



DENTAL HEALTH MONTH



Revitalize Your Relationship

Could your relationship use some TLC? We'll discuss the essentials of happy, healthy partnerships and share simple but powerful ways to enrich yours.

Wednesday, August 5 at 1PM

Register to view live or watch at a later time

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



wellness@transitchicago.com



Managers: Navigating Complexity

Many management situations have no instruction manual.
Learn how to innovate, make decisions, and lead in complex times.

Wednesday, August 19 at 1PM

Register to view live or watch at a later time
<https://bit.ly/45O2ml8>



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Well-Informed

Navigating Back-to-School Challenges

featuring

Dr. Scott Leydig

Tuesday, August 18 at 1PM



Register to view live or watch at a later time
<https://bit.ly/AugustWellInformed>



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Financial Fridays 💰

Retirement Readiness

Friday, August 28 | 12PM



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

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



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MOVEMENT & MORE

AT CTA HEADQUARTERS

With Coach Travis

TUES | AUG 4 | ROOM 3C | 12PM

WED | AUG 19 | ROOM 2A | 12PM

bit.ly/AugMovementMore



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MOVEMENT & MORE - IN THE FIELD

WITH COACH TRAVIS

STRETCH & GO

DATE	TIME	LOCATION
Mon, Aug 3	10AM	South Shops
Mon, Aug 10	10AM	Skokie Shops
Mon, Aug 17	12PM	South Shops
Mon, Aug 24	12PM	Skokie Shops

ON DECK IN SEPTEMBER - KIMBALL AND MIDWAY TERMINALS



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Stories from the Rails

HR–Wellness invites employees to attend a open forum with a licensed mental health professional.

Date	Time	Location
Wednesday, August 26	11AM–12:30PM	Harlem Terminal
Thursday, August 27	11AM–12:30PM	Forest Park Terminal



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Join HR-Wellness at the Transit Jamboree

Saturday, August 22, 2026

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

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

All employees and their families are welcome.

wellnesscoach@transitchicago.com





Join HR-Wellness for the Corrida del Mariachi 5K Saturday, August 15 | 8AM North Berwyn Park District



Scan the QR code or click the link to receive
complimentary employee registration details for
the Corrida del Mariachi 5K Race - bit.ly/CTAMariachi



Deadline to Register: Saturday, August 1st or Until Sold Out



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Valid for Current CTA Employees Only

BIKE
DRIVE

Join HR-Wellness for Bike the Drive



Sunday, September 6 | 6:30AM

Grant Park | Butler Field

Scan the QR code or click the link to receive
complimentary employee registration details for
the Bike the Drive Race – bit.ly/CTABTD



Deadline to Register: Sunday, August 23rd or Until Sold Out



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Valid for Current CTA Employees Only



Join HR-Wellness for
Run Mag Mile's 5K & 10K
Saturday, September 12 | 7AM
Michigan Avenue



Scan the QR code or click the link to receive
complimentary employee registration details for
the Run Mag Mile 5K and 10K - bit.ly/CTAJotformRMM



Deadline to Register: Saturday, August 29 or Until Sold Out



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Valid for Current CTA Employees Only

Earn Up to \$100 in 5 Minutes.

Complete Quick Well-Being Solutions[®] Steps
to Start Earning Your 2026 Wellness Rewards.

<u>Activity</u>	<u>Single</u>	<u>Family</u>
Activate Account	\$20	\$40
Personalize Profile	\$10	\$20
Complete Health Assessment	\$50	\$50



Reward amounts vary based on union/non-union eligibility.



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WANT TO HIT YOUR 2026 FITNESS GOALS? JOIN THE CLUB.

- 12,500+ standard gyms to choose from
- No long-term contracts or cancellation fees
- Get \$5 off each additional gym you join
- Save 20% - 70% off premium exercise studios





CTA WELLNESS FITNESS CENTERS

CHICAGO AVE. GARAGE | 642 N. PULASKI RD.

MONDAY-FRIDAY | 7:00AM-3:30PM

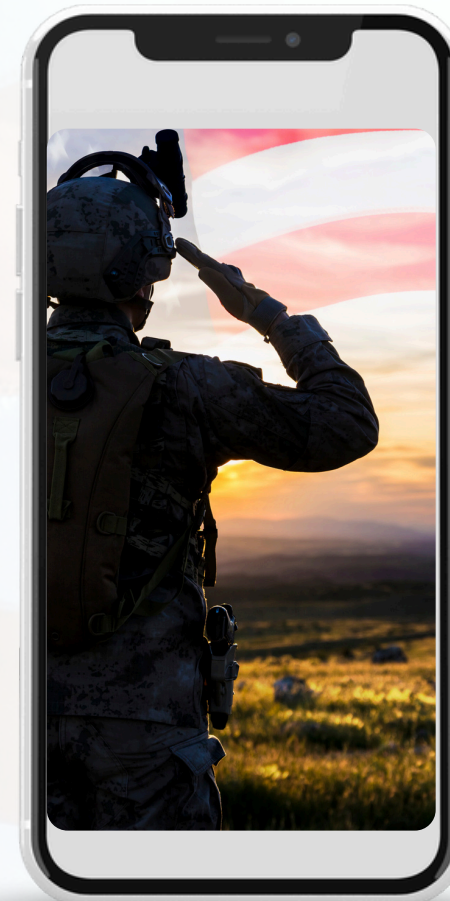
CTAU | 4829 N. LIPPS

MONDAY-FRIDAY | 7:00AM-3:30PM

VISIT TODAY!



Veterans Support Line



FREE & Confidential Support

Available 24/7/365

Call: 855-244-6211

You do not need to be a Cigna Customer to use these services.

**Behavioral Health Specialists
provide assistance for
Veterans, their families and
their caregivers for a wide
range of issues such as:**

- PTSD
- Stress
- Anxiety
- Pain Management
- Thoughts of Suicide



Visit myCigna.com for more information.





Suicide & Veteran Support Resources



**Help is
Available
Call or Text
24/7/365**

Suicide & Crisis Lifeline

800-273-8225 or 988

Cigna's Veteran Support Line

855-244-6211

Employee Assistance Program (EAP)

888-371-1125

MD Live Behavioral Health

888-726-3171



Employee Assistance Program (EAP): 888-371-1125





HOW CAN WE HELP YOU TODAY?

Our Employee Assistance
Program (EAP) has you covered.

As part of the CTA family, you and
your family have access to a free
Employee Assistance Program (EAP).

For more information call
888-371-1125 or visit myCigna.com

EAP personal advocates will help you find the right mental health
professionals and connect you with a wide range of services.

Legal Assistance



Financial Assistance



Parenting Resources



Eldercare



Pet Care



Identity Theft



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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 QR code or visit
metlife.com/getpetquote59728

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

²Reimbursement 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 708 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).

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Pet Insurance Webinar

Join Us for a **FREE** Informational Session!

If you're thinking about taking advantage of discounted rates on MetLife Pet Insurance, you won't want to miss our complimentary webinar. It's a great way to find out how pet insurance helps protect your pet's health and your wallet.



Learn how pet insurance works.



See what a pet insurance policy covers.



Get your questions answered live!

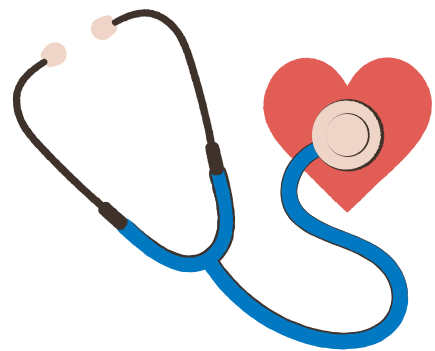
To register, bit.ly/MetLifePet or scan the QR Code.



MDLIVE[®]

Virtual Care

For convenient virtual care options – available by phone or video, in English and Spanish, visit [MyCigna.com](https://myCigna.com)[®] or call (888) 726-3171.



Primary Care

Easy, fast appointments, referrals, prescriptions, lab work, and diagnostic tests.



Urgent Care

Care for minor illnesses and injuries.
Available via E-Treatment, phone, or video.



Dermatology

Fast, customized care for common skin, hair, and nail conditions – no appointment required!



Behavioral Care

Talk therapy and psychiatry from the privacy of home, with no waiting rooms.



Visit myCigna.com for more information.



Toothache? Don't Wait.

You now have the option to consult with a dentist through a video call. Cigna Healthcare Dental Virtual Care is available 24/7.

How To Access Dental Virtual Care:



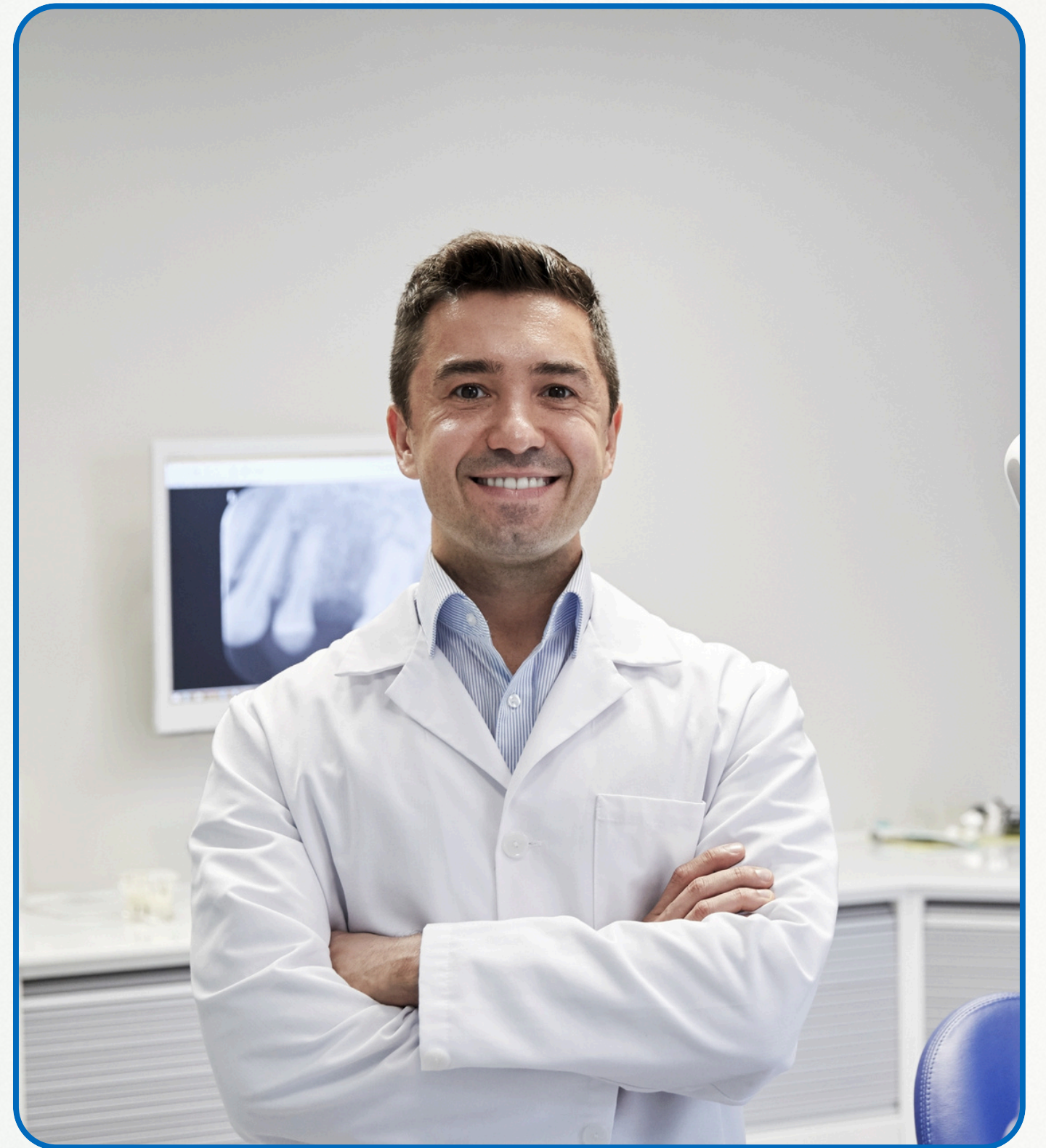
Log-On to
MyCigna.com



Provide Basic
Health Information



Speak to
a Dentist



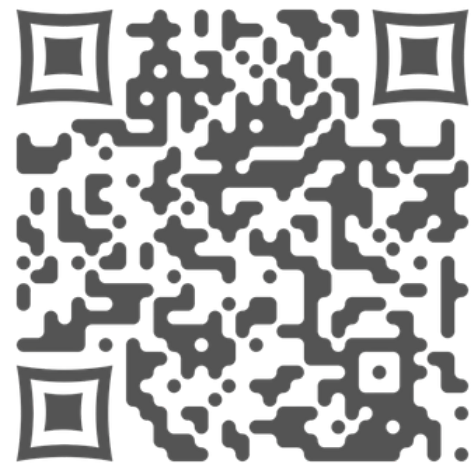
Visit myCigna.com for more information.





An in-network virtual care clinic for women at every stage of life.

Learn more or schedule an appointment by scanning the QR code below. The virtual clinic is open Monday-Friday, 7AM-8PM and Saturday, 7AM-1PM.



Preventive Care



Gynecological and Sexual Health



Hormone and Metabolic Health



Menopause and Perimenopause



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.



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TOBACCO CESSATION PROGRAMS

Cigna provides support & resources to help employees quit tobacco.

- 24/7 Live Support
- Personalized Plans
- Counseling
- Resources



Buying a Home

As a part of your EAP, partner with a Money Coach through My Secure Advantage (MSA) and learn how to:



Determine how much you can afford



Build a budget around home goals



Navigate the prequalification process



Understand mortgage lending ratios and guidelines



*Call (833) 210-6013 or visit
cigna.eap.mysecureadvantage.com*



Visit myCigna.com for more information.



Signs You Might Be ✨ Grinding Your Teeth ✨

Teeth grinding, also known as bruxism, often occurs during sleep and can go unnoticed. Recognizing the signs early can help prevent damage to your teeth and jaw.



Worn or Flattened Teeth



Jaw Pain or Tightness



Frequent Headaches



Ear Pain



OVERCOMING DENTAL ANXIETY

Dental anxiety is common and can make routine dental visits feel stressful or overwhelming. Understanding these fears and working with your dentist can help make appointments less intimidating.

- **Talk openly with your dentist about your concerns**
- **Use comfort tools like music or headphones**
- **Ask questions & understand each step of the process**
- **Address specific fears, such as pain or needles**



Tips For Managing Tooth Sensitivity



- 1 Use toothpaste designed for sensitive teeth**
- 2 Brush gently with a soft-bristled toothbrush**
- 3 Limit acidic foods and drinks when possible**
- 4 Avoid grinding or clenching your teeth**

Early Signs of Gum Disease

Gum disease often starts with mild symptoms that are easy to overlook. Catching it early can help prevent more serious dental issues.



**Bleeding
Gums**



**Sensitive
Teeth**



**Persistent
Bad Breath**



**Painful
Chewing**

Why Replacing Your Toothbrush Matters

An old toothbrush may not clean your teeth effectively and can harbor bacteria. Replacing it regularly helps to maintain good oral health

Worn Bristles = Less Effective Cleaning

Frayed bristles can't reach plaque as well

Bacteria Builds Up

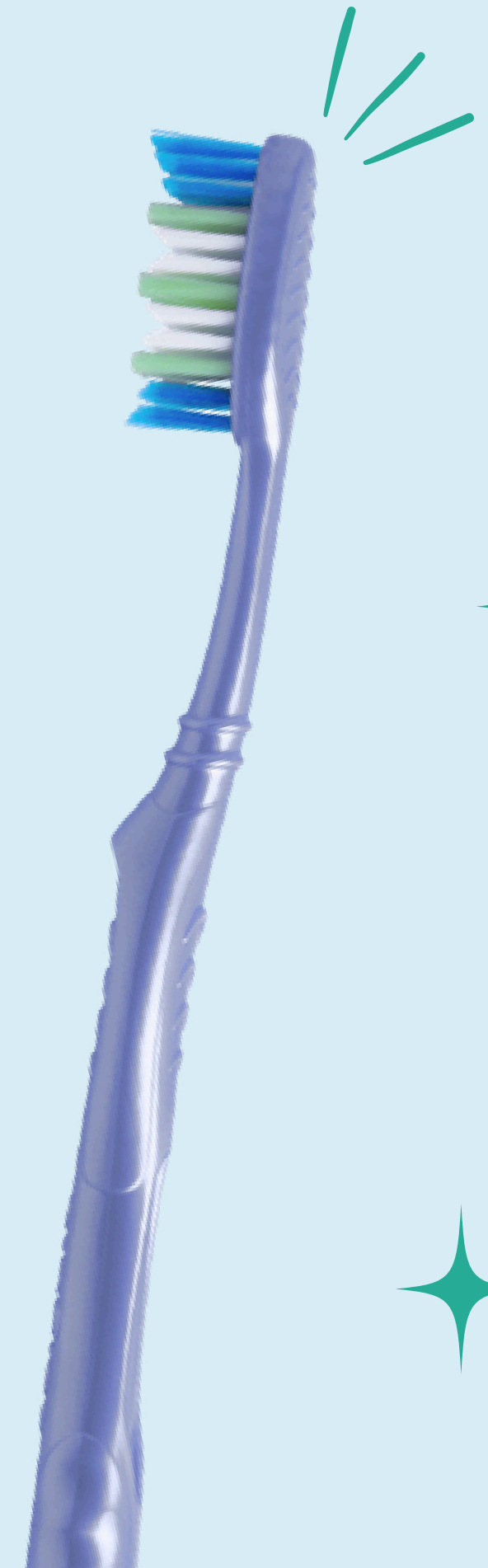
Over time, bacteria can collect on your brush

Protect Your Health

Replacing your toothbrush helps prevent illnesses

Make it a Habit

Replace your toothbrush every 3-4 months



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Flossing Matters More Than You Think

Plaque Removal

Floss removes plaque and food particles from between your teeth

Prevents Gum Disease

Daily flossing helps prevent gingivitis and more serious gum problems

Helps With Bad Breath

Flossing removes trapped food and bacteria that cause odor



Preventative Dental Care Can Catch Small Issues Before They Become Costly Problems

Common Services



Routine Oral Exams

Regular check-ups help your dentist monitor your oral health and identify concerns early



Professional Cleaning

Removes plaque and tartar that brushing and flossing alone can't reach



Routine X-Rays

X-rays detect hidden issues such as cavities and impacted teeth that aren't visible

The Benefits



Supports Early Detection

Catching problems early means simpler treatments and better outcomes



Reduces Further Dental Problems

Preventative care can stop small issues from becoming painful and expensive problems



Encourages Good Oral Hygiene

Regular visits help you stay on track and maintain healthy habits at home



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