

CTA WELLNESS

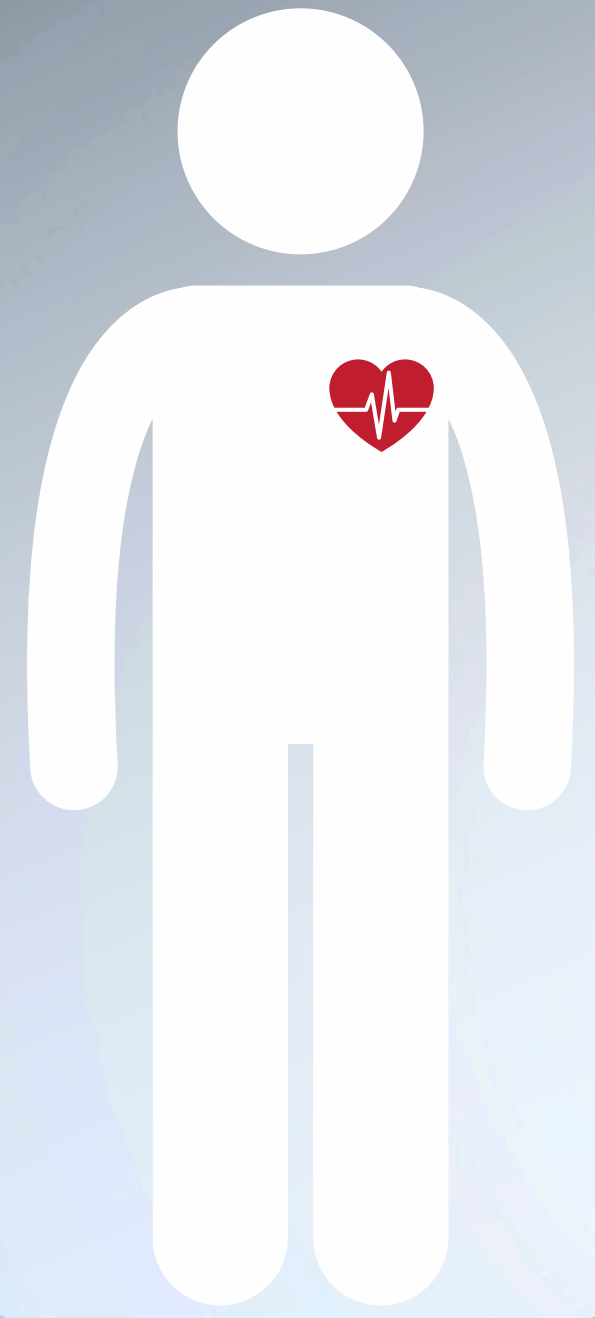
FEBRUARY

HEART HEALTH MONTH



Know your numbers

February 3 - 28

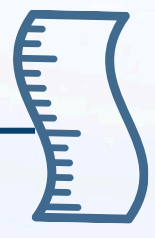


Get to Know Your Numbers and take active steps towards better heart health with an onsite metric screening.


Blood Glucose 


Resting Heart Rate 

Cholesterol Levels 

Body Height 

Body Weight 

Blood Pressure 

Body Mass Index 



Metrics in **RED** will be taken at select locations by First Choice Occupational Health. These screenings qualify as a Biometric Screening for the MotivateMe® program. Scan the QR code to view the detailed Know Your Numbers schedule.



wellness@transitchicago.com

LIVE MEDITATION & DEEP BREATHING SESSION WITH COACH YOHANNES



Thursday, February 6
12 - 12:15 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



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National Wear Red Day*

Friday, February 7

Increasing Awareness for Heart Health

Send Your Selfies in Red to wellness@transitchicago.com



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***Uniform Requirements Still Apply**

Well-Informed

Know Your Numbers

featuring

Erika Kawamura, LP, PsyD



Wednesday, February 12 at 11 am

Register Here

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

Register to view live or watch at a later time

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



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Strengthening Your Team



Managers - Explore strategies for managing diverse work styles, enhancing collaboration and unlocking your team's full potential.

Wednesday, February 12 at 1 pm

Register to view live or watch at a later time.



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



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Painting Class at Art Space Chicago

February 22 | 1 pm - 3 pm

Join your co-workers for this therapeutic and creative experience and reap the benefits during this 90-minute instructor-led art class. All materials will be included with no experience necessary. For additional details and to register visit <https://bit.ly/4jf0KxX>.



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Valid for CTA Employees Only





Move Mondays

LIVE WORKOUT SESSION

With Coach Travis

Upper Body Blitz

Monday, February 24

12 - 12:30 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LiveWorkoutSession>



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Practicing Positivity at Work



Discover how unconscious bias, personal positivity, and clear communication shape a positive work culture for everyone.

Wednesday, February 26 at 1 pm

Register to view live or watch at a later time.

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



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Financial Fridays

Saving Early in Your Career

Friday, February 28 | 12 pm



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

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



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Well-Informed



What's for Dinner - Meal Prep

featuring

Dr. Lydia Malcom, PhD

Register Here

Wednesday, March 12 at 11 am

Register to view live or watch at a later time

<https://bit.ly/42bTEEj>



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



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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.

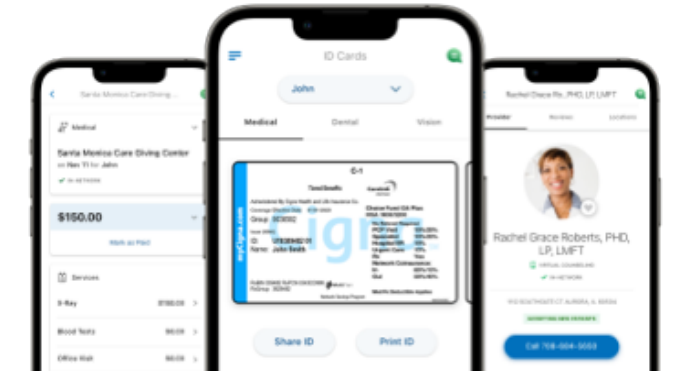
Step 3

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

Our Goal

CTA is committed to making employee wellness an integral part of your lifestyle. Taking a proactive approach can help ensure a long and healthy life. We invite you to actively participate in CTA's wellness program MotivateMe®.

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



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MotivateMe®

MotivateMe® is a voluntary incentive-based program and platform that tracks and records your wellness sponsored activities. MotivateMe® provides you with encouragement and resources to get the most from your wellness benefits.



Take Your Personal Health Assessment



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MotivateMe®

How to Participate



Step 1

Visit myCigna.com or the Cigna app and create your profile using your Cigna ID.



Step 2

Under the Wellness tab, complete your Health Assessment.



Step 3

Complete required activities and participate in eligible wellness activities by 10/31/25.



Visit myCigna.com for more information.



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IN WITH THE NEW YOU



Save big no matter what you choose: a standard gym for \$28/month or 20% to 70% off a premium exercise studio.

Bundle and save. Get \$5 off each additional gym you join.

No long-term contracts. Easily sign up, switch gyms, or cancel online with no fees or penalties.



SCAN THE QR CODE TO LEARN MORE!

\$28 enrollment fee waived for standard and premium gyms 12/1/24 12:01 a.m. – 2/28/25 11:59 p.m. PT.



12,700+
Standard Gyms



+
More

ctaCARES

Tobacco Cessation Program

offers a range of benefits to support employees in quitting tobacco use.



For additional details visit here:



<https://bit.ly/4dTdQxd>

Support

24/7 access to live assistance and crisis support.

Counseling

Face-to-face and telehealth counseling options.

Plan

Personalized quit plans and telephonic consultations.

Resources

Provides resources & digital tools for managing stress & improving overall health.



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



Stress Management Program



Choose the support experience you need 24/7. Call 888-371-1125 or visit myCigna.com



Promoting healthy hearts
through stress management.

- Personalized plans
- Workbooks and toolkits
- One-on-one support from specially-trained health advocates

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.



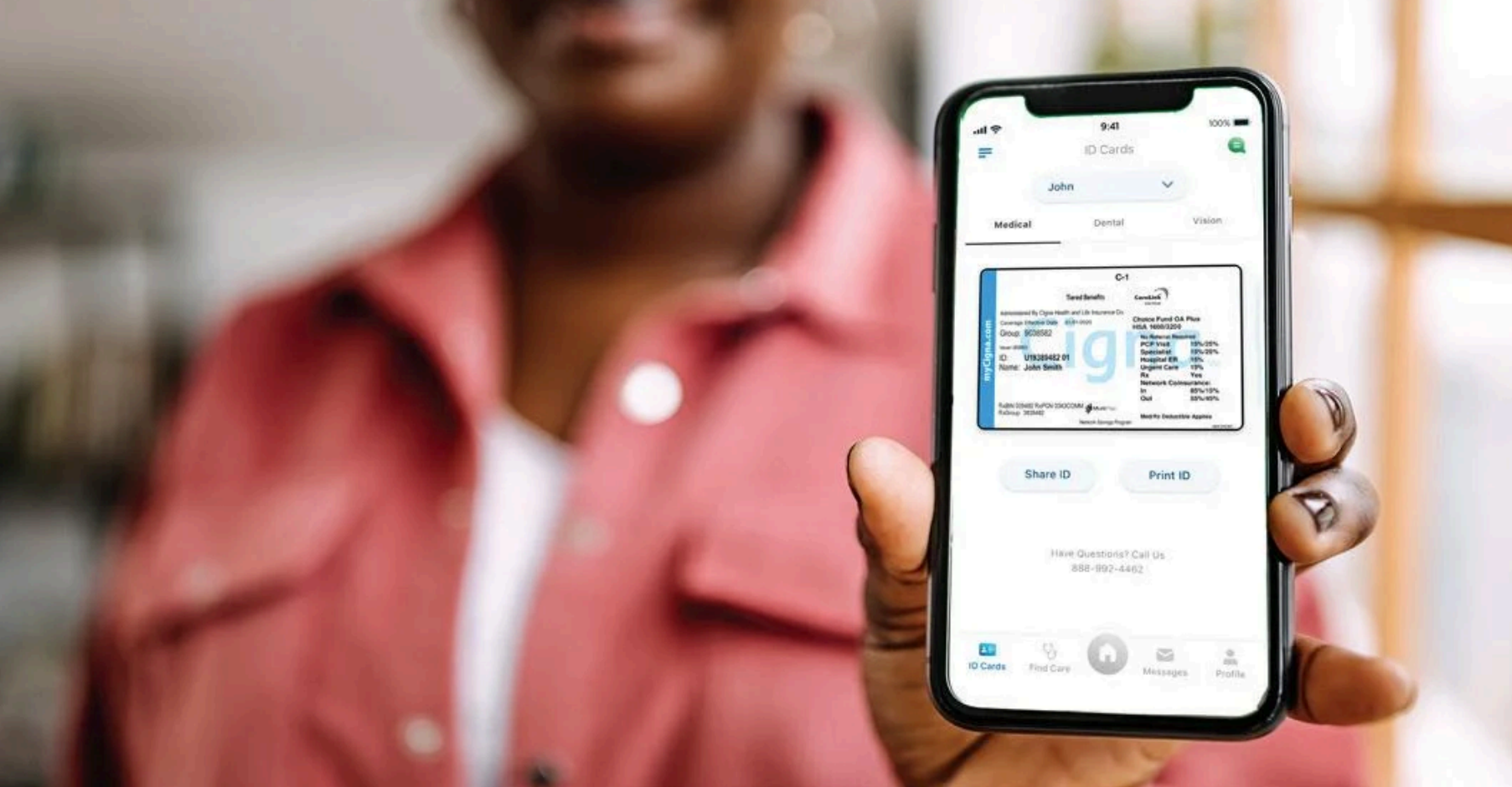


myCigna Registration



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

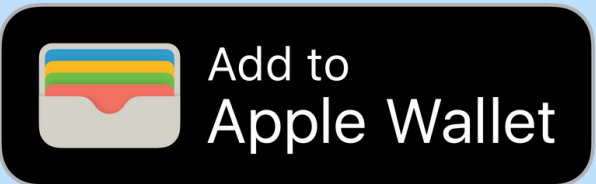




Digital ID cards now available for download to Apple Wallet

Having your medical ID cards readily available on your smartphone ensures that you can quickly and securely access your important health information anytime, anywhere.

Download your Medical and Dental Cards to your Apple Wallet.



Here's how to add your MyCignaID cards to your Apple Wallet:

1. Open the MyCigna app on your iPhone.
2. Log in with your username and password.
3. Navigate to the section where your ID cards are displayed and tap the option to add your card to Apple Wallet.

Visit myCigna.com for more information.



ctaCARES

Real Support for Real Life

- › Assess your needs and find a solution to help resolve your concerns
- › Get the help you need when you're in a crisis situation
- › Receive 6 face-to-face or video-based counseling sessions per issue per year with an EAP professional
- › Get connected with the right mental health or substance use resources in your plan's network
- › Get directed to a variety of helpful resources in your community

Get the EAP support you need conveniently on myCigna.com

- › Search for an EAP professional in your network
- › Get educational materials on almost any work or life issue
- › Take a self-assessment to see how you're doing
- › Access our interactive tools and much more!

Call us anytime, any day.

1-888-371-1125 (24/7)

Or visit myCigna.com



Visit myCigna.com for more information.



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



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Understanding Blood Pressure Readings

Systolic Pressure (Top Number)

This is the higher of the two numbers and represents the pressure in your arteries when your heart beats, or contracts, pushing blood into the circulatory system. It is the maximum pressure your arteries experience during a heartbeat.

Diastolic Pressure (Bottom Number)

This is the lower of the two numbers and represents the pressure in your arteries when your heart is at rest, or between beats. This is the minimum pressure your arteries experience during the relaxation phase of the heart.

| | |
|--------------------------------|---|
| Normal Blood Pressure | A normal reading is typically around 120/80 mmHg. |
| Elevated Blood Pressure | 120-129 mmHg for systolic and less than 80 mmHg for diastolic. |
| Hypertension Stage 1 | 130-139 mmHg for systolic or 80-89 mmHg for diastolic. |
| Hypertension Stage 2 | 140 mmHg or higher for systolic or 90 mmHg or higher for diastolic. |
| Hypertensive Crisis | 180 mmHg or higher systolic or 120 or higher mmHg for diastolic. |



What is **SLEEP APNEA**?



Sleep apnea means that your breathing often is blocked or partly blocked during sleep. The problem can be mild to severe, based on how often your lungs don't get enough air. This may happen 5 to 30 or more times an hour.

Having sleep apnea can lead to serious problems such as:

- Coronary Artery Disease (CAD)
- Depression
- Diabetes
- Heart Failure
- High Blood Pressure
- Stroke

Talk with you doctor about your risk or symptoms for sleep apnea. Visit myCigna.com to find an in-network provider.



Visit myCigna.com to find an in-network provider.



What are the symptoms of **SLEEP APNEA**?



What you notice?

- Not feeling rested after a night's sleep
- Feeling sleepy during the day
- Waking up with a headache

Talk with your doctor about your risk or symptoms for sleep apnea. Visit myCigna.com to find an in-network provider.

What your sleep partner notices during sleep?

- You stop breathing
- You often snore loudly
- You gasp or choke
- You toss or turn



Visit myCigna.com to find an in-network provider.



Know your numbers

Resting Heart Rate

Resting Heart Rate reflects how efficiently your heart functions at rest. A lower RHR often indicates better cardiovascular fitness and a reduced risk of heart disease.

Understanding Your Resting Heart Rate (RHR)

- Elevated RHR may signal underlying heart issues or stress on the cardiovascular system.
- Regular physical activity can help lower your resting heart rate.
- Monitoring RHR can alert you to potential issues early on.



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Know your numbers

Body Weight and BMI

Maintaining a healthy weight reduces strain on the heart. BMI provides a measure of body fat based on weight and height, helping to assess whether you're in a healthy range.

Maintaining a Healthy BMI

- **Eat a balanced diet with fruits, vegetables, lean proteins, and whole grains.**
- **Limit processed foods and added sugars for healthy weight management.**
- **Stay active with 30 minutes of exercise most days.**



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Know your numbers

Blood Pressure

Blood pressure measures the force of blood pushing against the walls of your arteries as your heart pumps. High blood pressure (hypertension) is a major risk factor for heart disease and stroke.

Maintaining a Healthy Blood Pressure

- Regularly check your blood pressure at home or with your healthcare provider to stay informed and act early, if needed.
- Lifestyle choices like reducing sodium intake and managing stress can help maintain healthy blood pressure.



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Know your numbers

Cholesterol

Cholesterol levels are key to heart health. Monitoring and managing cholesterol helps protect your heart and reduce cardiovascular risks.

Understanding Cholesterol

- HDL ("good") cholesterol helps remove excess cholesterol from the bloodstream, protecting against heart disease.
- High levels of LDL ("bad") cholesterol can lead to plaque buildup in arteries, increasing the risk of coronary artery disease and heart attacks.



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Know your numbers

Blood Glucose

Blood glucose levels are vital for maintaining cardiovascular health. Keeping blood sugar within a healthy range lowers the risk of complications like heart disease and stroke.

Impact of Blood Glucose on Heart Health

- Elevated glucose levels can lead to diabetes, which increases the risk of heart disease and stroke.
- Consistently high glucose damages blood vessels and nerves that control the heart.
- Managing blood sugar through diet, exercise and medication can reduce heart health risks.



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Heart **Health** Amongst African Americans

African Americans are...

40% more likely
to have high blood
pressure.



10% less likely
to have their blood pressure
under control.

3x as likely
to die from heart disease
caused by high blood
pressure.



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TAKE TIME FOR SELF-CARE

Prioritize Sleep: Ensure you're getting enough quality sleep each night. Aim for 7–9 hours of sleep to allow your body and mind to recharge.

Practice Mindfulness: Take time each day to focus on the present moment through mindfulness practices like meditation, deep breathing, or simply spending a few minutes in silence.

Stay Active: Incorporate regular physical activity into your routine. Exercise benefits your physical health and also releases endorphins, which can improve your mood and reduce stress.



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FEBRUARY IS HEART HEALTH MONTH

- **Quit Smoking**
- **Stay Active**
- **Maintain a Healthy Weight**
- **Eat Heart Healthy Foods**
- **Get Screenings and Tests**



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HOW DOES STRESS AFFECT THE BODY?

Stress can have lasting effects on your health and well-being. Long-term stress on your nervous system, along with prolonged exposure to stress hormones, may put you at risk for high blood pressure, heart disease, stroke, and other issues.

Your Employee Assistance Program Can Help You

Stress Management Program

6 Free Counseling Sessions, Per Issue

Call 888-371-1125 or visit myCigna.com



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Eat for a Healthy Heart



**Eat a variety of fruits
and vegetables**



Choose whole grains



**Choose low-fat & fat-free
dairy products**



Buy skinless poultry & fish



The Importance of Regular Exercise

Cardiovascular Health

Regular exercise improves heart health, reducing the risk of heart disease.



Weight Management

Regular physical activity and a balanced diet is crucial for preventing obesity-related heart issues.



Mental Well-being

Exercise boost mental health, reduces stress and anxiety and improves heart health.



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Have You Chosen Your Beneficiary Yet?

To Designate Your Beneficiaries Contact:



empower.com/cta
833-282-1CTA



metlife.com/mybenefits
866-492-6983



CTA Pension
ctaretirement.org
312-441-9694



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