



# 2022 Wellness Calendar



# January is Preventive Health Month

***Preventive services are covered at 100%.  
Regular primary care visits can detect diseases early.***

**Did you know you can use myCigna.com to:**

- Find in-network doctors and hospitals.
- Manage and track claims.
- See cost estimates for medical procedures.
- Access a variety of health and wellness tools and resources.

## 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."



## Virtual Wellness Screenings with MDLIVE

1. Go to [myCigna.com](https://mycigna.com), scroll down and select "Talk to a Doctor or Nurse"
2. Under Preventive Care, click "Connect"
3. Connect to MDLIVE
4. Follow the prompts to complete the following:



**STEP 1** Complete your online health assessment.

**STEP 2** Choose an in-network lab and schedule an appointment.

**STEP 3** Choose an MDLIVE provider and schedule your virtual visit.

**STEP 4** Go to your lab appointment.

**STEP 5** Attend your virtual visit from anywhere via video or phone.



# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

## Notes

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## February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

# February is Heart Health Month

*Invest in your health. Invest in your heart.*

*80% of heart disease and stroke events could be prevented (Cigna).  
Here are some things you can do to prevent or lower your risk of heart disease.*

## Ways to Invest

## Your Return

<b>Regular Exercise*</b>	Can help reduce your risk of heart disease, type 2 diabetes, cancer and dementia
<b>Healthy Eating</b>	Can help you maintain a healthy weight and manage cholesterol and blood pressure
<b>Health and Cancer Screenings</b>	Can help prevent and/or find colon, breast, cervical, skin and prostate cancers
<b>Boost Mental Health</b>	Explore ways to enhance your mood that can help lower stress and lower blood pressure



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

\*Consult your doctor before participating in an exercise program.



# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

## Notes

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## March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

# March is National Nutrition Month

## How to Start a Healthy Eating Plan



Your Employee Assistance Program is available to support you through Cigna's Weight Management Program.



### SET YOUR GOALS

Set long and short term goals.



### SET YOUR BARRIERS

Know your diet triggers and set your limits accordingly.



### TRACK YOUR PROGRAMS

Use a notebook to keep track of your goals and progress.



### GET SUPPORT

Your EAP is here to support you:  
1-888-371-1125 or [mycigna.com](http://mycigna.com)



# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

## Notes

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## April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

# April is Financial Awareness Month

## 4 Steps To Make Financial Wellness A Reality

### Put together a budget.

Following a plan for how you spend your money each month can help you live within your means.

### Create an emergency fund.

Protect yourself by setting aside 3 to 6 months of income to cover unexpected expenses.

### Participate in CTA's Defined Contribution Plans.

Visit [massmutual.com/cta](https://massmutual.com/cta), or call the toll free number: 1-800-743-5274.

### Utilize your workplace benefits.

Visit the benefits website to learn about your voluntary benefit options: [transitchicago.com/hrbenefits](https://transitchicago.com/hrbenefits).



## Financial Fridays

Join CTA each month for a deep dive into your financial wellness.

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.





# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

## Notes

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## May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

# May is Women's Health Month

## Key Tips for Women's Health

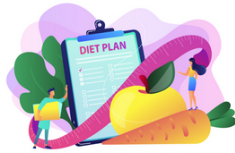
### Exercise



Heart disease is one of the leading causes of death in women (Center for Disease Control). Regular physical activity can help lower blood pressure, blood cholesterol and sugar levels.



### Balanced Diet



Eating a diet high in fiber, low in saturated fats and low in sodium is key to maintaining a healthy lifestyle. It is critical to reducing risks of chronic diseases in women.



### Mental Health

Life can take a heavy toll on women from parenting to marriage, to careers. Help manage stress with therapy, meditation, exercise and adequate sleep.

### Screenings



Women should be screened for high blood pressure, heart health and other cancers including breast cancer and cervical cancer.

### Maternity



Schedule regular prenatal checkups, and get regular exercise as approved by your doctor. It's also important to avoid alcohol and smoking.

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



# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

## Notes

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## June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

# June is Men's Health Month

## Key Tips for Men's Health

### Exercise



Heart disease is one of the leading causes of death in men (Center for Disease Control). Regular physical activity can help lower blood pressure, blood cholesterol and sugar levels.

### Balanced Diet



Eating a diet high in fiber, low in saturated fats and low in sodium is key to maintaining a healthy lifestyle. It is critical to reducing risks of chronic diseases in men.

### Screenings



Men should be screened for high blood pressure, heart health and other cancers including prostate, colorectal and lung cancers.

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



### Mental Health



Studies show that men with mental illnesses are less likely to have received mental health treatment than women in the past year (National Institute of Mental Health). Help manage stress with therapy, meditation, exercise and adequate sleep.



# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
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## Notes

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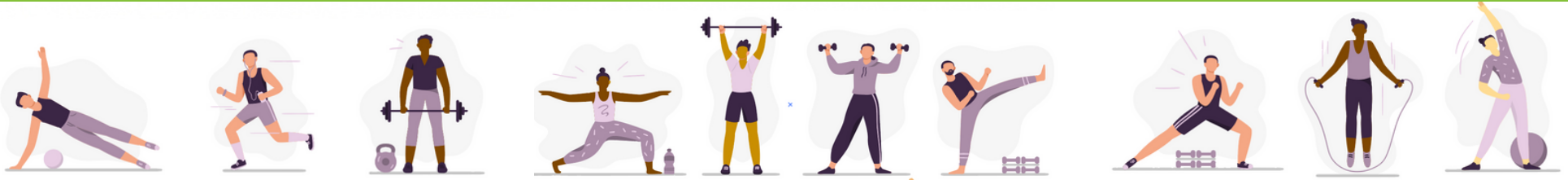
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## July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6


# July is Physical Fitness Month



Did you know that CTA has an onsite fitness coach? Our fitness coach is available to assist you on your fitness journey through individual fitness assessments and training programs, live boot camps, recorded circuits and guided resources.

## MoveMondays

Join CTA's onsite fitness coach each week for "Move Mondays." CTA's fitness coach will discuss and demonstrate tips you can use to get your body moving.

Subscribe to the Wellness YouTube  Channel to access every Move Monday to-date:  
Visit [tinyurl.com/28c2n6v2](https://tinyurl.com/28c2n6v2)



Email [wellnesscoach@transitchicago.com](mailto:wellnesscoach@transitchicago.com) with questions.

## Get Active!

Your Employee Assistance Program is available to support you through Cigna's Weight Management Program.

- Access tools and resources to help you track weight loss.
- Learn to cope with social obstacles.
- Make fitness a part of your daily life.
- Learn ways to cope with stress related to weight gain.

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



Active&Fit Direct is an online tool that can provide you access to a broad range of fitness centers for just \$25 per month.

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



# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

## Notes

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## August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

# August is Dental Health Awareness Month

*More than 1 in 4 adults in the US have untreated tooth decay.*

*Nearly half of all adults aged 30 years or older show signs of gum disease. (Center for Disease Control).*

## 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.

- Brush your teeth twice a day with a soft bristle toothbrush.
- Floss daily.
- Eat a healthy diet and limit snacks between meals.
- See your dentist regularly.



By registering for [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

Click on "Find Care & Costs"

 Or Call **800.244.6224**

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





# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31	1	2	3
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## Notes

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## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
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18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

# September is Mental Health Awareness Month

*In 2020, 40% of US adults reported struggling with mental health or substance use (Center for Disease Control).*

Your mental health is important. Mental health services are available in addition to your 6 free counseling sessions (per issue) offered through your Employee Assistance Program (EAP) .

- Panic Attacks
- Schizophrenia
- Addictions
- Family Counseling
- Depression
- Bipolar Disorder
- Anxiety



To contact the EAP, visit [mycigna.com](https://mycigna.com) or call 1-888-371-1125

## 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 and challenges associated with difficult transitions. To get started, visit [myCigna.com](https://myCigna.com), click on the Stress and Emotional Wellness page and click on the iPrevail link.



Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and communicate via text, voice or video. To get started, visit [talkspace.com/eapcigna](https://talkspace.com/eapcigna).



Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy. To get started, 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 mindfulness and emotional well-being, gain confidence and more. To get started, visit [happify.com/cigna](https://happify.com/cigna).



# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	1
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## October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

# October is Breast Cancer Awareness Month

*1 in 8 women in America will be diagnosed with breast cancer in their lifetime (American Cancer Society).*



## Risk Factors for Breast Cancer in Women and Men

- Family or personal history of breast cancer (one or more relatives diagnosed)
- Inherited gene (BRCA) that increases your risk of developing breast cancer
- Increase in age (At age 40, talk with your doctor about getting screened)
- Radiation exposure

## Other Factors Associated with Increased Breast Cancer Risk

- Overconsumption of alcohol and fat in your diet
- You were treated with radiation therapy in childhood or early adulthood

**Visit [myCigna.com](http://myCigna.com) to find in-network providers for breast cancer screenings.**

**CTA is a participant in The American Cancer Society's Annual Breast Cancer Awareness Walk.**





# October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

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## November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

# November is Diabetes Awareness Month

*Over 34 million people in the United States are diagnosed with diabetes (American Diabetes Association).*



## Managing Diabetes through Exercise

- Incorporate aerobic activity such as brisk walking
- Incorporate strength exercises 2-3 times per week
- Incorporate stretching to increase flexibility & lower stress

Contact CTA's onsite fitness coach for more tips.  
Email [wellnesscoach@transitchicago.com](mailto:wellnesscoach@transitchicago.com)

Always talk with your doctor before starting an exercise program.

## How is Type 2 Diabetes treated?

- Making healthy food choices (whole grains, fruits & vegetables, water)
- Losing weight, if you are overweight
- Getting regular exercise
- Taking medication, if prescribed





# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

## Notes

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## December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

# Employee Assistance Program (EAP)

Your EAP is available to support you with your lifestyle and behavioral health needs through a variety of services

Physical Health

Emotional Health

Job/Career

EAP Webcasts

Relationships

Family Life

Legal

Elder Care

Substance Use

Financial

To get started with an EAP service, visit [mycigna.com](http://mycigna.com) or call 1-888-371-1125

6 Free  
Counseling  
Sessions

Provided to you and your dependents, per issue.



Behavioral  
Wellness  
Webinars

Online seminars are available to you at your convenience with various topics related to your mental well-being. Log in to [cigna.com/eapwebcasts](http://cigna.com/eapwebcasts) with your myCigna account information and select any topic to register.





# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
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## Notes

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## January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

# CTA Benefits Resources



[transitchicago.com/wellness](http://transitchicago.com/wellness)  
[wellness@transitchicago.com](mailto:wellness@transitchicago.com)  
1-312-681-2225, press "8"



[mycigna.com](http://mycigna.com)  
1-800-CIGNA24  
EAP Hotline  
24-Hours 1-888-371-1125



[caremark.com](http://caremark.com)  
1-866-285-8972



[massmutual.com/cta](http://massmutual.com/cta)  
1-800-743-5274



CTA Benefits Services  
[transitchicago.com/hrbenefits](http://transitchicago.com/hrbenefits)  
[Benefits@transitchicago.com](mailto:Benefits@transitchicago.com)  
1-312-681-2225, press "3"



[metlife.com/mybenefits](http://metlife.com/mybenefits)  
1-866-492-6983



[wageworks.com](http://wageworks.com)  
1-877-924-3967



[mycigna.com](http://mycigna.com)  
24-Hours 1-888-726-3171



# Year at a Glance

## 2022 Calendar

January	February	March	April	May	June
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
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9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
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30 31					

July	August	September	October	November	December
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3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
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31			30 31		

## 2023 Calendar

January	February	March	April	May	June
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1 2 3 4 5 6 7	1 2 3 4	1 2 3 4	1	1 2 3 4 5 6	1 2 3
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15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17
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July	August	September	October	November	December
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1 2
2 3 4 5 6 7 8	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
9 10 11 12 13 14 15	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
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23 24 25 26 27 28 29	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30
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