
HUMAN RESOURCES
cta
WELLNESS
COMMUNITY
PHYSICAL
cta
CARES
FINANCIAL
BEHAVIORAL
WINTER
WELLNESS
MONTH

The Power of Gratitude

Even in the hardest times, there's something to be grateful for. Discover how an "attitude of gratitude" can help you feel enriched and empowered.

Wednesday, December 2 at 1PM

Register to view live or watch at a later time

https://bit.ly/4502ml8

wellness@transitchicago.com

Well-Informed

Beating the "Blahs." Small Steps to Flourishing

featuring

Brenda Reavis, MA, LCSW

Friday, December 4 at 1PM

Register to view live or watch at a later time

https://bit.ly/DecInformed

wellness@transitchicago.com

Financial Fridays

Sandwich Generation



Friday, December 18 | 12PM

Register to Participate LIVE - bit.ly/December2026FF

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

wellness@transitchicago.com

EMPOWER RETIREMENT

MOVEMENT & MORE

AT CTA HEADQUARTERS

with Coach Travis



TUES | DEC 1 | BID ROOM | 12PM

WED | DEC 16 | ROOM 2C | 12PM

bit.ly/DecMovement

wellness@transitchicago.com

















TEAM CTA!

THANK YOU FOR SHOWING UP AND SHOWING OUT AT ALL OF OUR 2026 HR-WELLNESS SPONSORED EVENTS! WE CAN'T WAIT TO SEE YOU IN 2027!



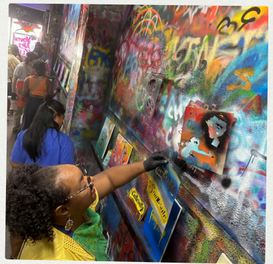


HUMAN RESOURCES cta WELLNESS















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

planet fitness

GOLD'S GYM

the YMCA

24 HOUR FITNESS

LA FITNESS

ANYTIME FITNESS

STANDARD FITNESS MEMBERSHIP

$28/mo.

12,700+ FITNESS CENTERS

Active&Fit DIRECT™

TM

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

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

988 SUICIDE & CRISIS LIFELINE

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



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**

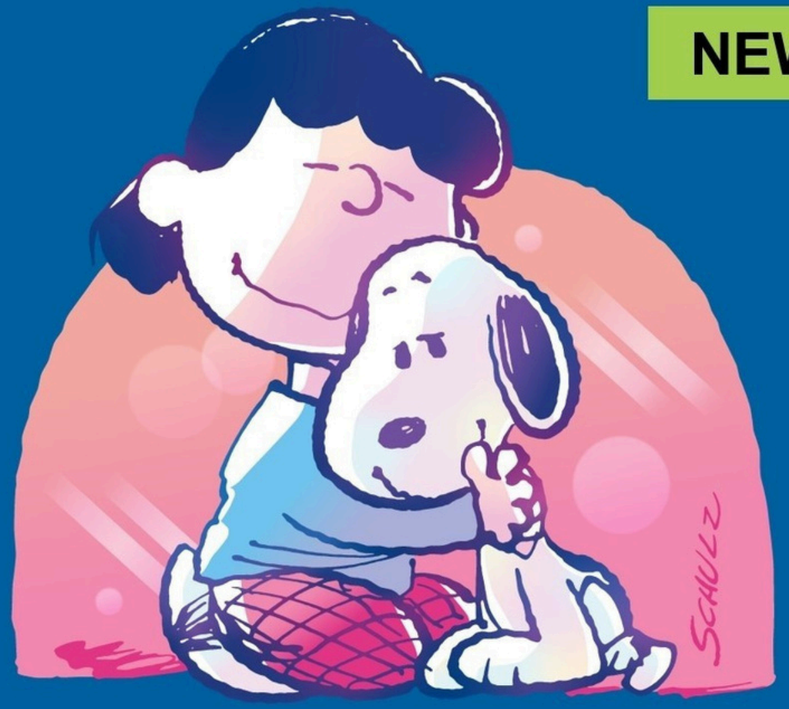
wellness@transitchicago.com

MetLife | Pet Insurance

Chicago Transit Authority

Join the pack, CTA!

NEW!



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 injured[2]

Scan the QR 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).

L0325046951[exp0327][All States][DC]
© 2025 MetLife Services and Solutions, LLC, New York, NY 10166. All Rights Reserved.
© 2025 Peanuts Worldwide LLC



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!

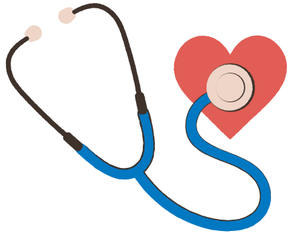
To register, bit.ly/MetLifePet or scan the QR Code.

MDLIVE®

Virtual Care

For convenient virtual care options - available by phone or video, in English and Spanish, visit MyCigna.com® or call (888) 726-3171.





Primary Care

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



Dermatology

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



Urgent Care

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



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.

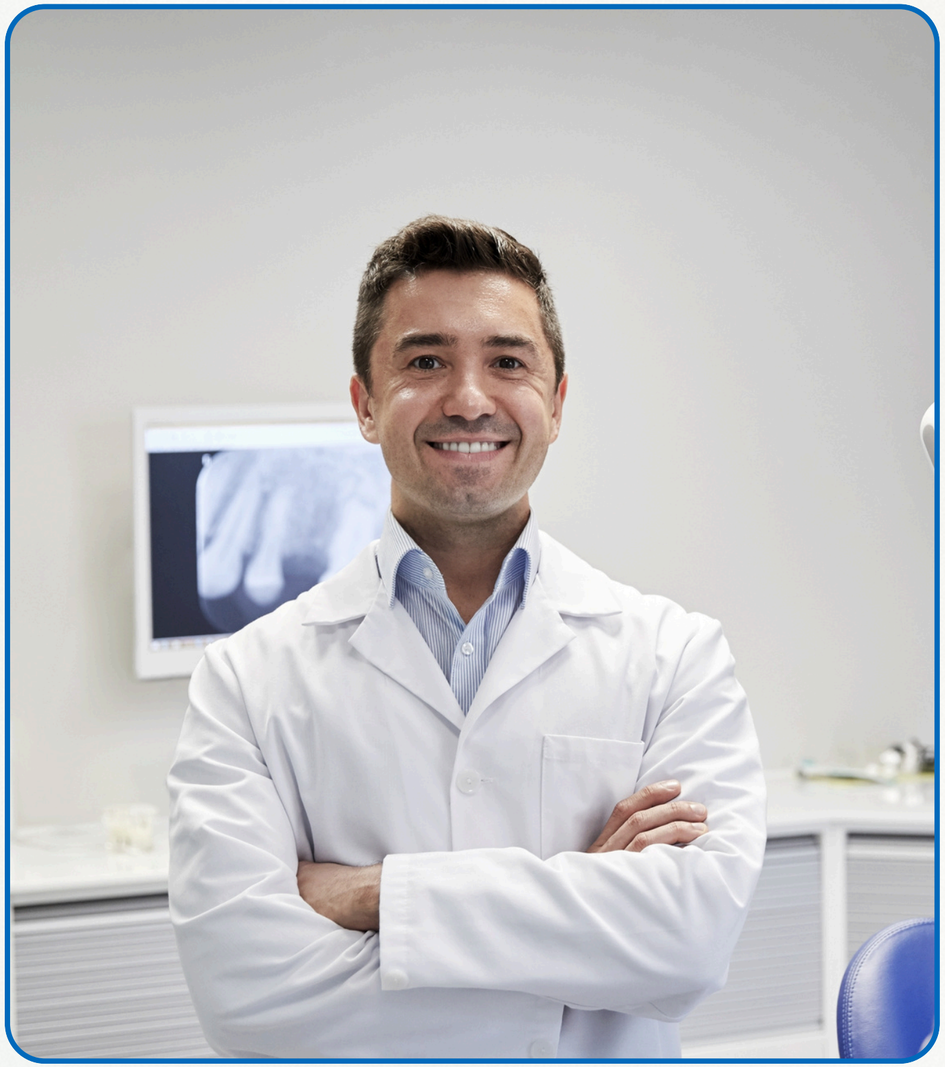
You now have the option to consult with a dentist through a video call. Cigna Healthcare Dental Virtual Care is available 24/7.

How To Access Dental Virtual Care:

Log-On to *MyCigna.com*

Provide Basic Health Information

Speak to a Dentist

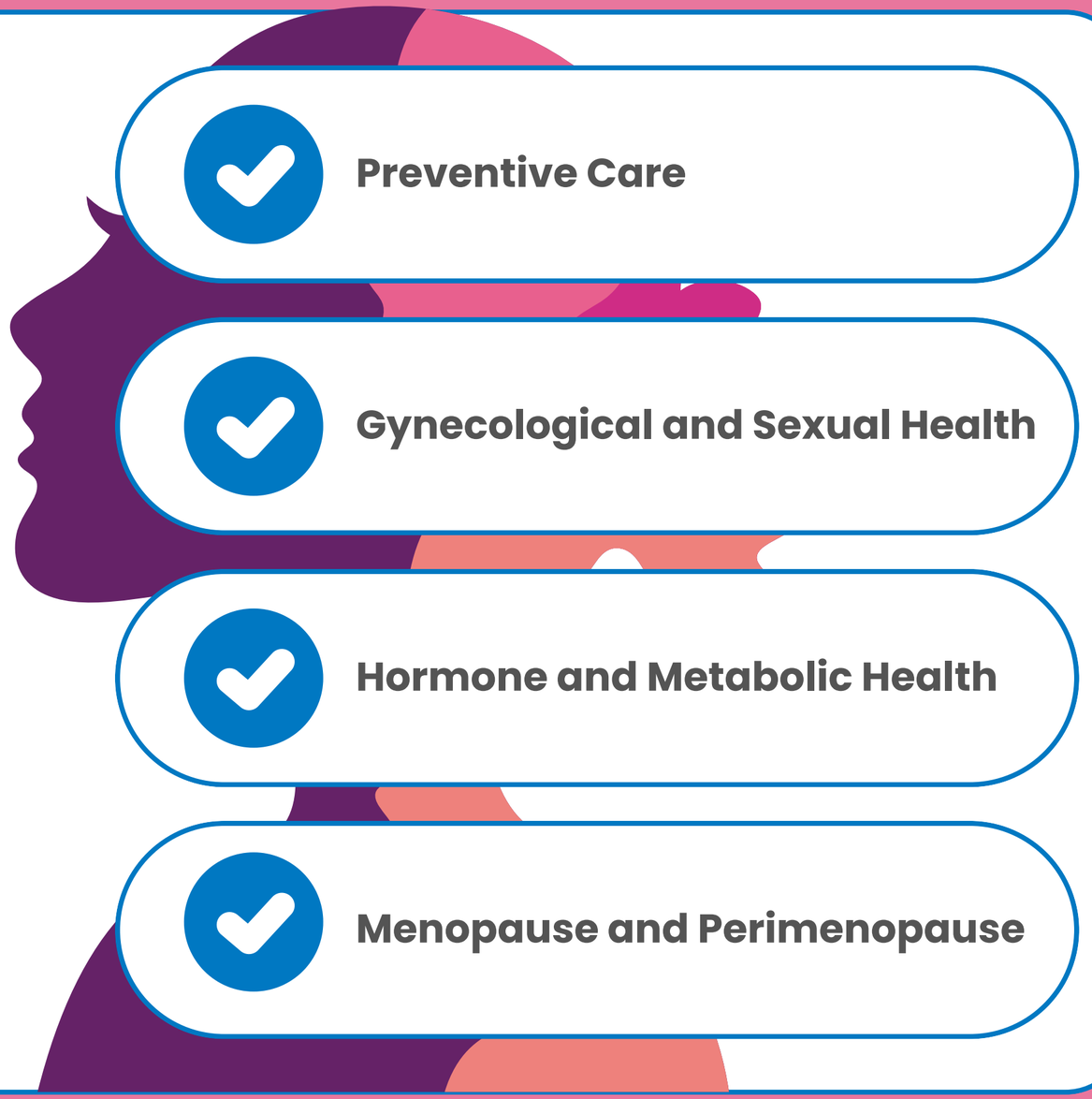


Visit myCigna.com for more information.

Visana

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.



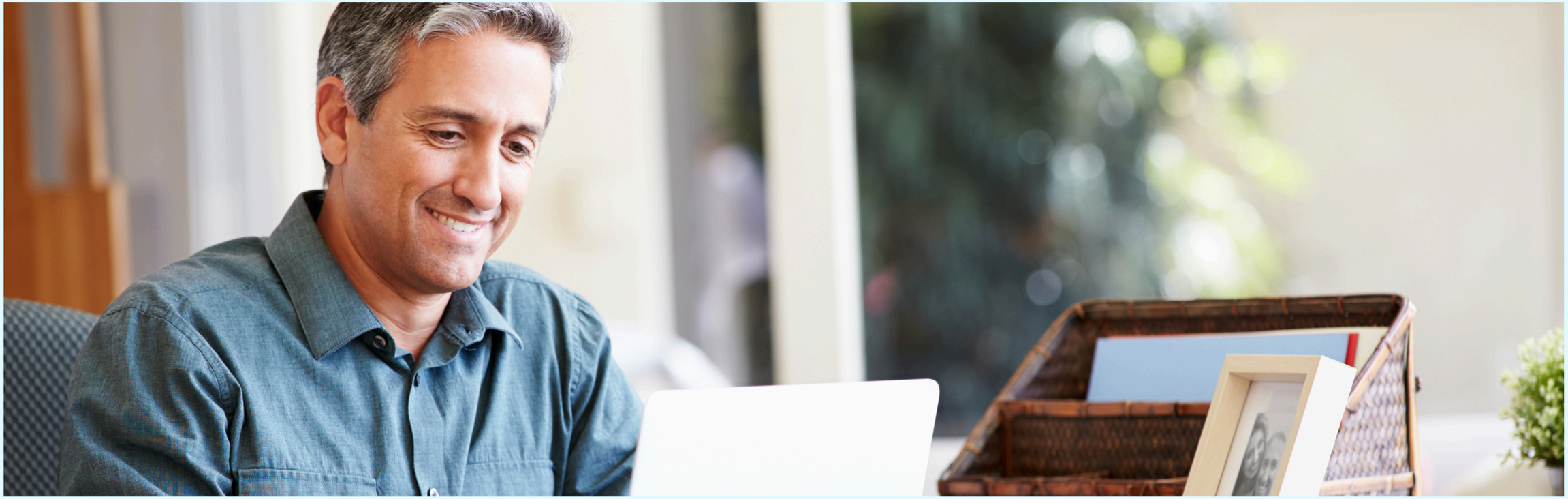
- **Preventive Care**
- **Gynecological and Sexual Health**
- **Hormone and Metabolic Health**
- **Menopause and Perimenopause**

Visit myCigna.com for more information.

myCigna.com

myCigna.com

myCigna Registration



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



wellness@transitchicago.com

TOBACCO CESSATION PROGRAMS

Cigna provides support & resources to help employees quit tobacco.

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



Visit myCigna.com for more information.



Winter Mood Boosters

Get some daylight
Step outside during the day or sit near a sunny window

Keep Moving
Try a walk, workout, stretch, or another activity you enjoy

Make Plans
Schedule something to look forward to, even if it’s something small

Stay Connected
Spend time with family, friends, or people who make you feel supportive

Do something you enjoy
Make time for hobbies and other activities that boost your mood

wellness@transitchicago.com

Maintaining Routines



The holiday season can bring changes to your usual schedule. Keeping some consistency in your routine can provide structure, which can help reduce stress and improve your mental well-being.

1. **Maintain a regular schedule for sleep, meals, and exercise**
2. **Plan ahead for busy days and holiday events**
3. **Make time for activites that help you relax and recharge**
4. **Adjust your routine when needed while keeping important habits consistant**

wellness@transitchicago.com

Winter Skin Care

Cold weather, wind, and dry indoor air can leave your skin feeling dry and irritated.



Moisturize Regularly

Apply lotion to help lock in moisture



Choose Gentle Products

Use fragrance-free products to reduce irritation



Protect Your Skin

Cover exposed skin in cold, windy weather



Keep Showers Warm, Not Hot

Hot water can strip away natural oils

wellness@transitchicago.com

New Year, New Habits



Start With One Goal

Pick one realistic goal, like working out or reading more.

Build It Into Your Routine

Add it to your schedule so it becomes a habit, not just a plan.

Focus on Progress

Small steps add up. Celebrate your wins, no matter their size.

Make Time For What You Love

Keep doing the things that bring you joy and help you feel like yourself.

wellness@transitchicago.com