



JANUARY IS

**PREVENTIVE**

HEALTH MONTH



# **Making Meaning of The Everyday**

## **Wednesday, January 8 at 1 pm**

**Feeling unfulfilled by the daily grind? Discover how small mindset shifts can bring greater meaning and purpose to your everyday life.**

**Register to view live or watch at a later time**

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



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)





Join live to  
be entered  
into our  
Wellness  
Raffle!

*Ask the Experts*

# Winter Wellness



Register Here

Thursday, January 9 at 12 pm

*Featuring*

Wellness Coaches Yohannes & Travis

Register to view live or watch at a later time

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



wellness@transitchicago.com



# **Bridging Divides: Beyond Agree to Disagree**

## **Wednesday, January 15 at 1 pm**

**We all have our own opinions and beliefs, but what happens when they conflict with someone else's? Discover how to bridge divides and engage respectfully.**

**Register to view live or watch at a later time**

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



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)





# LIVE MEDITATION & DEEP BREATHING SESSION

Thursday, January 23

12 - 12:15 pm

WITH COACH YOHANNES



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



wellnesscoach@transitchicago.com

# Financial Fridays

## Boost Your Savings

Friday, January 24 | 12 pm



Register to view live or watch at a later time

<https://bit.ly/3ZW4a0l>



wellness@transitchicago.com





# Move Mondays

**LIVE WORKOUT SESSION**

## Lower Body Blitz

**Monday, January 27**

**12 - 12:30 pm**

**featuring Coach Travis**

**REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME**

**<https://bit.ly/LiveWorkoutSession>**



wellnesscoach@transitchicago.com



*Well-Informed*

# **Dreaming of a Good Night's Sleep**

**Wednesday, January 29 at 11 am**

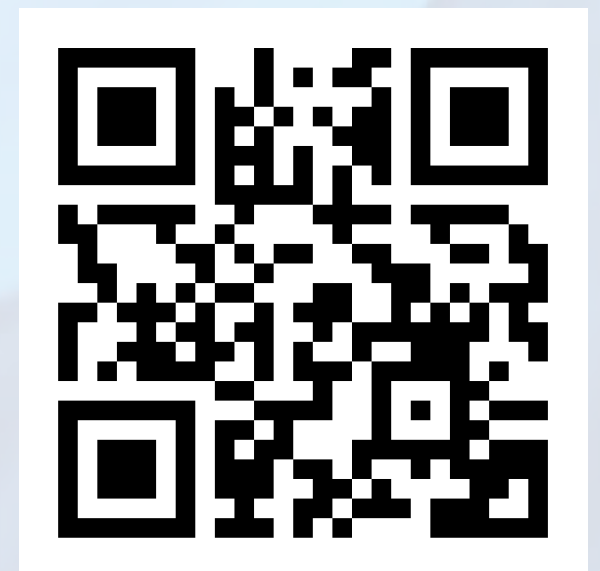
*Featuring*

**Dr. Scott Leydig**

**Register to view live or watch at a later time**

**<https://bit.ly/3VD1pzj>**

**Register Here**



**Join live to  
be entered  
into our  
Wellness  
Raffle!**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# **Micro Moves for Better Health**

## **Wednesday, January 29 at 1 pm**

**When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.**

**Register to view live or watch at a later time**

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



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)







# Maintain Don't Gain

# Weigh-Out Dates

# Jan 13 - 17, 2025



**Weigh out in-person or via email at [Wellness@transitchicago.com](mailto:Wellness@transitchicago.com)**

**Scan the QR code to access the complete weigh-out schedule.**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)





# Maintain Don't Gain Two Ways to Weigh-Out and Receive Your Prize!

Congratulations *Maintain Don't Gain Challenge* participants! Don't forget to weigh-out and claim your prize!

In-person weigh-outs at the locations/dates below or email weight to [Wellness@transitchicago.com](mailto:Wellness@transitchicago.com) by **January 17**.

January 13	January 14	January 15	January 16	January 17
103rd St. Garage 7 am - 9 am	Rosemont/O'Hare 7 am - 9 am	Ashland Terminal 7 am - 9 am	74th St. Garage 7 am - 9 am	54th St. Terminal 7 am - 9 am
South Shops 7 am - 9 am	West Shops 7 am - 9 am	Forest Glen Garage 10 am - 12 pm	Warehouse 7 am - 9 am	Forest Park Terminal 7 am - 9 am
77th St. Garage 10 am - 12 pm	Chicago Ave. Garage 10 am - 12 pm	North Park Garage 1 pm - 3 pm	Kimball Terminal 9 am - 11 am	Kedzie Garage 7 am - 9 am
Midway Terminal 11 am - 1 pm	Skokie Shops 10 am - 12 pm	95th St. Terminal 1 pm - 3 pm	Control Center 12 pm - 2 pm	Harlem Terminal 10 am - 12 pm

**Weigh-Out on-site or email your weight to [Wellness@transitchicago.com](mailto:Wellness@transitchicago.com) by January 17.**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# MotivateMe®

**MotivateMe® starts January 2025!**

**Stop by the MotivateMe® Kick-Off to:**

- Get one-on-one support with registration and logging in.
- Complete your Health Assessment on the spot.
- Learn more about tracking activities and earning rewards.



**Visit or scan the QR code to view the full MotivateMe® Kick-Off schedule.**



wellness@transitchicago.com





# MotivateMe® *Start Earning Your Rewards!*

## Step 1

Register or log on to [myCigna.com](http://myCigna.com) or the myCigna mobile app.  <http://> 

## Step 2

Complete Your Health Assessment.

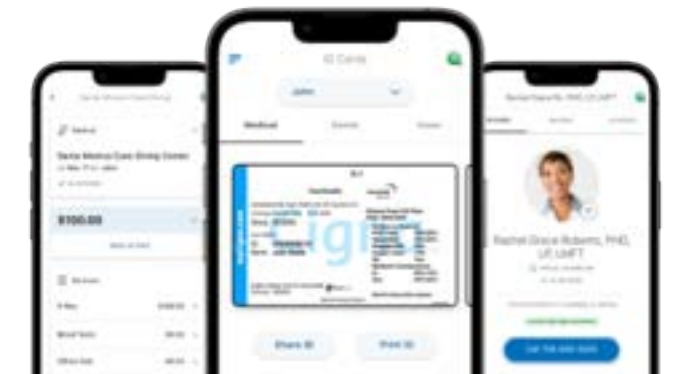
## Step 3

Track self-reported activities on [myCigna.com](http://myCigna.com) and complete eligible activities by **10/31/25**.

## Our Goal

CTA is committed to making employee wellness an integral part of your lifestyle. Taking a proactive approach can help ensure a long and healthy life. We invite you to actively participate in CTA's wellness program MotivateMe®.

**Download the free Cigna app and manage your health plan right from your smartphone!**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# MotivateMe®

## How to Participate



### Step 1

Visit myCigna.com or the Cigna app and create your profile using your Cigna ID.



### Step 2

Under the Wellness tab, complete your Health Assessment.



### Step 3

Complete required activities and participate in eligible wellness activities by 10/31/25.



Visit [myCigna.com](https://myCigna.com) for more information.



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# MotivateMe®



MotivateMe® is a voluntary incentive-based program and platform that tracks and records your wellness sponsored activities. MotivateMe® provides you with encouragement and resources to aid you in getting the most you can from your wellness benefits.

Take Your Personal Health Assessment



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# Know your numbers

## February 3 - 28


Would you like to know more about your health? Get to know your numbers and take active steps towards better heart health with an onsite metric screening\*. Conducting frequent screenings can help with early detection and preventive care.

**Body**  
**Weight** 

**Mass**  
**Index** 

**Blood**  
**Pressure** 

**Resting**  
**Heart Rate** 

**Body**  
**Height** 

Visit your doctor to learn more about your risks and next steps. Visit [myCigna.com](https://myCigna.com) to find in-network providers.



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

\*Health Metric Screenings are NOT Biometric Screenings required for MotivateMe®.





**ctaCARES**

# LIFESTYLE MANAGEMENT PROGRAM

**Choose the support you need**

- **Stress Management**
- **Tobacco Cessation**
- **Weight Management**



**Available 24/7 Call 1-888-371-1125 or Visit [myCigna.com](https://myCigna.com)**





**HOW CAN WE HELP YOU TODAY?**  
Our Employee Assistance Program (EAP) has you covered.



**As an employee of the Chicago Transit Authority, you have access to our valuable ctaCARES Employee Assistance Program (EAP) at no cost to you.**

EAP personal advocates will work with you and your household family members to help you resolve issues you may be facing, connect you with the right mental health professionals, direct you to a variety of helpful resources in your community and more.

## **EAP offers a wide range of services**

**Legal Assistance**



**Financial Assistance**



**Parenting Resources**



**Eldercare**



**Pet Care**



**Identity Theft**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)







# IN WITH THE NEW YOU



Save big no matter what you choose: a standard gym for \$28/month or 20% to 70% off a premium exercise studio.

Bundle and save. Get \$5 off each additional gym you join.

No long-term contracts. Easily sign up, switch gyms, or cancel online with no fees or penalties.



## SCAN THE QR CODE TO LEARN MORE!

\$28 enrollment fee waived for standard and premium gyms 12/1/24 12:01 a.m. – 2/28/25 11:59 p.m. PT.

12,700+  
Standard Gyms



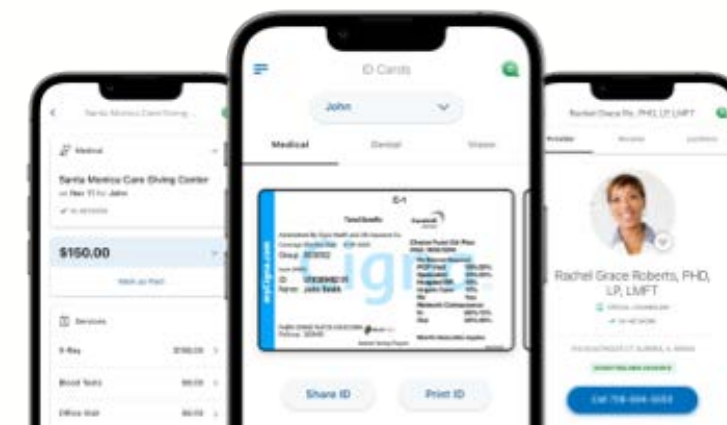




# myCigna Registration



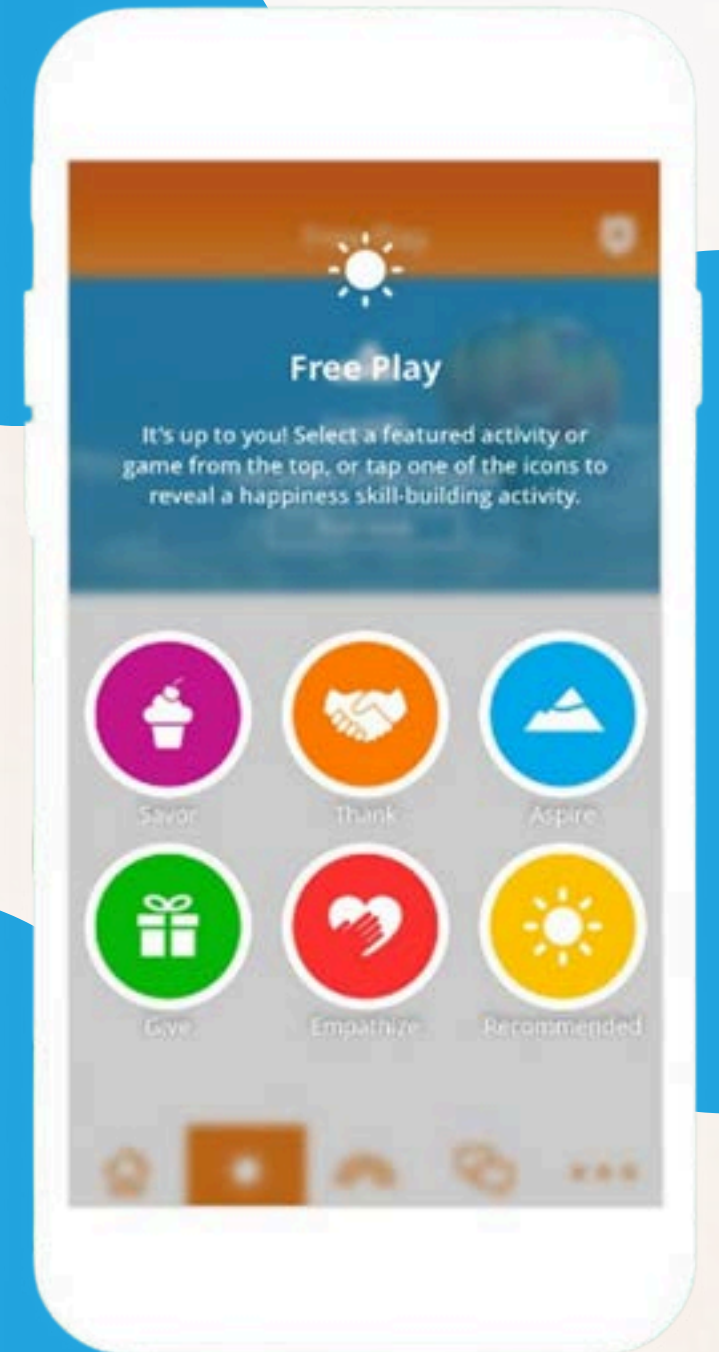
**Access your Cigna benefits by visiting [myCigna.com](https://myCigna.com) or downloading the myCigna app and following the instructions to register.**





# Happify

Science-based games and activities designed to help you thrive.



Visit [happify.com/cigna](https://happify.com/cigna) to get started



Visit [myCigna.com](https://myCigna.com) for more information.





**NEW!**



ginger | headspace

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

Headspace brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare.



**Meditation Made Simple**



**Stress Less In Minutes**



**Put Your Mind To Bed**



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



Visit [myCigna.com](https://myCigna.com) for more information.





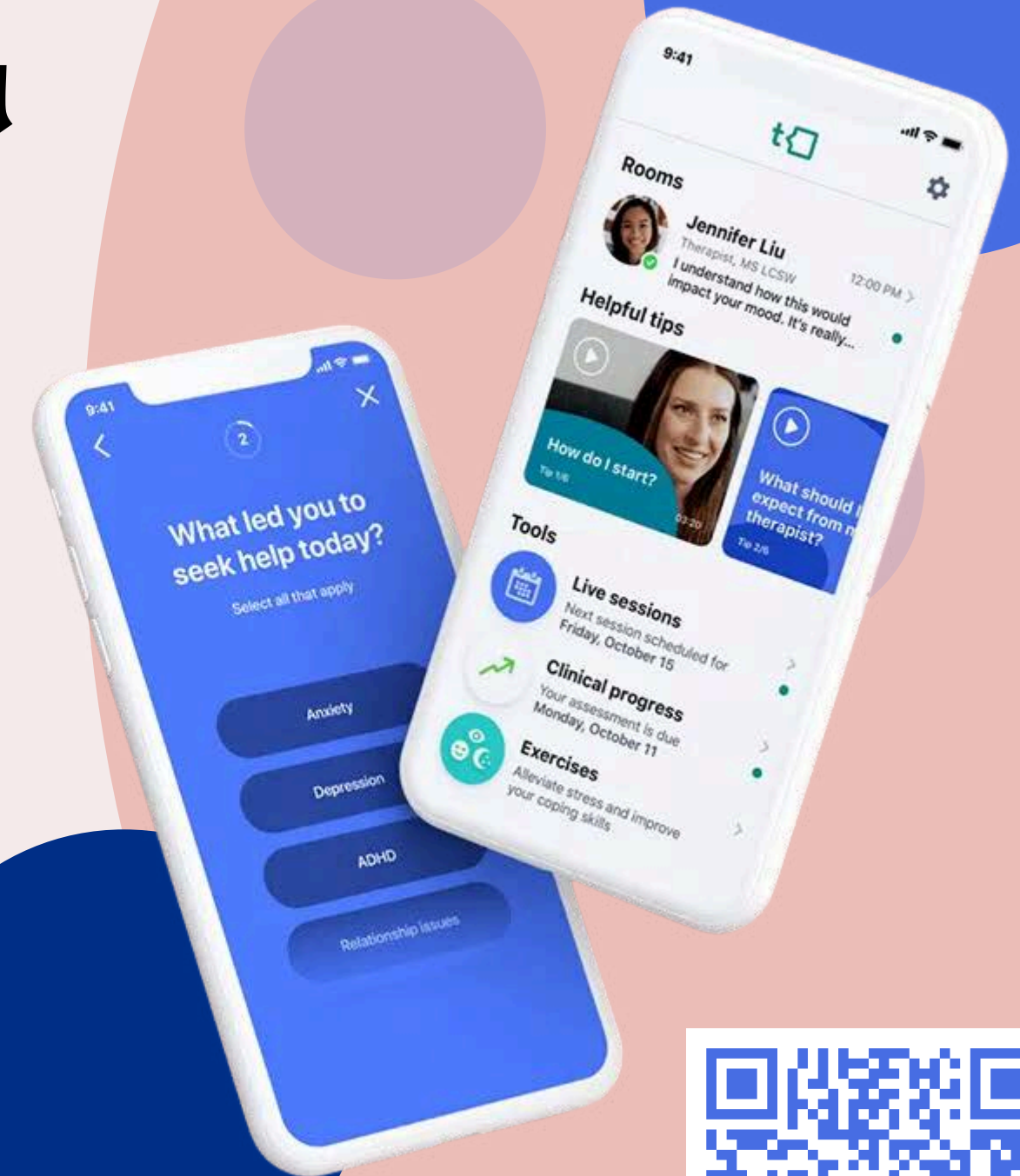


# Therapy When It's Convenient For You

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](https://talkspace.com/eapcigna) to get started.



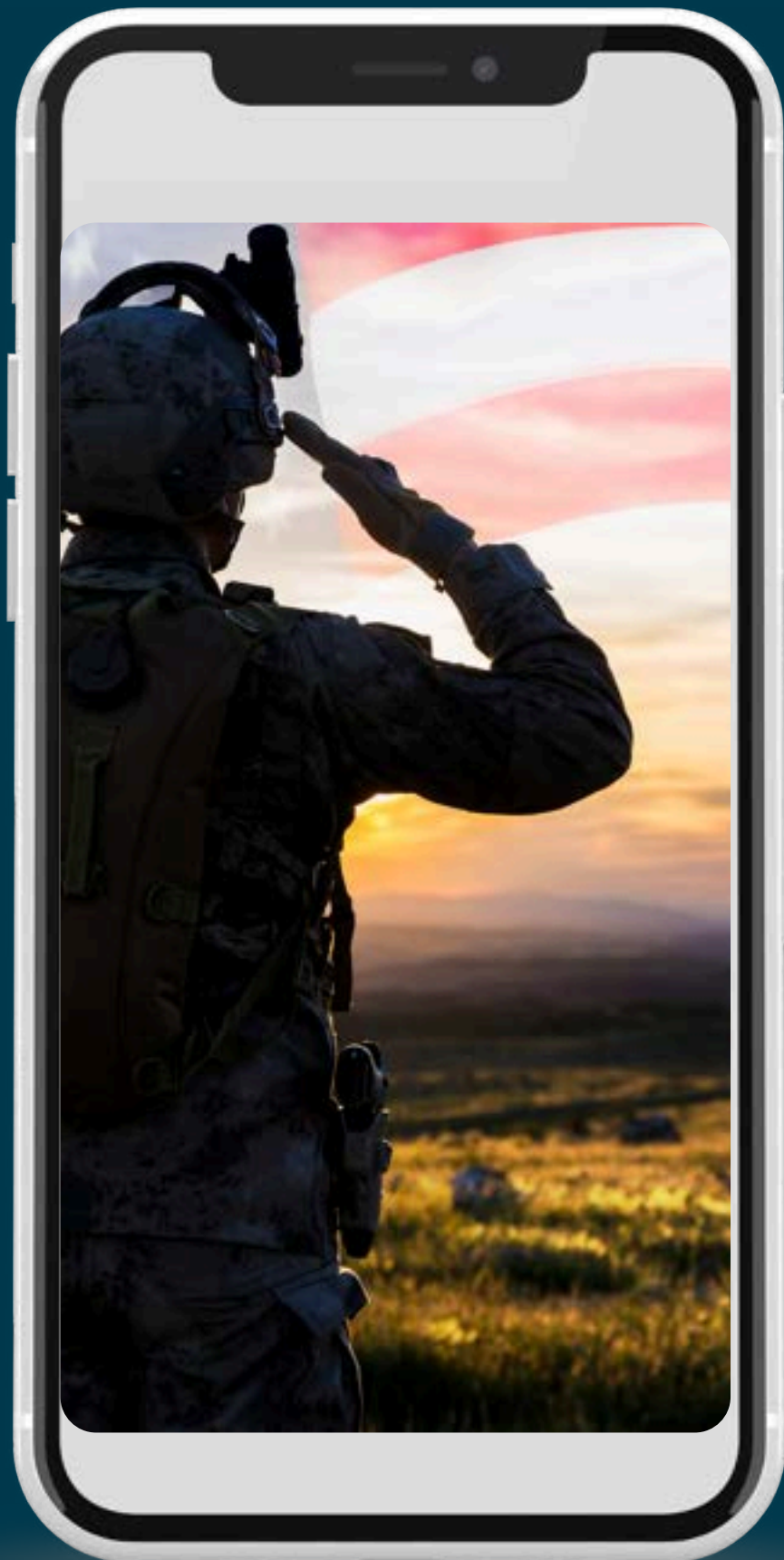


# Veteran Support Line

**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](https://myCigna.com) for more information.





**Don't wait until it's too late. Get preventive care today!**



## Benefits of Preventive Care



Most preventive care is at no additional cost



Early detection of disease and illness



Routine care keeps your health goals on track



Vaccines can protect you from serious diseases



Visit [myCigna.com](https://myCigna.com) for more information.





# Preventive Care

## Helps Protect Your Health

### Early Detection

Your doctor can often detect early warning signs of more serious conditions.

### Education

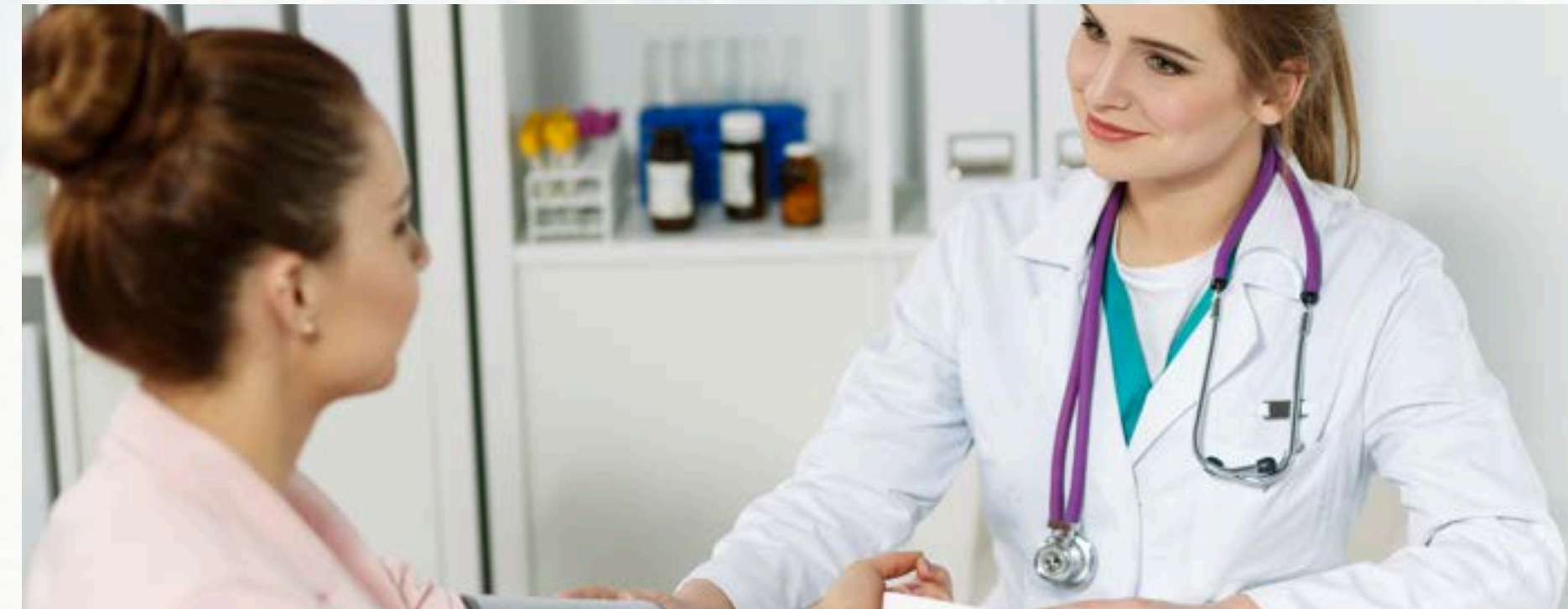
Preventive visits are your chance to ask questions about your overall health and wellness.



## MyCigna.com

Your Cigna-administered health plan offers many preventive care services at no additional cost to you.

**Visit [myCigna.com](https://mycigna.com) to find in-network providers.**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)





# What does it mean to get Preventive Care?

 Annual Check-Ups

 Annual Vaccinations

 Bi-Annual Dentist Appointments

 Annual Screenings



Visit [myCigna.com](https://myCigna.com) for more information.







# At a Higher Risk for Flu Complications?

**Anyone can get the flu, but some are  
at higher risk for complications.**

**Children under 5, especially children under age 2**

**People with pre-existing medical conditions**

**Pregnant Women**

**Adults over age 65**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)





# Importance of Preventive Care

Checkups, immunizations, and screenings are an important part of staying healthy. Preventive care can help detect or prevent chronic diseases such as heart disease, stroke, diabetes, cancer, obesity, and arthritis.

If your doctor is a part of the Cigna network, many plans cover preventive services at 100% no cost to you.



Visit [myCigna.com](https://myCigna.com) for more information.





# The Importance of a Primary Care Physician (PCP)



**Build a Positive  
Relationship  
with a Doctor**



**Have Someone  
You Trust to Watch  
Over Your Health**



**Saves Money in the  
Long Run with  
Preventive Care**

**You can search for a PCP at [myCigna.com](https://myCigna.com) or call 1-800-244-6224.**



Visit [myCigna.com](https://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.

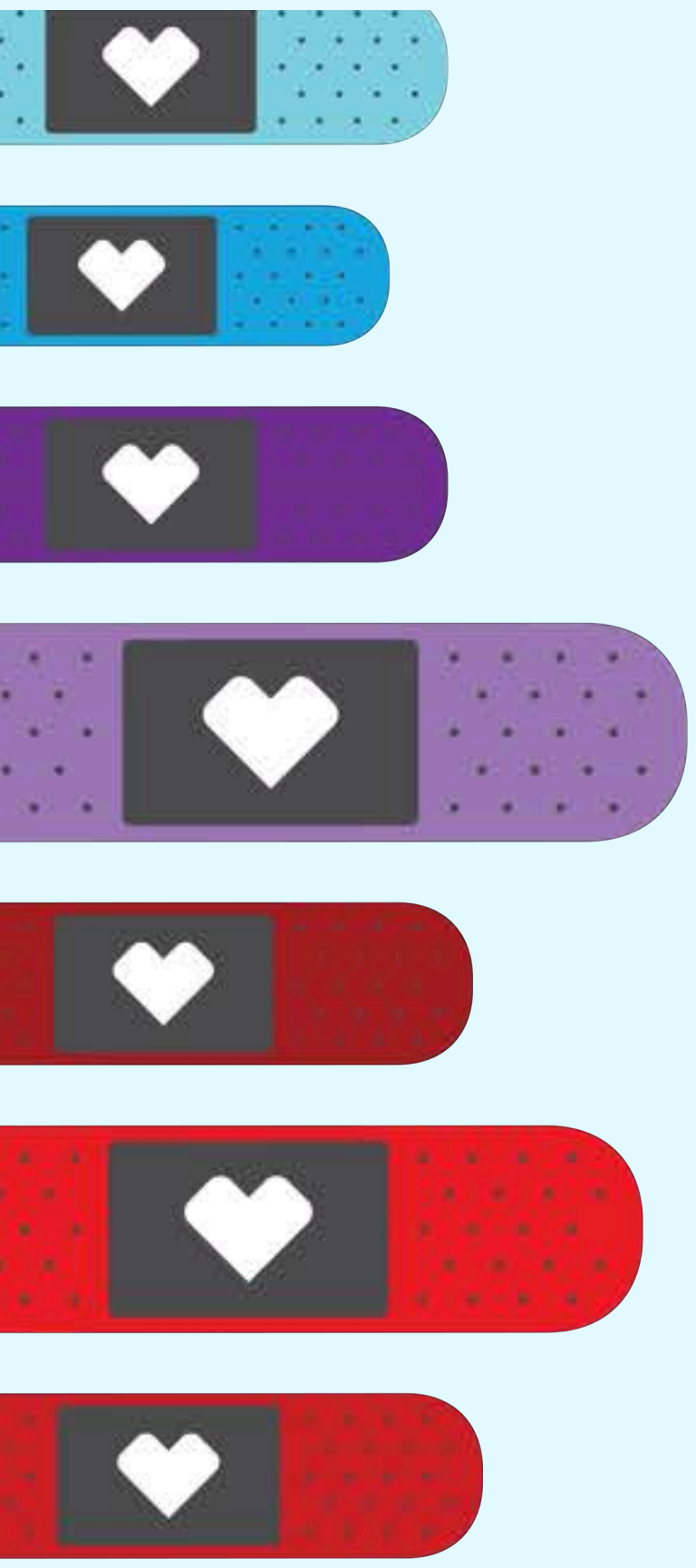
## Stay Home if Sick



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







# Get a no-cost COVID-19 Vaccine at any network pharmacy.

## Making health a priority?

COVID-19 vaccine can help everyone stay healthier.

## What will you need?

Just take your prescription card and valid photo ID.

## Is it really no cost?

Yes. No copay. No cost to you.



Visit [Caremark.com/findapharmacy](https://www.caremark.com/findapharmacy) to find a network pharmacy near you.



# Caring for a Cold or Flu

## Rest

- Get plenty of rest to allow your body to recover.

## Hydrate

- Drink plenty of fluids, such as water, herbal tea, and clear broths.

## Eat Nutrient-Rich Foods

- Eat a balanced diet to provide your body with the nutrients it needs to recover.

## Practice Good Hygiene

- Wash your hands frequently with soap and water.





# Healthy smiles lead to better overall health and well-being!



## Did you know Cigna Dental members get two free cleanings a year?

Take advantage of this benefit by visiting [mycigna.com](http://mycigna.com) and using our Physician Finder tool to locate a dentist near you.

**Call 800-244-6224 with questions.**



Visit [myCigna.com](http://myCigna.com) for more information.





# Preventive Health Care for a Better Well-Being

Take proactive steps to maintain or improve your health and prevent the onset of diseases or conditions.



## Important Screenings for Men

Blood Pressure  
Cholesterol  
Colon Cancer  
Depression  
Diabetes  
Prostate Cancer



## Important Screenings for Women

Blood Pressure  
Breast Cancer  
Cervical Cancer  
Cholesterol  
Colon Cancer  
Osteoporosis



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)







2025

**Healthy New Year**

**From CTA Wellness**