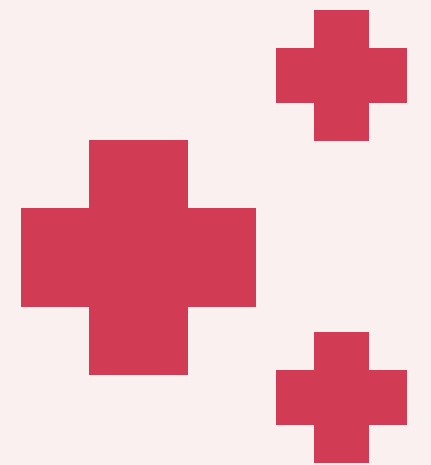


February is
Heart Health Month



Managing Financial Stress

Money worries are a common stressor.

We'll talk about the emotional impact and how to start reclaiming your balance with solid strategies and resources.

Wednesday, February 11 at 1 pm

Register to view live or watch at a later time

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



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Managers: Employee Stress Management

You can't eliminate work stressors, but you can help employees manage them.
Learn to spot signs of stress, address triggers, and reinforce resilience.

Wednesday, February 25 at 1 pm

Register to view live or watch at a later time

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



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Well-Informed

Stress in Customer Service Roles

featuring

Brenda Reavis, MA, LCSW

Thursday, February 26 at 1 pm



Register to view live or watch at a later time

<https://bit.ly/Feb26WellInformed>



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Well-Informed

Stress in Customer Service Roles

featuring

Brenda Reavis, MA, LCSW

Thursday, February 26 at 1 pm



Financial Fridays

Asset Allocations

Friday, February 27 | 12 pm



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

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



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Financial Fridays

Asset Allocations

Friday, February 27 | 12 pm

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





Join HR - Wellness at the Shamrock Shuffle

Sunday, March 22 | Grant Park

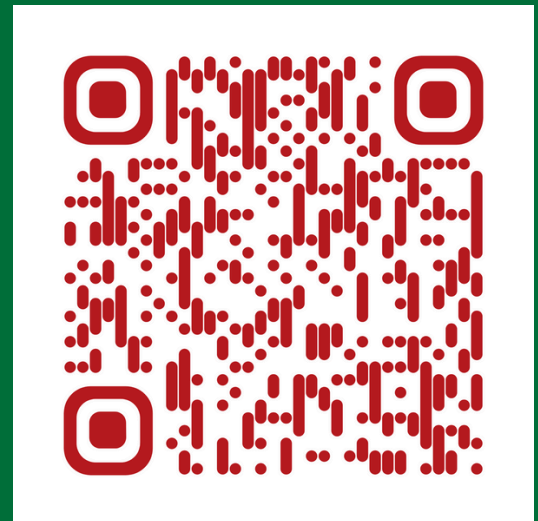
8k Run/Walk | 8:30 am OR 2-Mile Walk | 9 am

Scan the QR code or click the link

<https://bit.ly/shamrockshuffle2026> to receive

complimentary employee registration for the 2026

Shamrock Shuffle.



Deadline to Register: Sunday, March 8th or Until Sold Out

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Valid for Current CTA Employees Only



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



HEART DISEASE

Heart disease describes a range of conditions that affect the heart. Maintaining good heart-healthy habits are crucial for prevention and early detection.

Warning Signs

- Chest pain or discomfort
- Heart palpitations
- Dizziness
- Headaches
- Fainting





MANAGING YOUR BLOOD PRESSURE

High blood pressure, also known as hypertension, makes the heart work harder than it should and increases your risk for a heart attack or stroke.

Ways to manage blood pressure

- Get regular physical activity
- Get enough good-quality sleep
- Reduce salt in your diet
- Avoid or limit alcohol



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HEART SAFE SHOVELING

Shoveling snow may seem like a small task, but it can have a huge impact on your heart.

- Dress for the cold
- Take frequent breaks
- Pace yourself
- Stop immediately if you feel
 - Chest pain
 - Dizziness
 - Shortness of breath



DASH Eating Plan

Dietary Approaches to Stop Hypertension

- Focuses on balanced, heart-healthy choices that fit into an everyday lifestyle
- This plan recommends eating fruits, vegetables, whole grains, fat-free or low-fat dairy, fish, poultry, beans, nuts and seeds



WALKING FOR A HEALTHY HEART

- Physical activity, such as walking, strengthens your heart and increases blood circulation
- Aim for at least 30 minutes of walking each day
- Stay hydrated and listen to your body



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Heart Healthy Eating

- **Fill half your plate with fruits and vegetables**
- **Choose whole grains like brown rice, oats, and whole wheat bread**
- **Include lean proteins such as beans, lentils, and poultry**
- **Drink plenty of water and limit sugary drinks**



STEPS FOR A HEALTHIER HEART

Stay active

Monitor your blood pressure

Eat a heart-healthy diet

Maintain a healthy weight



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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

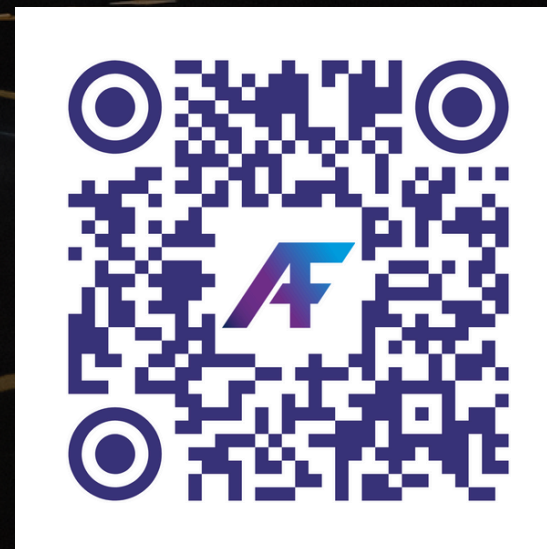
Reward amounts vary based on union/non-union eligibility.



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

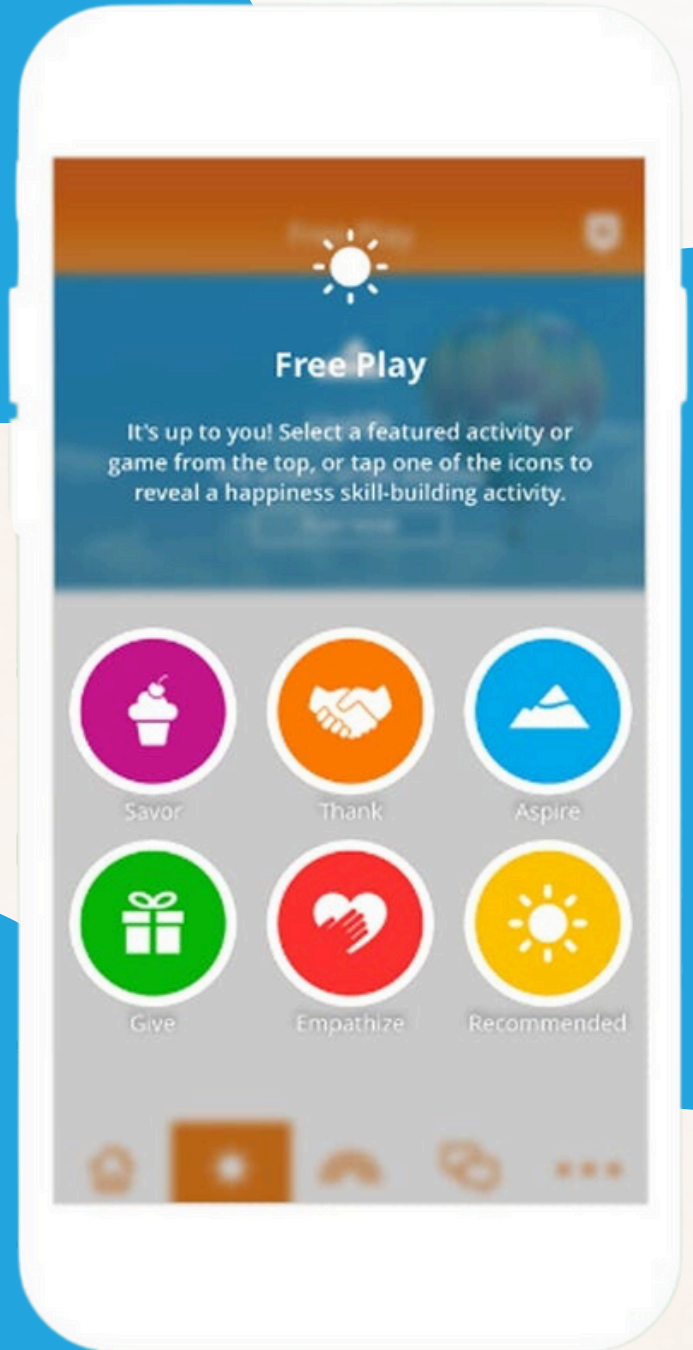
- 12,500+ standard gyms to choose from
- No long-term contracts or cancellation fees
- Get \$5 off each additional gym you join
- Save 20% - 70% off premium exercise studios



Happify



Consists of science-based games and activities that are designed to help you thrive.



Visit happify.com/cigna to get started 



Visit myCigna.com for more information.



NEW!



ginger | headspace

Your everyday **mental health** app...

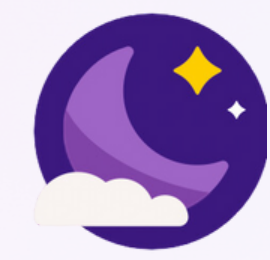
Headspace brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare.



Meditation Made Simple



Stress Less In Minutes



Put Your Mind To Bed



Have more good days with support for stress, sleep, and all of life's moments.



Visit myCigna.com for more information.





Therapy When It's Convenient For You

Taking care of your mental health has never been more accessible or convenient.



- Licensed Therapists
- Text, voice, and video messaging options
- Convenient Access
- Tailored therapy plans to fit individual needs
- Progress Tracking
- 24/7 Availability



Visit talkspace.com/eapcigna to get started.



Overcome whatever life sends your way!

iPrevail is a digital therapeutics platform, crafted by seasoned clinicians to empower you to manage everyday stress and navigate life's toughest transitions with confidence.

- **Overcome feelings of anxiety**
- **Reduce negativity and feelings of depression**
- **Decrease stress from relationships, work, school, and daily life**
- **Build resilience and positivity**

The iPrevail logo is contained within a white heart shape. It features a stylized 'i' icon followed by the word 'iPrevail' in a sans-serif font.

Visit myCigna.com for more information.





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