

WELL-INFORMED NEWSLETTER | SPRING•SUMMER 2023

Promoting A Healthy Lifestyle Through Total Wellness



Coaches Corner

CTA Wellness provides two on-site wellness coaches. Our on-site Fitness Coach and Life Coach connect employees to valuable tools and resources that provide opportunities to enhance and develop personal and professional goals. Our wellness coaches deliver pertinent information that is relevant to your health and wellness journey. Connect with our wellness coaches on-site at your work location or tune in weekly to the Live Well Work Well YouTube channel. Subscribe: tinyurl.com/28c2n6v2. You can also email the coaches at wellnesscoach@transitchicago.com.

Live Well Work Well Health Fair

Our Live Well Work Well Health Fair is the ideal place to help you take the necessary steps to provide a healthy future for you and your family. Come join your co-workers Saturday, June 24, from 9 am to 1 pm at the Chicago Ave Garage 642 N Pulaski Rd Chicago, IL 60651 for an informative and fun time together. The fair offers something for the entire family. You do not want to miss this event! Mark your calendars for June 24, 2023.



MotivateMe®

MotivateMe® is a voluntary incentive-based program and platform that tracks and records your wellness-sponsored activities. MotivateMe® is currently available to nonunion and ATU-represented employees receiving medical coverage from CTA's medical provider – Cigna. MotivateMe® provides you with encouragement and resources to aid you in getting the most you can from your wellness benefits. To join, go to myCigna.com, create an account, and complete a Health Assessment. Follow the program guidelines and start saving.



LET'S GET MOVING CAMPAIGN 06.05 - 07.28

Summer is the perfect time to get moving! Join CTA Wellness in our 8-week Let's Get Moving Campaign to promote physical activity and exercise! Earn prizes and a credit in the MotivateMe® program, sign up today!



Download the MoveSpring app to participate in CTA individual and team challenges.



Get access to a broad range of fitness centers. Visit activeandfit.com to find a center near you and get started!

Employee Assistance Program Resources

The Employee Assistance Program (EAP) is here for you. The EAP provides you with access to work and life resources such as counseling services, legal assistance, financial counseling, referrals for child and elder care, pet care and so much more. The EAP is free, voluntary, and confidential. Visit myCigna.com or call 888-371-1125 to access your EAP resources.



Digital Mental Health Apps



iPrevail is a digital therapeutics platform, designed to help you take control of the stresses of everyday life and challenges associated with difficult transitions. To get started, visit myCigna.com, click on the Stress and Emotional Wellness page, and click on the iPrevail link.

ginger

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.

happify™

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.

Did You Know

CTA Wellness conducts seminars featuring specialized knowledge from healthcare professionals, subject matter experts, and financial counselors. Register for seminars to view live or be able to watch at your convenience. You can also earn credits in the MotivateMe® program for participating!



Make Oral Health a Priority

Oral Health is linked to overall health. There are a few simple things you can do to prioritize your oral health.

Practice Daily Dental Care

The American Dental Association recommends brushing twice daily for two minutes per session as well as daily flossing between the teeth.

Visit Your Dentist Regularly

The American Dental Association and your dentist recommend you come back every six months. Regular dental visits are essential for the maintenance of healthy teeth and gums. Visit myCigna.com to find a dental provider near you.

Stories From the Streets

Hosted at various work locations, CTA Wellness provides employees the opportunity to address concerns with their peers experiencing similar customer service challenges. Guided by a licensed mental health professional, operators can explore strategies for managing and coping with stressful challenges on duty and at home. Contact Wellness to learn more and for the schedule.



Summertime means longer days, fun in the sun, barbecues, and kids out of school. Here are some summer tips to help make the most of your summer and stay healthy, too.

Be Active, Stay Cool

Exercise in the morning or evening, when it's likely to be cooler outdoors.

Stay Hydrated

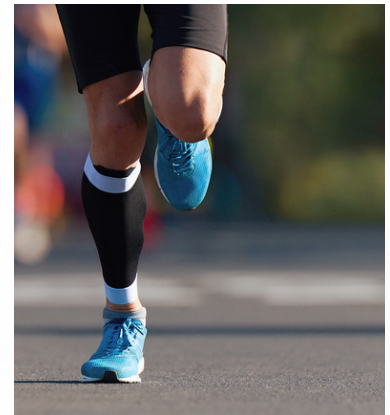
Drink plenty of water. Help your body stay cool by drinking water frequently.

Apply Sunscreen Regularly

Applying sunscreen is a crucial step to combat overexposure to the sun.

2023 Races

- 3.26** SHAMROCK SHUFFLE - GRANT PARK
- 4.30** MARCH OF DIMES- MONTROSE HARBOR
- 5.6** CINCO DE MILER - MONTROSE HARBOR
- 5.27** SOLDIER FIELD 10 - SOLDIER FIELD
- 6.3** STRIDES FOR PEACE - GRANT PARK
- 6.10** WALK AND ROLL - MAGGIE DALEY PARK
- 8.19** CORRIDA DEL MARIACHI - BERWYN, IL
- 9.4** BIKE THE DRIVE - GRANT PARK
- 9.9** RUN MAG MILE - GRANT PARK
- 9.17** ZERO PROSTATE CANCER - DIVERSEY HARBOR
- 10.14** BREAST CANCER WALK - SOLDIER FIELD
- 10.21** DC WONDER WOMAN RUN - MONTROSE HARBOR
- 10.29** POLISH INDEPENDENCE RUN - MONTROSE HARBOR
- 10.30** DAY OF THE DEAD RUN - JUAREZ HS
- 11.5** HOT CHOCOLATE RUN - GRANT PARK
- 12.2** SANTA HUSTLE - SOLDIER FIELD



Learn more about our sponsored races at transitchicago.com/wellness

Get Connected With Wellness

- 312.621.2225 option 8
 - wellness@transitchicago.com
 - transitchicago.com/wellness
- ### Meet Your Wellness Team



Pictured From Left to Right; Yohannes (Life Coach), Christina (Communications Coordinator), Jillian (Wellness Engagement Manager), Jessica (Wellness Manager) and Travis (Fitness Coach).