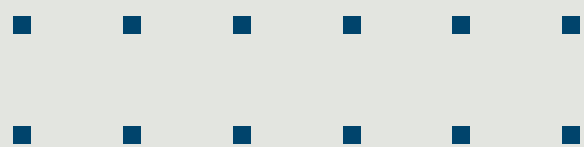


MEN'S HEALTH MONTH



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

EQ and You - Connect for Success

Emotions don't stop at work—use emotional intelligence to turn them into strengths.

Wednesday, June 4 at 1 pm

Register to view live or watch at a later time.

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



wellness@transitchicago.com





National Men's Health Week

June 9 - June 15

A time to raise awareness about the importance of physical, mental, and emotional well-being for men of all ages. Let's empower men to take charge of their health by encouraging regular check-ups, healthy lifestyle choices, and open conversations around mental and physical well-being.



wellness@transitchicago.com

Well-Informed

Embracing Empathy

featuring

Morganne Brownlee

Wednesday, June 11 at 11 am

Register to view live or watch at a later time

bit.ly/4dKSPX0



wellness@transitchicago.com

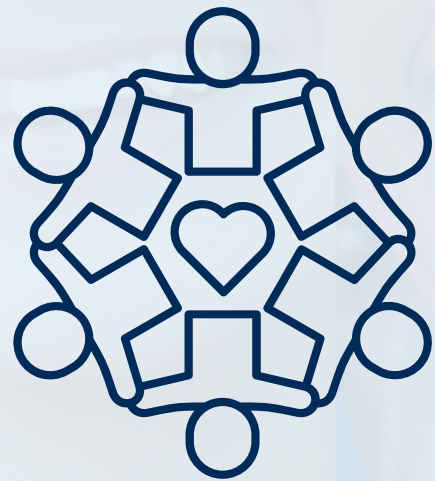


Celebrating Diversity - The Power of Authenticity



**Being authentic is tough but rewarding.
Discover how to embrace your true self.**

Wednesday, June 18 at 1 pm



Register to view live or watch at a later time.

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



wellness@transitchicago.com





Ask The Expert



Understanding Alzheimer's and Dementia

presented by

The Alzheimer's Association

Thursday, June 26 at 12 pm

Register Here

Register to view live or watch at a later time

<https://bit.ly/43kwbzW>



wellness@transitchicago.com



Financial Fridays

Myths About Retirement Plans

Friday, June 27 | 12 pm



Register to Participate LIVE - <https://bit.ly/4jYsAhC>

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



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MoveMondays

HYBRID LIVE WORKOUT SESSION

With Coach Travis at Chicago Ave. Garage

Arms & Abs with Resistance Bands

Monday, June 30

12 - 12:30 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LiveWorkoutSession>



wellnesscoach@transitchicago.com



MotivateMe®

Start Earning Your Rewards!

Step 1

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

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

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 Employee Assistance Program (EAP) at no cost to you.

For more information call **888-371-1125** or visit **myCigna.com**

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





myCigna Registration



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



wellness@transitchicago.com



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.



Key Health Risks for Men – **Respiratory Diseases**

Men are more likely than women to suffer from chronic obstructive pulmonary disease (COPD), often due to higher rates of smoking and exposure to occupational dusts and chemicals.

Reduce the Risk of Respiratory Diseases

- **Quit Smoking**
- **Avoid Exposure to Pollutants**
- **Exercise Regularly**

**Men's
Health**



Visit myCigna.com to find in-network providers.





Key Health Risks for Men – **Heart Disease**

Heart Disease is the leading cause of death among men. Factors like smoking, high blood pressure, high cholesterol, diabetes, obesity, and a family history of heart disease can increase the risk.

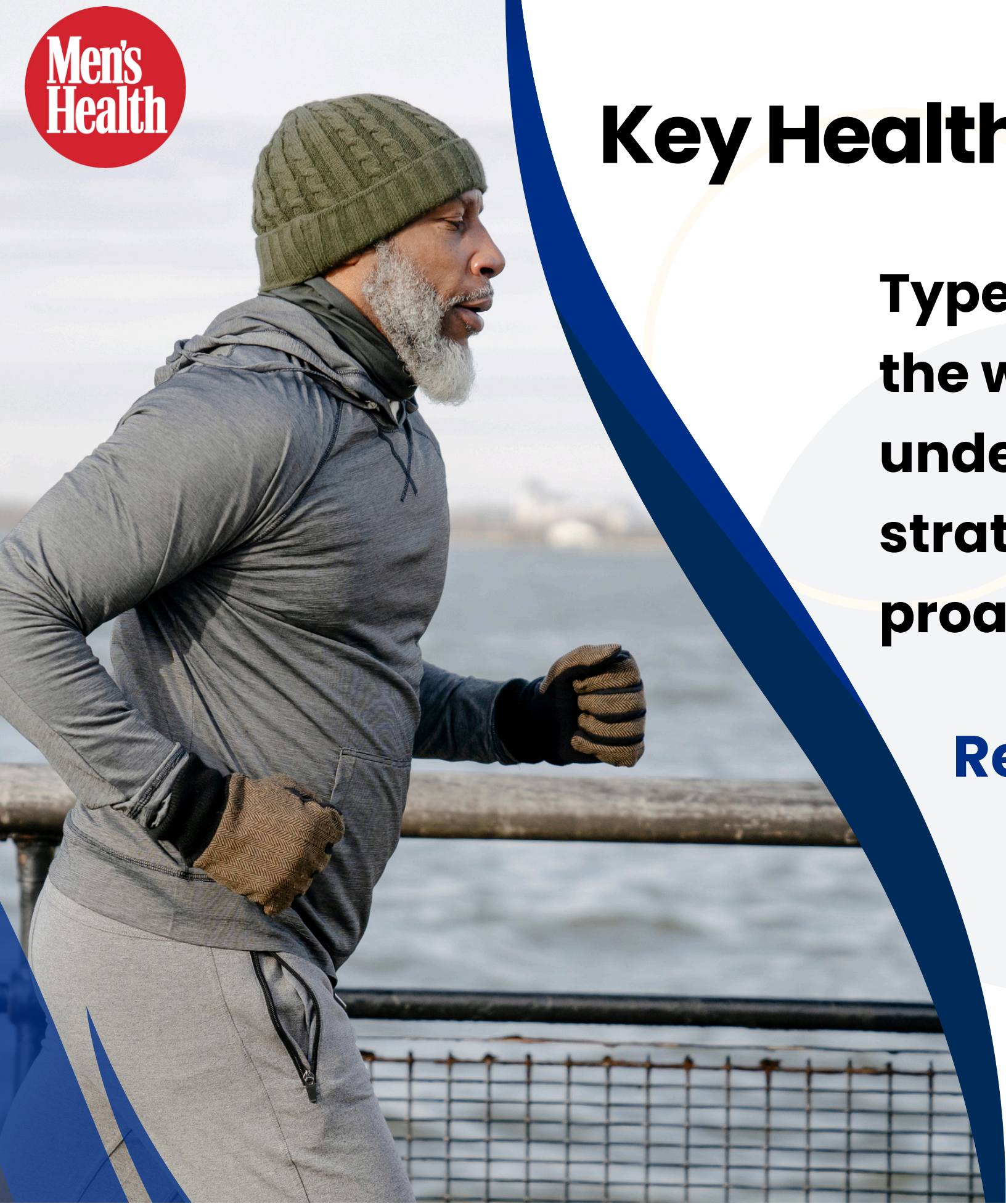
Reduce the Risk of Heart Disease

- **Maintain a Balanced Diet**
- **Regular Physical Activity**
- **Manage Stress**



Visit myCigna.com to find in-network providers.





Key Health Risks for Men - **Type II Diabetes**

Type II diabetes is a chronic condition that affects the way the body processes blood sugar. By understanding the specific risks and management strategies for type II diabetes, men can take proactive steps to prevent and control the condition.

Reduce the Risk of Developing Type II Diabetes

- **Maintain a Healthy Weight**
- **Monitor Your Blood Pressure**
- **Maintain a Balanced Diet**

Visit myCigna.com to find in-network providers.





Key Health Risks for Men – **Cancer**

Prostate cancer is one of the most common cancers in men, followed by lung and colorectal cancers. Regular screenings are crucial for early detection and successful treatment.

Reduce the Risk of Cancer

- **Know Your Family History**
- **Get Regular Screenings**
- **Limit Alcohol Consumption**

Health Disparities Awareness in the **LGBTQ+** Community

Individuals in the LGBTQ+ community have greater risk of behavioral health issues, certain diseases, conditions and infections.

How Your EAP Can Help

Call **888-371-1125** or visit **myCigna.com/EAP**

LGBTQ+ Provider Resource

- Visit The Gay and Lesbian Medical Association www.GLMA.org to learn about healthcare providers who can better assist with LGBTQ+ needs.
- The World Professional Association for Transgender Health www.wpath.org focuses on evidence-based research, for LGBTQ+ health needs.



Visit myCigna.com to find in-network providers.

