Cigna customers or not.**



Visit myCigna.com for more information



NEW!



ginger | headspace

Your everyday **mental health** app...

Headspace now brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare — a solution that's been improving mental health outcomes for more than a decade.

Have more good days with support for stress, sleep, and all of life's moments.



Meditation Made Simple



Stress Less In Minutes



Put Your Mind To Bed



Get Started. Visit myCigna.com for more information.



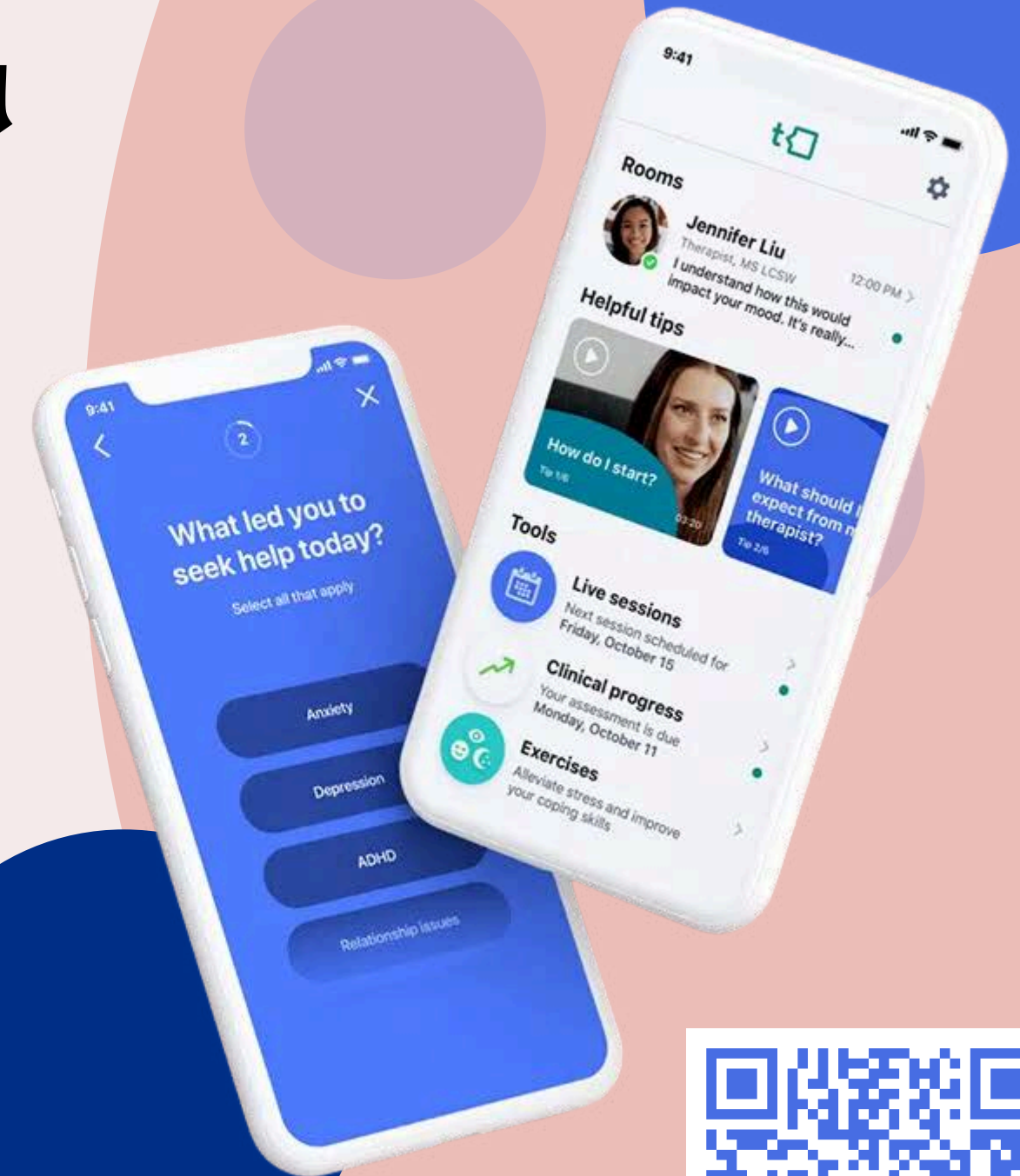


Therapy When It's Convenient For You

Taking care of your mental health has never been more accessible or convenient.



- Licensed Therapists
- Text, voice, and video messaging options
- Convenient Access
- Tailored therapy plans to fit individual needs
- Progress Tracking
- 24/7 Availability



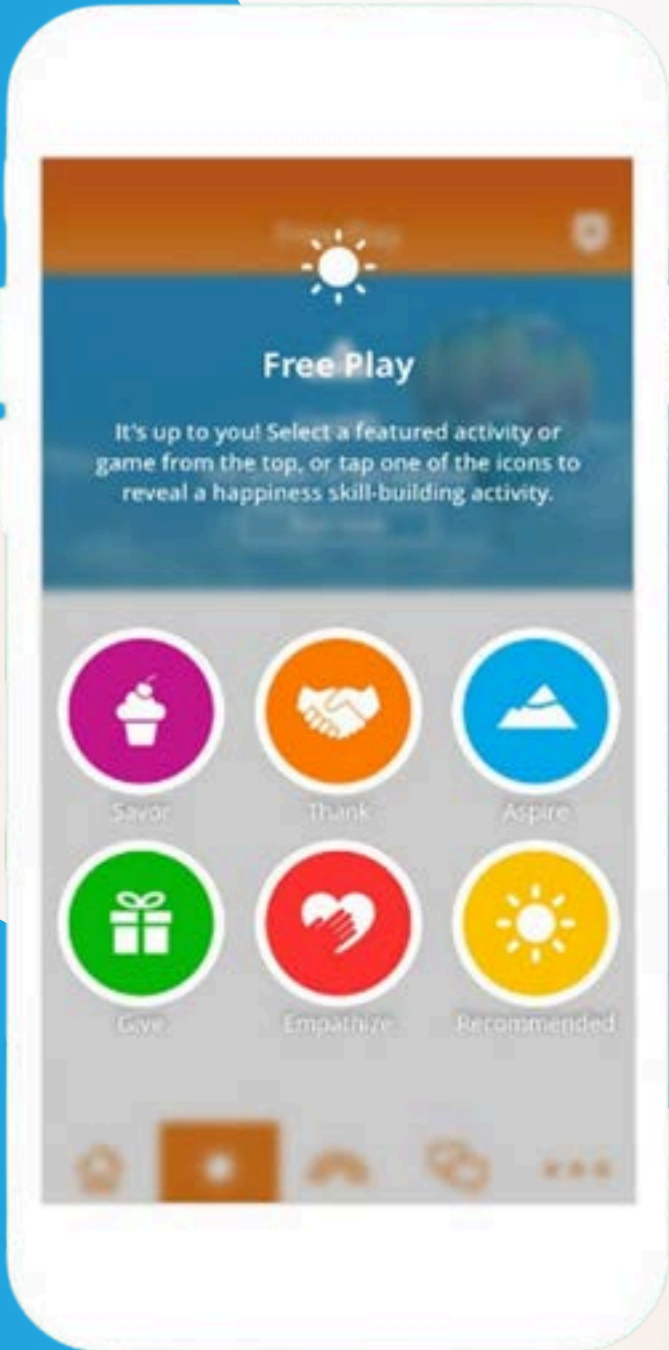
Visit talkspace.com/eapcigna to get started.



Help improve your mental state through a customized, interactive experience!

Happify

Consists of science-based games and activities that are designed to help you thrive.



Visit happify.com/cigna to get started 



Get Started. Visit myCigna.com for more information.



Overcome whatever life sends your way!

iPrevail is a digital therapeutics platform, crafted by seasoned clinicians to empower you to manage everyday stress and navigate life's toughest transitions with confidence.

- **Overcome feelings of anxiety**
- **Reduce negativity and feelings of depression**
- **Decrease stress from relationships, work, school, and daily life**
- **Build resilience and positivity**

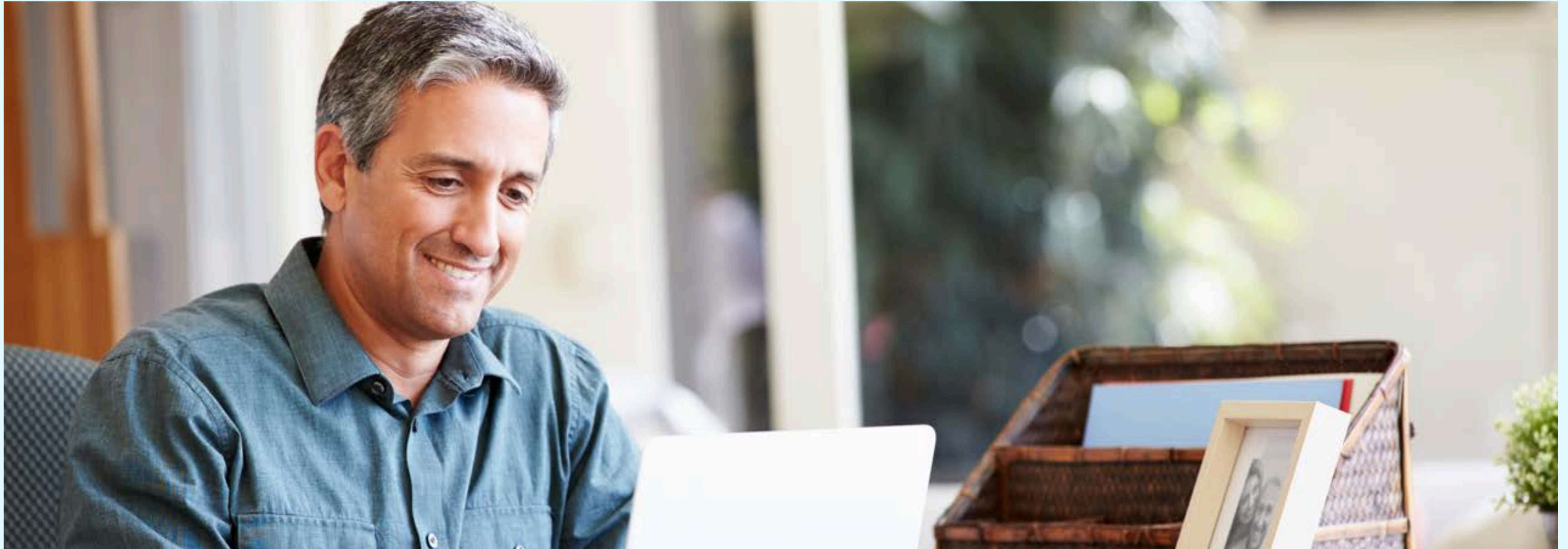


Visit myCigna.com and click on the iPrevail link to get started.

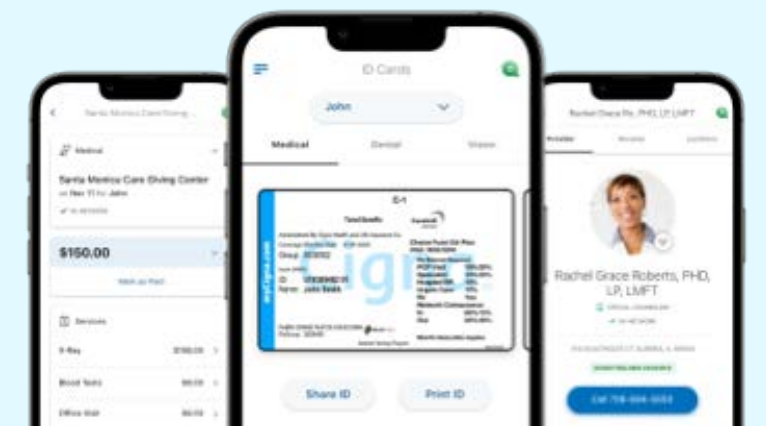




myCigna Registration



Access your Cigna benefits by visiting myCigna.com or downloading the myCigna app and following the instructions to register.





Respiratory Virus Guidance Snapshot

Covid-19, Influenza (Flu) and RSV (Respiratory Syncytial Virus)

Prevention Strategies

Core Prevention Strategies

Immunizations



Hygiene



Steps for Clear Air



Treatment



Stay Home and Prevent Spread



Additional Prevention Strategies

Masks



Distancing



Tests



Layering Prevention Strategies Can Be Especially Helpful When:

Respiratory viruses are causing a lot of illness in your community

You or those around you have risk factors for severe illness

You or those around you were recently exposed, are sick, or recovering



MotivateMe®

Join MotivateMe® to start earning your incentives!

Step 1

Register or log on to myCigna.com or the myCigna mobile app.



Step 2

Under the Wellness tab, complete your Health Assessment.

Step 3

Track self-reported activities on myCigna.com and complete eligible activities by 10/31/24.

Visit transitchicago.com/wellness/motivateme to learn more.



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This section contains two logos. On the left is the National Suicide Prevention Lifeline logo, which features the word 'NATIONAL' in a green bar at the top, followed by 'SUICIDE' in large black letters with a green telephone handset icon for the 'I', 'PREVENTION' in smaller black letters, and 'LIFELINE' in large green letters. Below this is the phone number '1-800-273-TALK (8255)' and the website 'suicidepreventionlifeline.org' in a green bar. A blue arrow points from this logo to the right. On the right is the 988 Suicide & Crisis Lifeline logo, which consists of a dark blue square with a white border. Inside the square, the number '988' is written in large white font, with 'SUICIDE & CRISIS LIFELINE' written in smaller white font below it.

Help is Available
Call or Text
24 Hours 7 Days a Week



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Mental Health Crisis Resources

It Takes Courage to Ask for Help

National Suicide Prevention Lifeline

Call or Text 988

MDLIVE Behavioral Health

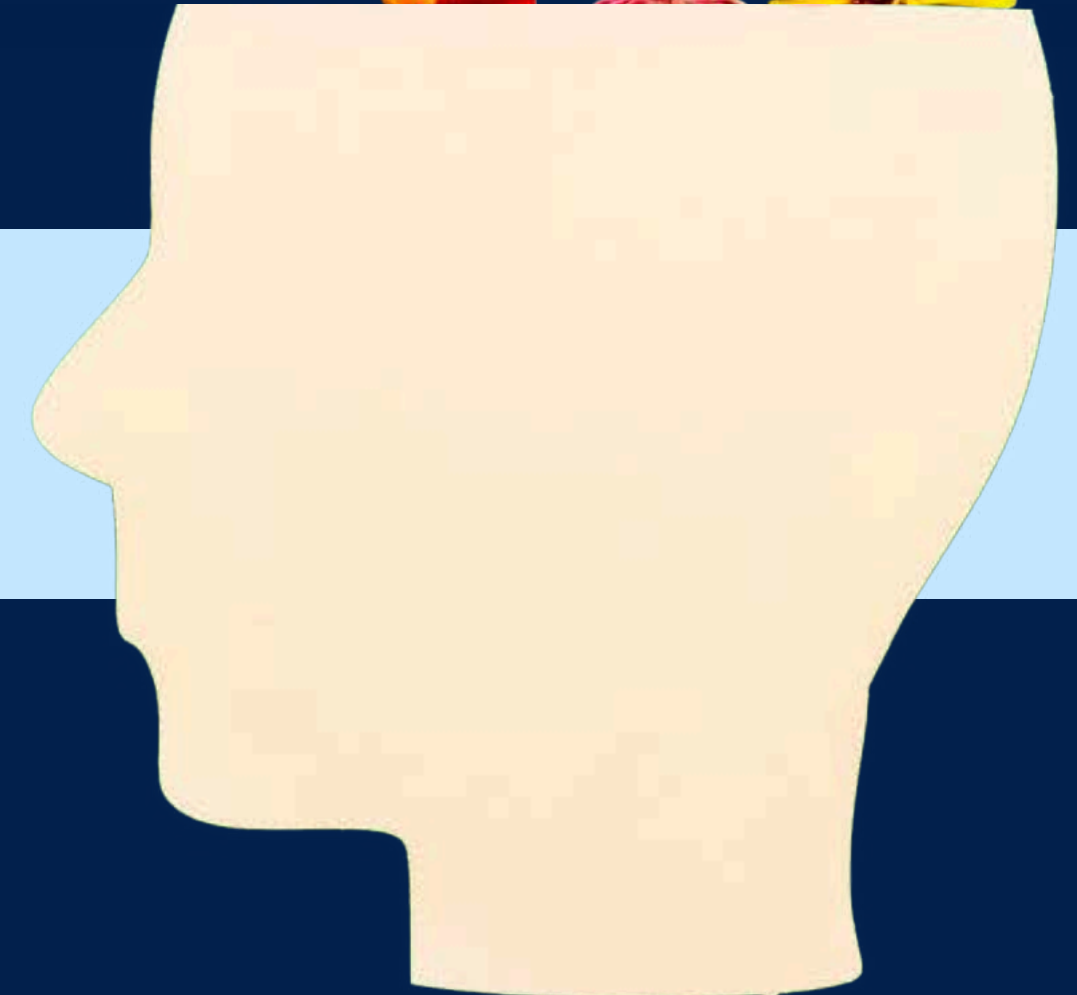
1-888-726-3171

Cigna's Veteran Support Line

1-855-244-6211

Employee Assistance Program (EAP) Support

1-888-371-1125



Visit myCigna.com for more information.





Employee Assistance Program Webcast

Suicide Awareness for Managers

Wednesday, September 4 at 1 pm



Suicide is a difficult topic, but one that's vital to discuss.

Learn about risk factors, common warning signs, and how to respond if someone is struggling.



Register to view live or watch at a later time

<https://bit.ly/4502ml8>



wellnesscoach@transitchicago.com



Suicide Awareness Month

Join Us in Raising Awareness. Together, we can break the stigma around mental health and provide support to those who need it most.

How You Can Help

- Listen: Offer a compassionate, non-judgmental ear.
- Reach Out: Encourage seeking professional help or contacting a helpline.
- Be There: Sometimes just being present can make a difference.

Need Help? Reach Out

- **National Suicide Prevention Lifeline: 1-800-273-8255**
- **Text “HELLO” to 741741 for the Crisis Text Line**
- **Employee Assistance Program (EAP) Support 1-888-371-1125**



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TAKE TIME FOR SELF-CARE

Prioritize Sleep: Ensure you're getting enough quality sleep each night. Aim for 7–9 hours of sleep to allow your body and mind to recharge.

Practice Mindfulness: Take time each day to focus on the present moment through mindfulness practices like meditation, deep breathing, or simply spending a few minutes in silence.

Stay Active: Incorporate regular physical activity into your routine. Exercise benefits your physical health and also releases endorphins, which can improve your mood and reduce stress.



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Mental Health Awareness Month

Managing Post-Partum Depression

Home Tips

**Schedule
Outings & Visits**

**Join a Support
Group**

Exercise Daily

**Eat a Balanced
Diet**

Treatment Options

Reach out to a healthcare provider, therapist, or counselor who specializes in postpartum mental health. They can provide support, guidance, and treatment options tailored to your individual needs.

Take advantage of Cigna's Employee Assistance Program free counseling services to access professional support and guidance.

Visit myCigna.com for more information or call 888-371-1125.



Visit myCigna.com for more information



HOW MENTAL HEALTH CAN AFFECT YOUR ORAL HEALTH

ILLNESSES THAT CAN AFFECT ORAL HEALTH

Anxiety
Panic Attacks
Depression
Eating Disorders
Obsessive Compulsive Disorder
Self-Harm

HOW ILLNESSES CAN AFFECT ORAL HEALTH

Neglect
Dental Phobia (anxiety)
Eating Disorders
Over-Brushing
Medication (dry mouth)

STEPS TO IMPROVE YOUR ORAL HEALTH

Brush 2x a day with fluoride toothpaste
Reduce consumption of high sugar foods and drinks
Talk with a mental health professional
Visit the dentist regularly

Your Employee Assistance Program is Available to Help Support You

1-888-371-1125 or Visit myCigna.com



Visit myCigna.com for more information



Staying Up to Date with Vaccines



Getting vaccinated reduces the risk of infection and severity of illness if infected.

Practicing Good Hygiene



Cover coughs and sneezes, wash or sanitize hands often, and clean frequently touched surfaces.

Taking Steps for Cleaner Air



Ensure good ventilation in indoor spaces by opening windows and doors whenever possible to allow fresh air to circulate.

Core Prevention Strategies against Covid-19 and Influenza

Prevention strategies for COVID-19 and Influenza share many similarities due to their modes of transmission. Here are some core prevention strategies that apply to both..

Good Respiratory Health Practices



Maintain overall good health, stay hydrated, get adequate sleep, manage stress, and eat a balanced diet.

Stay Informed and Follow Guidelines



Follow guidelines and instructions provided by public health officials regarding vaccination, testing, and other preventive measures.

Stay Home if Sick



Stay home from work, school, and other activities to avoid spreading the illness to others.

