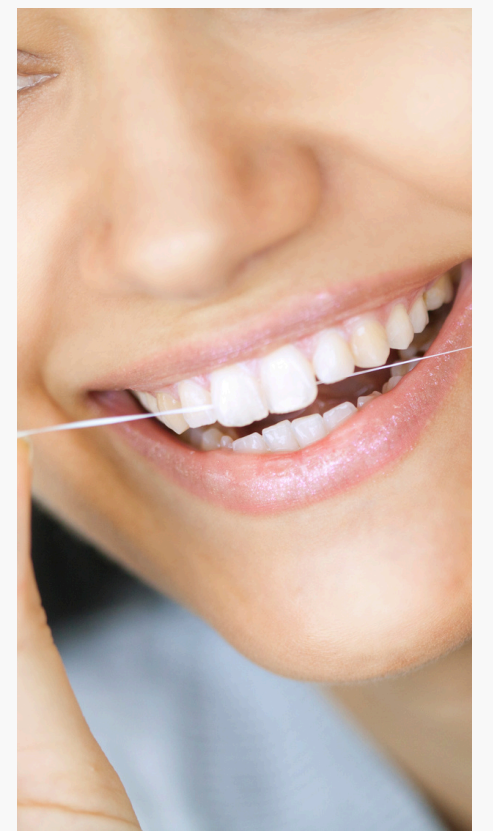




DENTAL HEALTH MONTH



Promoting Healthy Oral Hygiene





#Adulting: Surviving to Thriving

Gain tips for budgeting, saving, investing and managing debt.

Wednesday, August 6 at 1 pm



Register to view live or watch at a later time.

<https://bit.ly/45O2ml8>



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Managers: Critical Incidents and the Workplace

Learn helpful moves and review supportive resources available when crisis hits.

Wednesday, August 20 at 1 pm



Register to view live or watch at a later time.

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



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Well-Informed



Bridging the Gap - Generations

featuring

Dr. Dymont

Wednesday, August 13 at 11 am



Register to view live or watch at a later time

<https://bit.ly/Augwellinformed>



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Ask the Doctor 



Importance of Maintaining Oral Health

featuring

Dr. Fasula & Dr. Williams

Thursday, August 7 at 12 pm



Register to view live or watch at a later time

<https://bit.ly/AugAsktheDoc>



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Financial Fridays

Juggling the Financial Needs of Your Kids, Yourself & Your Parents

Friday, August 22 | 12 pm



[Register to Participate LIVE -bit.ly/AugFinancialFriday](https://bit.ly/AugFinancialFriday)

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



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MoveMondays

LIVE WORKOUT SESSION

With Coach Travis

Strong Core

Monday, August 25

12 - 12:30 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/AugLWS>



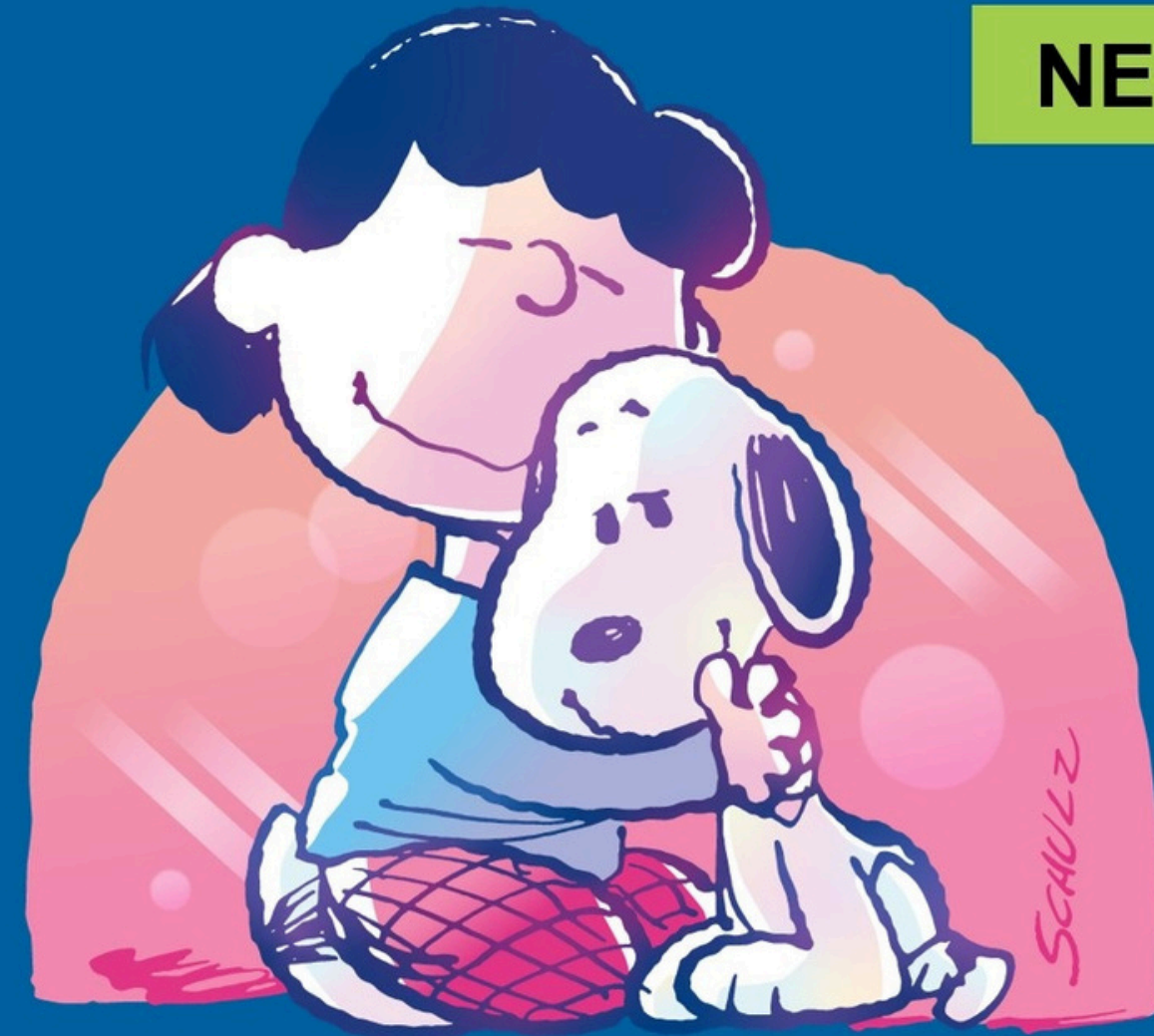
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Join the pack, CTA!

Introducing flexible pet insurance for the
furry ones you love

- Discounts of up to 30%¹
- Up to 90% coverage if your pet becomes sick or injured²

NEW!



Scan the code or visit
metlife.com/getpetquote59728

¹ When using multiple discounts, discounts cannot exceed 30%. Each discount may not be available in all states. Please contact MetLife Pet for further details.

² Reimbursement options include: 50%, 70%, 80% and 90%. Some restrictions may apply.

Pet Insurance coverage issued by Metropolitan General Insurance Company, a Rhode Island insurance company headquartered at 700 Quaker Lane, Warwick, RI 02886. Coverage subject to restrictions, exclusions and limitations and application is subject to underwriting. See policy or contact MetLife Pet Insurance Solutions LLC ("MetLife Pet") for details. MetLife Pet is the policy administrator. It may operate under an alternate or fictitious name in certain jurisdictions, including MetLife Pet Insurance Services LLC (New York and Minnesota) and MetLife Pet Insurance Solutions Agency LLC (Illinois).

**BIKE
DRIVE** THE

40TH
anniversary



ACTIVE
TRANSPORTATION
ALLIANCE



Join HR - Wellness at Bike the Drive

Sunday, August 31 | 6:30 am

DuSable Lake Shore Drive

Scan the QR code or click the link

<https://bit.ly/BTDReq> to receive complimentary
employee registration details for Bike the Drive.



Deadline to Register: Friday, August 15 or until Sold Out



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Valid for Current CTA Employees Only



**Join HR - Wellness
at Run Mag Mile 5k & 10k**



Saturday, September 6 | 7 am

Grant Park - Buckingham Fountain

Scan the QR code or click the link to
<https://bit.ly/RMMReq> to receive complimentary
employee registration for the Run Mag Mile 5k or 10K.



Deadline to Register: Friday, August 22 or until Sold Out



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Valid for Current CTA Employees Only



Join HR-Wellness at the Strength in the City Festival



Sunday, September 14 | 9am

Theatre on the Lake - Fullerton Beach

Scan the QR code or click the link to <https://bit.ly/SitS25> to receive complimentary employee registration for the Strength in the City Fest.



Deadline to Register: Friday, August 28 or until Sold Out



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Wellness Sponsored Event - Valid for CTA Employees Only.



Join HR-Wellness at the Transit Jamboree



Saturday, September 13, 2025

**We are excited to combine our Wellness Health Fair
with this year's Transit Jamboree.**

**In addition to the thrill of the Rodeo, stop by the
HR-Wellness Farmer's Market to fuel your well-being!**

Skokie Shops - 3701 W. Oakton St. Skokie, IL 60076

All employees and their families are welcome.



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Easy Oral Hygiene Habits To Fit Into Your Busy Workday

Keep a travel toothbrush kit with you

Store a small toothbrush, toothpaste, and floss picks in your bag or desk for quick cleanups.

Choose teeth-friendly snacks

Eat fiber-rich fruits and vegetables, like apples, carrots, and leafy greens, to strengthen your teeth.

Stay hydrated

Drink plenty of water throughout the day to promote saliva production, prevent plaque buildup, and support your overall health.



FLOSSING BEST PRACTICES

Floss once a day

The evening is ideal for cleaning plaque and food your toothbrush cannot reach.

Floss using the “C” shape method

Wrap floss around each tooth in a C shape and clean with gentle up-and-down strokes.

Choose the best method for you

Whether you prefer string floss, floss picks, or water flossers, consistency is key.



How to Recognize Early Signs of Gum Disease

Gum disease is an infection in the tissues that keep your teeth stable and secure.

Early Warning Signs:

Watch for red, swollen, bleeding gums, and persistent bad breath.

Prevention:

- Brushing and flossing every day
- Visiting your dentist regularly
- Avoiding tobacco





Stress Less, Smile More

The effects of stress can go beyond the mind and negatively impact your oral health.

To prevent damaging oral habits caused by tension, such as teeth grinding or clenching, try incorporating stress-relieving activities like...

- Yoga
- Walking
- Stretching
- Mindful Breathing



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Smile Brighter: How Mouthguards Can Help



Mouth guards are protective devices worn over your teeth. While often used in sports, they offer key benefits for everyday dental health.

A mouthguard can help


- Protect enamel from teeth grinding or clenching damage
- Reduce jaw discomfort
- Promote better sleep



Tips for Reducing Caffeine's Impact on Teeth

- **Drink water with your coffee**
 - **Staying hydrated can help neutralize the acid from coffee and protect the enamel**
- **Use a straw**
 - **Drinking coffee with a straw can reduce direct contact with teeth to prevent staining**
- **Brush and floss regularly**
 - **Maintaining good oral hygiene can limit the negative effects of caffeine on your teeth**





Did you know that over \$45 billion in US productivity is lost every year due to untreated dental disease?

Dental issues quietly disrupt daily life in ways that add up fast. Good dental hygiene supports how you feel and function.

Taking care of your teeth means caring for your time, comfort, and overall well-being both in and out of work.



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