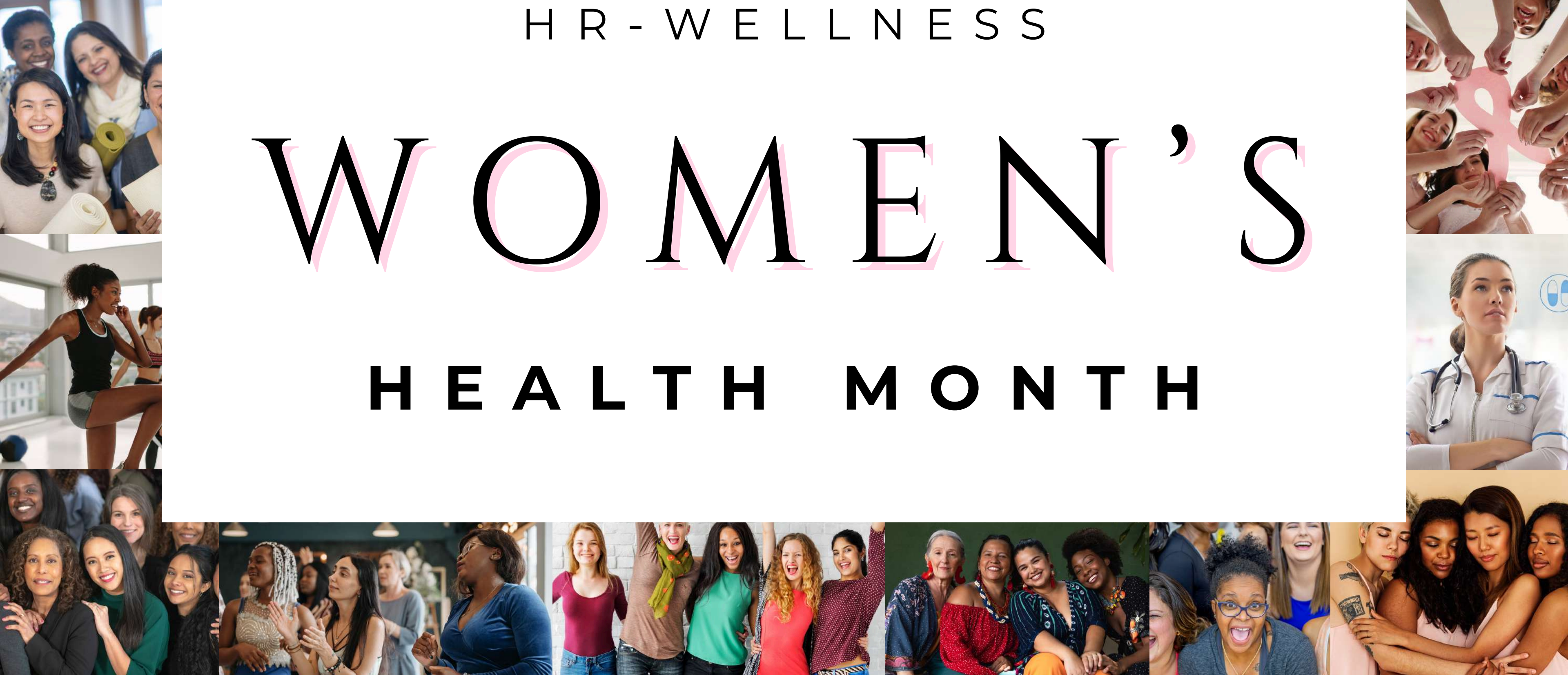




H R - W E L L N E S S

W O M E N ' S

H E A L T H M O N T H



MENTAL HEALTH

AWARENESS MONTH



Highlighting the importance of mental well-being and reducing the stigma surrounding mental health conditions. HR - Wellness encourages employees to seek support and prioritize your mental health.



wellness@transitchicago.com



National Women's Health Week

May 11 - May 15, 2025

A time to raise awareness about the importance of physical, mental, and emotional well-being for women of all ages. Let's empower women to take charge of their health by encouraging healthy habits, regular screenings and open conversations about our health.



wellness@transitchicago.com

WEDNESDAY | MAY 21

NATIONAL EMPLOYEE HEALTH & FITNESS DAY



Celebrate National Employee Health and Fitness Day with HR – Wellness as we promote the health benefits of physical activity. Check out our website and MyCTA for ways to get more movement in with Coach Travis.



transitchicago.com/livewellworkwell



SKIN CANCER AWARENESS

Skin cancer is the most common type of cancer in the U.S., but it's also one of the most preventable. By staying informed and taking preventive measures, we can all reduce the risk of skin cancer and live healthier lives under the sun.

KEY TIPS TO RAISE AWARENESS & PROTECT YOUR SKIN

- ☀️ Use sunscreen with an SPF of 30 or higher
- ☀️ Avoid direct sunlight during peak hours
- ☀️ Wear protective clothing to shield your skin from harmful UV rays
- ☀️ Early detection is crucial, regularly examine your skin



Visit myCigna.com for more information.



Ask The Expert



Arthritis Awareness

featuring

Dr. Berry and The Arthritis Foundation

Friday, May 9 at 1 pm

Register to view live or watch at a later time

<https://bit.ly/44fIQWM>

Register Here



wellness@transitchicago.com



Ask the Doctor 



Understanding Perimenopause & Menopause

featuring

Dr. Cabiya, MD

Thursday, May 15 at 12 pm

Register Here

Register to view live or watch at a later time

<https://bit.ly/3XSw8tg>



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



wellness@transitchicago.com



Financial Fridays

Moving Forward in Uncertain Times

Friday, May 23 | 12 pm



Register to Participate LIVE - <https://bit.ly/42wnm5Q>

Please Note: Recordings will not be available for this event.



wellness@transitchicago.com



Mindful Leaders



Explore how mindfulness enhances performance and fosters authentic, compassionate leadership.

Wednesday, May 7 at 1 pm

Register to view live or watch at a later time.

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



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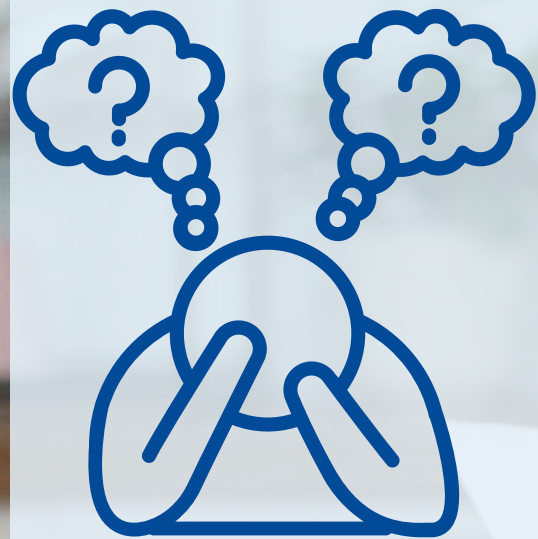
Why We Worry and What to Do About It

Worrying about worry? Learn strategies to manage anxious thoughts.

Wednesday, May 21 at 1 pm

Register to view live or watch at a later time.

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



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MoveMondays

LIVE WORKOUT SESSION

With Coach Travis

Total Body Circuit w/ Dumbbells

Monday, May 19

12 - 12:30 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LiveWorkoutSession>



wellnesscoach@transitchicago.com

National Gun Violence Awareness Day

Wear Orange and Show Your Support!*



Friday, June 6

Honor Survivors of Gun Violence

**standard uniform requirements apply*



wellness@transitchicago.com



Faces of Fitness Chicago Festival

Saturday, July 26 & Sunday, July 27



**Join HR - Wellness at The Faces of Fitness Chicago Festival!
Scan the QR code or click the link <https://bit.ly/42wICbt> to
receive complimentary employee registration details.**



Deadline to Register - Saturday, July 11 OR until sold out



wellness@transitchicago.com

Wellness Sponsored Event - Valid for CTA Employees Only.

Women's Mental Health

THREE MENTAL HEALTH TIPS FOR WOMEN

- 1. Make time for self-care activities like meditation, exercise, or hobbies to recharge and reduce stress.**
- 2. Foster supportive relationships with friends and loved ones who can provide emotional support and understanding.**
- 3. Practice self-compassion and challenge negative self-talk to cultivate a positive mindset and improve mental resilience.**



Women's Health Month



Tips for **women** to maintain and improve your **health**.

Regular Check-Ups: Schedule regular visits with your healthcare provider for check-ups, screenings, and preventive care.

Healthy Eating: Eat a balanced diet with fruits, vegetables, whole grains, lean proteins, and healthy fats.

Regular Exercise: Engage in regular physical activity to maintain a healthy weight, strengthen muscles, and improve cardiovascular health.

Manage Stress: Practice stress-reduction techniques such as deep breathing, meditation, yoga, or mindfulness to manage stress.



Self-care a
revolutionary act
— for women.



wellness@transitchicago.com

Preventive Health Screenings

Health screenings help detect issues early, making them more treatable and preventing serious illnesses. Schedule your screening today at myCigna.com!



Visit myCigna.com to find in-network physicians.



Get Screened

How often do you need to be screened for Cervical Cancer?

Women Ages 21 – 29

Your doctor will likely suggest you get Papanicolaou (PAP) Screening every three years.

Women Ages 30 – 64

Screening options may include a PAP Screening and/or a high-risk HPV Test.

Women Ages 65+

Depending on the results of your last PAP screening and/or HPV test, your doctors will let you know your next steps.



Visit myCigna.com to find in-network physicians.



Benefits of Mammograms



Early Detection of Breast Cancer

Mammograms can detect breast cancer at an early stage, often before symptoms develop.



Improved Survival Rates

Early breast cancer diagnosis often leads to less invasive treatment and a better prognosis.



Reduced Need for Aggressive Treatment

Early breast cancer detection may reduce the need for aggressive treatments like chemotherapy, radiation, or mastectomy.



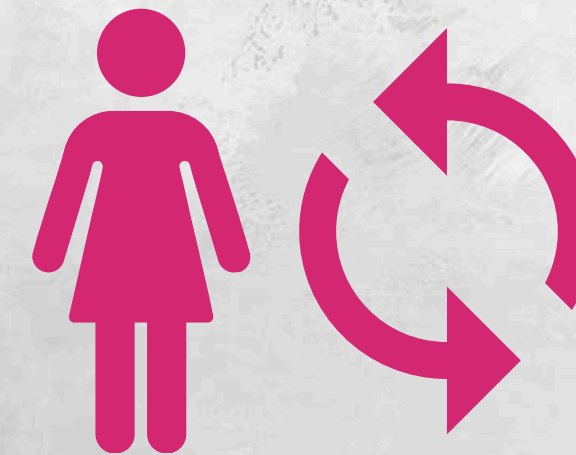
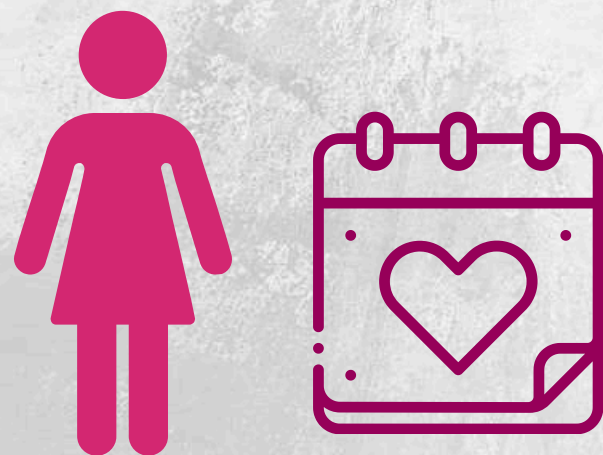
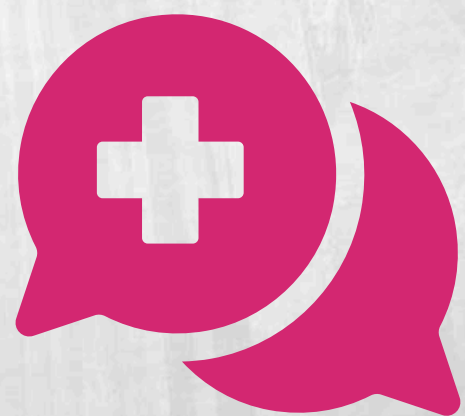
Visit myCigna.com for more information.





New Breast Cancer Screening Guidelines

For Women with Average Risk



Age 40

Age 45

Age 55

Age 55 +

Talk with your doctor about when to begin screening. Women should have the opportunity to begin screening if they choose.

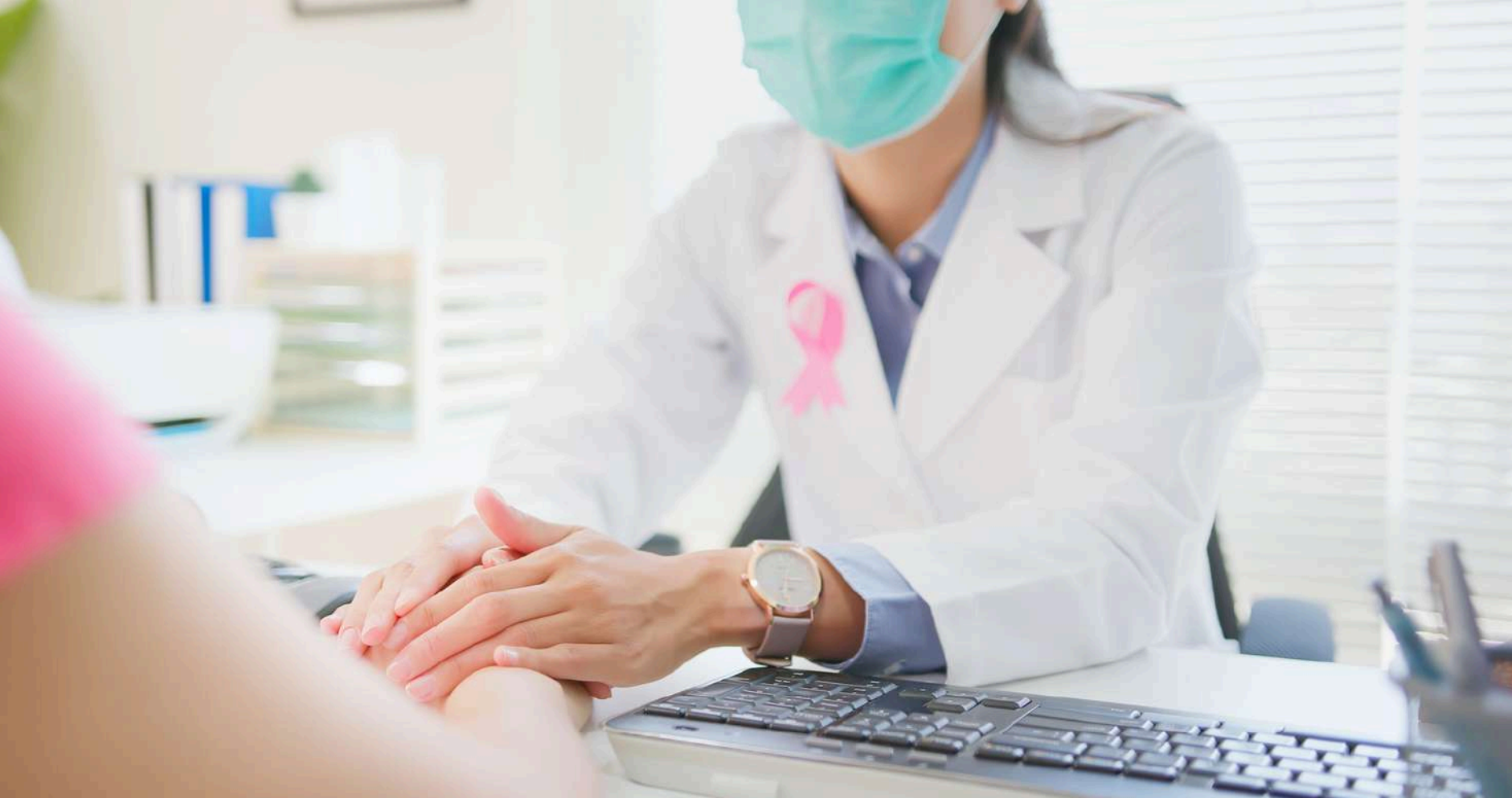
Begin yearly mammograms by age 45.

Transition to mammograms every other year at age 55 and follow your doctor's recommendations.

Continue to have regular mammograms for as long as you're in good health.



Visit myCigna.com to find in-network physicians.



Women's Health Month

Breast Cancer Awareness

1 in 8 women in America will be diagnosed with breast cancer in their lifetime. This year, an estimated 287,850 new cases of invasive breast cancer will be diagnosed among women.

What You Can Do?

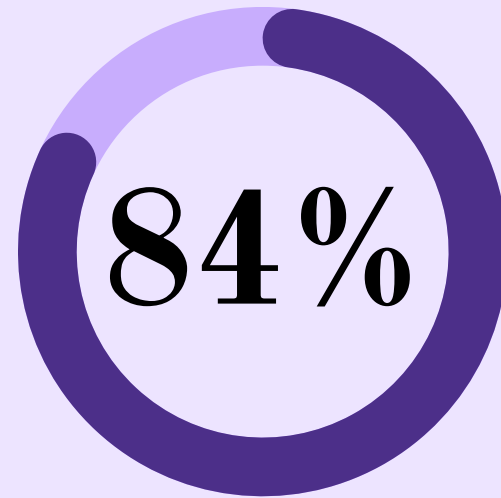
- **Get annual check-ups and screenings.**
- **Perform regular breast self-exams.**
- **If you have a personal or family history of breast cancer, consult your doctor to assess your risk.**



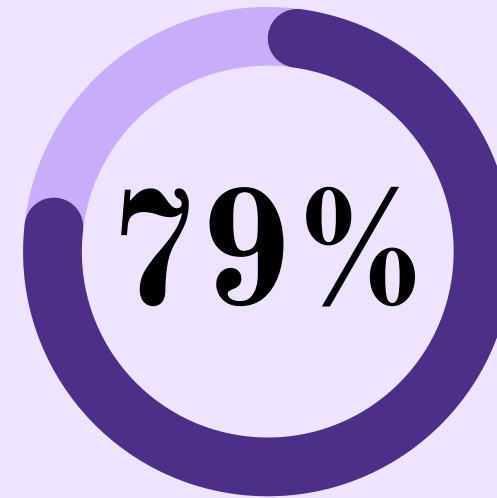
Visit myCigna.com to find in-network physicians.



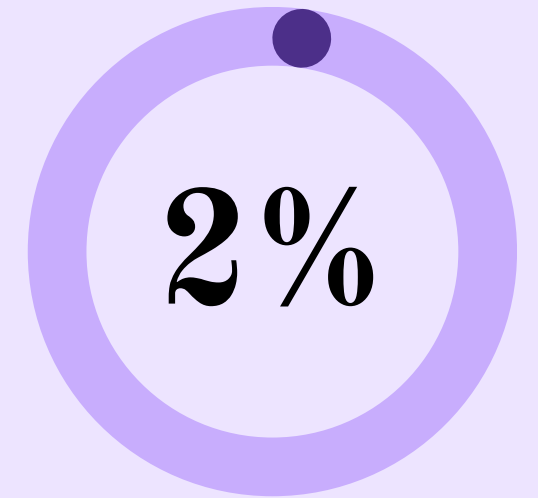
Let's Talk About Menopause & Oral Health



of women are not aware of the potential impact of menopause on their oral health



of women notice a change in the appearance of their teeth and gums during menopause



of women say they have discussed their concerns about menopause with their dentist

Your smile deserves the best at every stage of life. Discover how menopause can affect it. Schedule your dentist appointment today and take a step towards a brighter, healthier you!



Visit myCigna.com to find in-network provider.



Getting the Heart Pumping & Happiness Flowing



Walk & Talk

Grab a co-worker or neighbor and go on a brisk walk.

Head on a Hike

Moving your body in nature can positively impact your mind.

Say Yes to Yoga

Gentle yoga promotes relaxation, reduces stress, and enhances the mind-body connection.

Get Into Gardening

Choose a few easy to grow veggies and plant a garden. Maintaining it will help keep you active and outdoors.





Exercise Safely During Pregnancy



By staying active during pregnancy, you can support your physical and emotional well-being and prepare your body for the incredible journey of childbirth.

Tips to Support Your Health During Pregnancy

Avoid sports that come with potential contact.

Fuel your body with proper hydration and a balanced diet.

When you're fatigued take it slow.

Do not start a new or more strenuous exercise program without first consulting with your doctor.



wellness@transitchicago.com

Tips for a Healthy Pregnancy



Regular Prenatal Care

Attend all scheduled prenatal appointments with your healthcare provider to monitor the health of both you and your baby.



Get Regular Exercise

Engage in safe, moderate activities like walking, swimming, or prenatal yoga to support your health and prepare for childbirth.



Manage Stress

Practice relaxation techniques like deep breathing, meditation, or prenatal massage to manage stress and boost emotional well-being.



Visit myCigna.com to find in-network physicians.



Healthy Moms. Healthy Babies.



MATERNAL HEALTH

Maternal health includes the well-being of individuals during pregnancy, childbirth, and postpartum, covering physical, emotional, and social factors that affect both mother and baby.



TIPS FOR MAINTAINING HEALTHY MATERNAL HEALTH

- Attend Regular Prenatal Check-ups
- Eat a Balanced Diet
- Stay Hydrated
- Take Prenatal Vitamins
- Get Regular Exercise
- Communicate with Your Healthcare Provider



Visit myCigna.com for more information.



Coping & Adjusting After Childbirth

Manage Expectations

Adjusting to life with a new baby takes time. Be realistic about your daily goals and let go of perfectionism.

Establish a Routine

A daily routine offers structure for you and your baby, but stay flexible and adjust based on your baby's needs and your energy levels.

Seek Professional Help if Needed

If you're struggling with parenthood or experiencing postpartum depression or anxiety, seek help from a healthcare provider or mental health professional for support.





Women's Health Month

Preventive health screenings are key for early detection, proactive management, and optimal well-being.

Papanicolaou (PAP) Screening

A PAP screening checks for cell changes in the cervix that may indicate dysplasia or cervical cancer.

PAP screening schedule depends on your age and risk factors. Talk to your doctor about how often you should be screened.

Visit myCigna.com to find in-network physicians.





Taking Time to Recharge: Tips for a Healthy Work-Life Balance

- Set Boundaries
- Set Aside Quality Time
- Schedule Breaks
- Practice Mindfulness
- Prioritize Self-Care
- Communicate Openly
- Set Realistic Expectations
- Reflect and Adjust

Achieving work-life balance takes effort and prioritization. By following these tips, you can improve well-being and enjoy a more fulfilling lifestyle.



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MotivateMe®

Start Earning Your Rewards!

Step 1

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

Step 2

Complete Your Health Assessment.

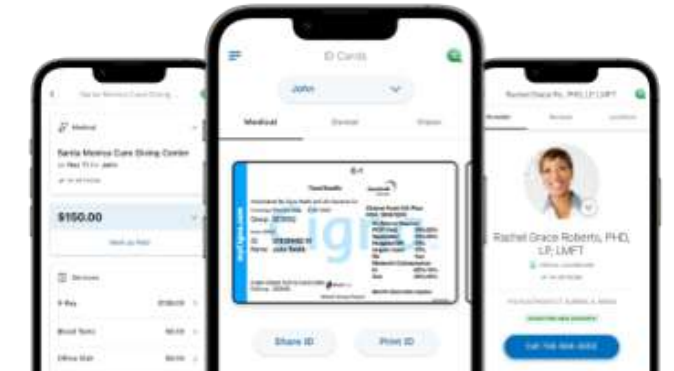
Step 3

Track self-reported activities on myCigna.com and complete eligible activities by **10/31/25**.

Our Goal

CTA strives to create a workplace where employee wellness thrives. Our goal is to empower employees to take meaningful steps toward a healthier future through programs like MotivateMe®. Participate in MotivateMe® today and take the next step toward a healthier you!

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



wellness@transitchicago.com

Revised 3/13/25

Women's Health Month

Managing Post-Partum Depression

Home Tips

**Scheduling
Outings & Visits**

**Join a Support
Group**

Daily Exercise

**Eat a Balanced
Diet**

Treatment Options

Contact a healthcare provider or therapist specializing in postpartum mental health for support and treatment options. They can provide support, guidance, and treatment options tailored to your individual needs.

Take advantage of Cigna's free counseling services through the Employee Assistance Program for mental health support. Visit myCigna.com or call 888-371-1125 for more info.



Visit myCigna.com for more information



ctaCARES

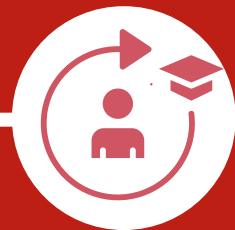
Tobacco Cessation Program

Provides comprehensive support and resources to help employees successfully quit tobacco.



Support

24/7 access to live assistance and crisis support.



Personalized Plans

Personalized quit plans and telephonic consultations.



Counseling

Face-to-face and telehealth counseling options.



Resources

Provides resources for managing stress & improving overall health.



Visit mycigna.com or call 1-888-371-1125.





myCigna Registration



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



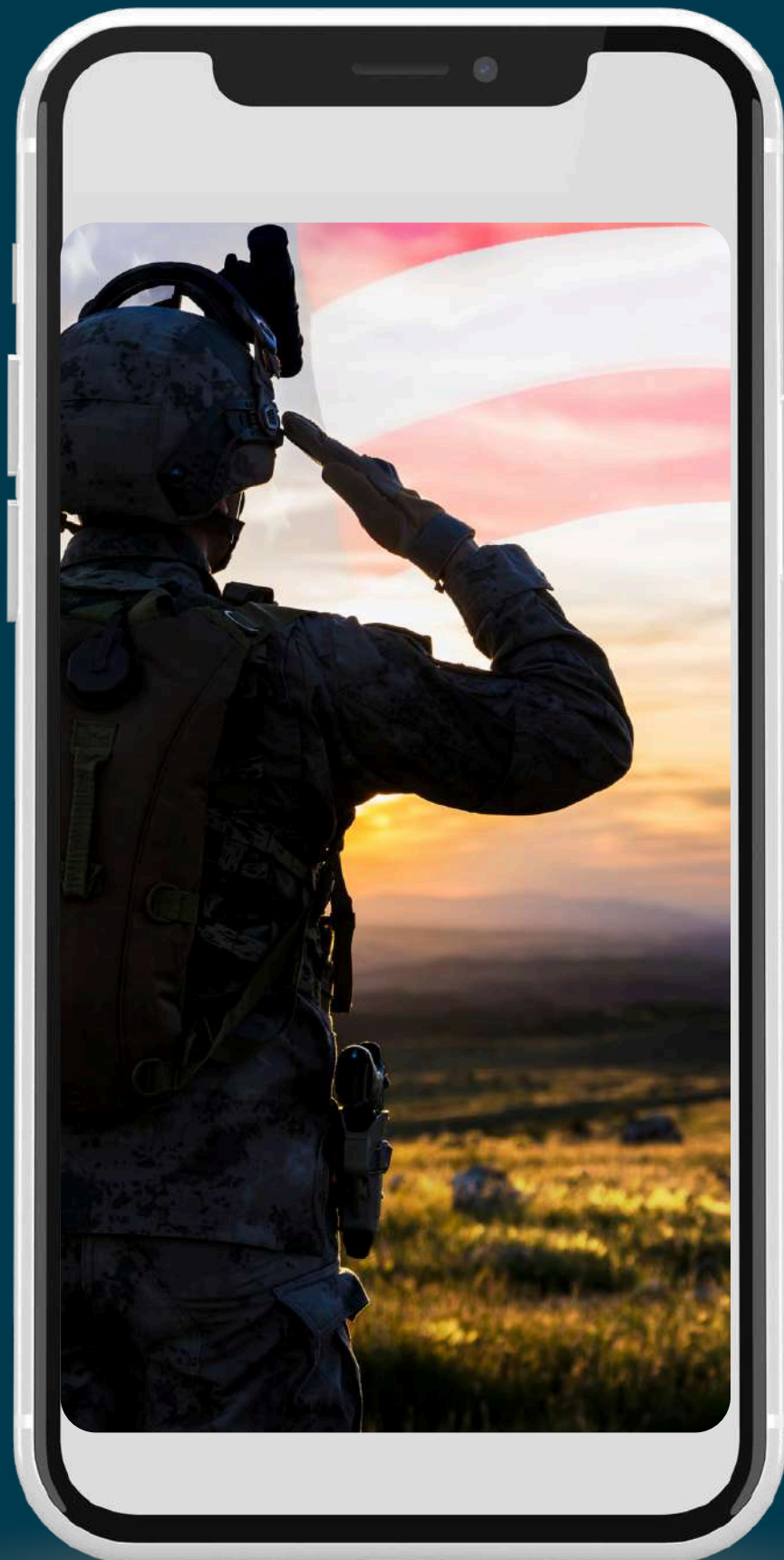
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Veteran Support Line

**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

