

*Promoting a Healthy Lifestyle through Total Wellness*  
**THE YEAR OF WELLNESS**

myCigna.com Registration

**ACT NOW**  
**SAVE LATER**

Find money-saving in-network doctors, preferred labs and valuable wellness resources for you and your family.

**Step 1**

Visit [myCigna.com](https://myCigna.com) and create your profile using your Cigna ID

**Step 2**

Take your Health Assessment:  
Under "Wellness" click on "Health Assessment"



Download the myCigna mobile app to get instant access to your healthcare information.

**Save Time with MDLIVE**

Choose MDLIVE for a more convenient way to receive easy, convenient medical care 24/7. Get access to urgent care, behavioral health and dermatology. You can also skip the waiting room with virtual wellness screenings. Virtual wellness screenings and the associated lab work are part of your plan and covered at no additional cost to you.

1. Go to [myCigna.com](https://myCigna.com), scroll down and select, "Talk to a Doctor or Nurse"
2. Under Medical, click "Connect"
3. Follow the prompts to schedule your appointment

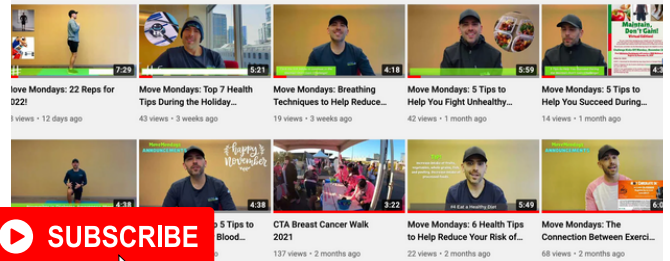


Subscribe to Wellness YouTube

**Move Mondays**

Subscribe to the Wellness YouTube Channel for weekly Move Mondays and additional wellness content. Each Monday, our certified fitness coach demonstrates exercises for all skill levels and provides lifestyle wellness tips to help you take steps towards better health. Be sure to like your favorite videos!

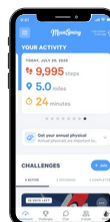
If you have questions,  
email [wellnesscoach@transitchicago.com](mailto:wellnesscoach@transitchicago.com)



Take out your phone, open your camera and hover over the QR code. Click "Subscribe" to stay updated on all the latest content! Or visit [tinyurl.com/28c2n6v2](https://tinyurl.com/28c2n6v2).

**10,000 Steps-a-Day 365**

In light of Wellness' annual 8-week program, Take 10,000 Steps-a-Day, Wellness encourages you make 10k steps a part of your daily routine all year long. Download the MoveSpring App to track your steps, and get daily motivation and health tips. Each month, select participants will be recognized for their efforts!



**MoveSpring**

Sync your steps with Fitbit, Apple Watch, Apple Health, Garmin, Withings/Nokie, or Misfit. Be sure to sync your steps daily to maximize your MoveSpring experience!

## Make Oral Health a Priority



Prevention can be the key to a healthy smile. Routine care from your dentist can help find problems early before you need more advanced, costly care. Register at [myCigna.com](https://myCigna.com) to find an in-network dentist to save your family money. With [myCigna.com](https://myCigna.com), you can get individualized information according to your dental plan.

### STEP 1

Register on [myCigna.com](https://myCigna.com)

### STEP 2

Select "Find Care and Costs"

\*These services are for full-time permanent employees only. Dental services are contingent upon your dental plan.

Or Call  
1-800-244-6224

## Financial Friday's

Join CTA Wellness each month for a deep dive into your financial wellness. Learn how to organize finances for you and your family. Topics range from budgeting, debt reduction, saving for retirement and more.



Visit [transitchicago.com/wellness](https://transitchicago.com/wellness) to find the latest online seminar.



## Mental Health Anytime, Anywhere

Your Employee Assistance Program is available to support you on your mental health journey with the following services:

- 6 Free Counseling Sessions (per issue)
- Lifestyle Management Programs (LMP): Stress Management

Cigna's LMP includes other coaching programs (via online or phone) for tobacco cessation, weight and stress management.

Visit [mycigna.com](https://mycigna.com) or call 1-888-371-1125 (24 Hours)

### Digital Mental Health Apps and Programs



iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life. Visit [myCigna.com](https://myCigna.com). Under Wellness, select "Stress" and click on iPrevail.



Talkspace is a digital space for private and convenient mental health support with a licensed therapist. Communicate via text, voice or video. Visit [talkspace.com/eapcigna](https://talkspace.com/eapcigna).



Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided activities and video-based therapy. Visit [ginger.com/cigna](https://ginger.com/cigna).



Happify consists of science-based games and activities that are designed to help you defeat negative thoughts, increase emotional well-being, gain confidence and more. Visit [happify.com/cigna](https://happify.com/cigna).

## 2022: Wellness at a Glance and Featured Seminars



Our wellness programs provide a range of educational tools and resources to help employees and their families sustain healthy lifestyles. Each month, Wellness highlights a variety of these tools and resources according to the monthly focus. Email [wellness@transitchicago.com](mailto:wellness@transitchicago.com) for questions about our programs.

### Monthly Themes and Tentative Seminars\*

#### January: Preventive Health

*New Year New You: Financial Resolutions You Can Keep*

#### February: Heart Health

*Ask the Doctor: Know Your Numbers for Better Health*

#### March: Nutrition/Colon Health

*Ask the Doctor: Colon Health*

#### April: Financial Awareness

*ID Theft Protection 101*

*Student Loan Payment Strategies*

*Getting and Keeping Good Credit*

*Investing: Education for Beginners*

#### May: Women's Health/Maternal and Child Health

*Ask the Doctor: Your Child's Health*

#### June: Men's Health/Pride Month

*Ask the Doctor: Men's Health*

\*Visit the wellness site for details on upcoming seminars. Seminar dates, times or topics may be subject to change.

