



JANUARY IS PREVENTIVE HEALTH MONTH



Uncovering Purpose

The search for purpose can be lifelong. Uncover clues about what gives you purpose and learn how to make it part of your everyday life.

Wednesday, January 7 at 1 pm

Register to view live or watch at a later time

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



wellness@transitchicago.com



What's for Dinner? Meal Planning Made Simple

It's hard to prioritize healthy meals after a long, tiring day. We'll show you how planning ahead can help make healthy choices easier.

Wednesday, January 14 at 1 pm

Register to view live or watch at a later time

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



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Boosting Belonging at Work

Feeling like we belong in a community, such as our workplace, is a crucial part of well-being. Learn what belonging looks like at work and how to build it.

Wednesday, January 28 at 1 pm

Register to view live or watch at a later time

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



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Well-Informed

Taking Charge of Your Health

featuring

Karen King

Tuesday, January 20 at 11 am



Register to view live or watch at a later time

<https://bit.ly/Jan20WellInformed>



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Well-Informed

Taking Charge of Your Health

featuring

Karen King

Tuesday, January 20 at 11 am



Financial Fridays

Your CTA 457 & 401k Plan

Friday, January 23 | 12 pm



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

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



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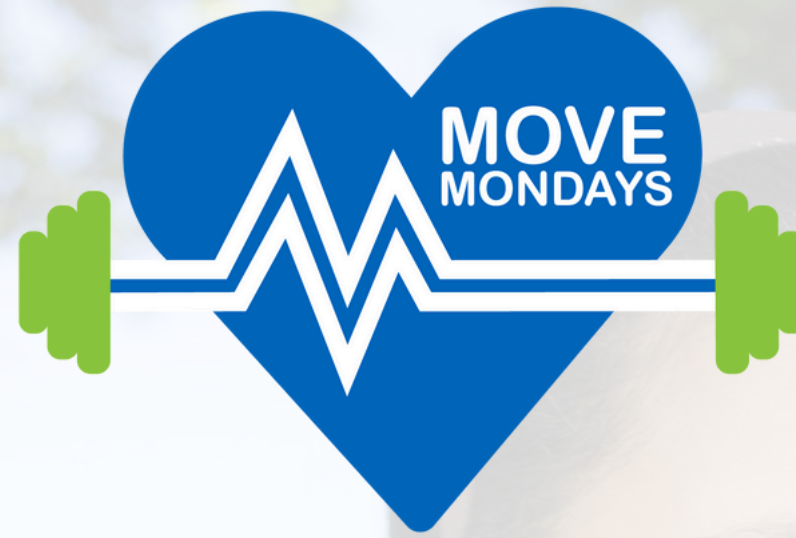
Financial Fridays

Your CTA 457 & 401k Plan

Friday, January 23 | 12 pm

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





HYBRID LIVE WORKOUT SESSION

Featuring Coach Travis

Full Body Circuit w/ dumbbells at CTAU

Monday, January 26 at 12 pm

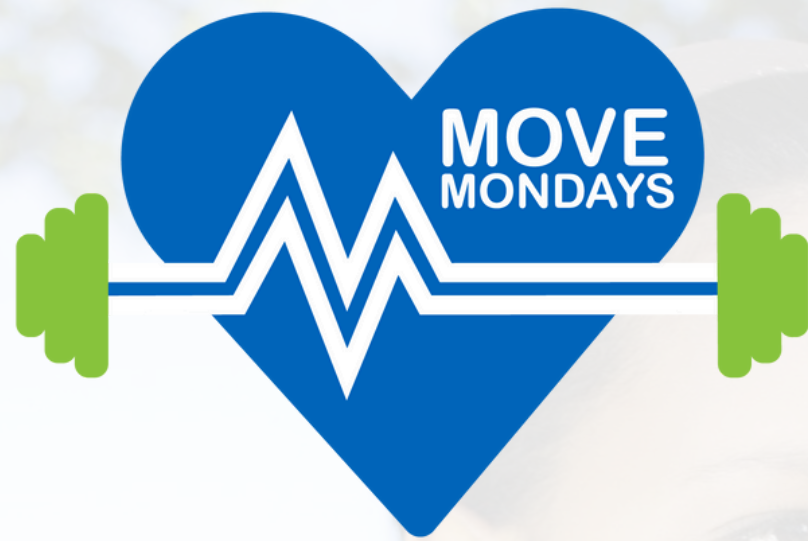


REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/JanLWS26>



wellnesscoach@transitchicago.com



HYBRID LIVE WORKOUT SESSION

Featuring Coach Travis

Full Body Circuit w/ dumbbells at CTAU

Monday, January 26 at 12 pm



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



The Importance of Annual Screenings

Step into the New Year with confidence and clarity of your well-being and health. Prepare for your annual wellness exam by:

- Being ready to discuss your lifestyle habits
- Bringing a list of your current medications
- Sharing any recent health concerns



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FOCUS AND PRODUCTIVITY RESET

- Start the day by reviewing tasks and prioritizing what needs to be done
- Communicate clearly with your team to keep work moving smoothly
- Review progress at the end of each shift to stay on track for the next day



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PROTECT YOUR MIND

Cognitive wellness supports focus, mood, memory, & decision-making



Consistent sleep, mental challenges (puzzles, learning), hydration, and stress management strengthen your brain over time



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Routine Lab Work

A Key to Preventive Health

Many health issues, like heart disease, develop silently with little to no early symptoms.

Routine blood tests monitor important markers like cholesterol, blood sugar, and liver and kidney function, which can detect health issues early and guide effective treatment.



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Preventative Health Starts in the Brain

DOPAMINE

- Complete tasks
- Listen to music
- Socialize with others

SEROTONIN

- Practice meditation
- Spend time in nature
- Get adequate sunlight



OXYTOCIN

- Give a compliment
- Play with a pet
- Hug someone

ENDORPHINS

- Laugh with others
- Be creative
- Move your body

Boosting your happy hormones can help support long-term health by improving mood and reducing stress.



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Well-Being Solutions® Road Show

Earn Up to \$100 in 5 Minutes

Monday, January 5	Tuesday, January 6	Wednesday, January 7	Thursday, January 8	Friday, January 9
North Park Garage & Shops 11 am - 2 pm	Forest Glen Garage 11 am - 2 pm	89th St. Garage 12 pm - 2 pm	74th St. Garage 11 am - 2 pm	Forest Park Terminal 11 am - 2 pm
Monday, January 12	Tuesday, January 13	Wednesday, January 14	Thursday, January 15	Friday, January 16
Chicago Garage 11 am - 2 pm	Midway Terminal 9 am - 11 am	Harlem Terminal 11 am - 2 pm	Rosemont/O'Hare 12 pm - 2 pm	103rd St. Garage & Shops 11 am - 2 pm
Monday, January 19	Tuesday, January 20	Wednesday, January 21	Thursday, January 22	Friday, January 23
	Kimball Terminal 11 am - 2 pm	CTA Headquarters 11 am - 1 pm	Warehouse 7 am - 10 am	
Monday, January 26	Tuesday, January 27	Wednesday, January 28	Thursday, January 29	Friday, January 30
Howard Terminal 11 am - 2 pm	77th St. Garage 11 pm - 2 pm	95th St. Terminal 11 am - 2 pm	CTA Headquarters 11 am - 1 pm	Kedzie Garage 11 am - 2 pm



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Well-Being Solutions[®] Road Show

**New Ways to Earn. Same Annual Reward.
Earn rewards throughout the year for preventive care
and healthy habits.**

Earn Up to \$100 in 5 Minutes!



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.



TransitChicago.com/Wellness
Wellness@transitchicago.com



IN WITH THE NEW YOU

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

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

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



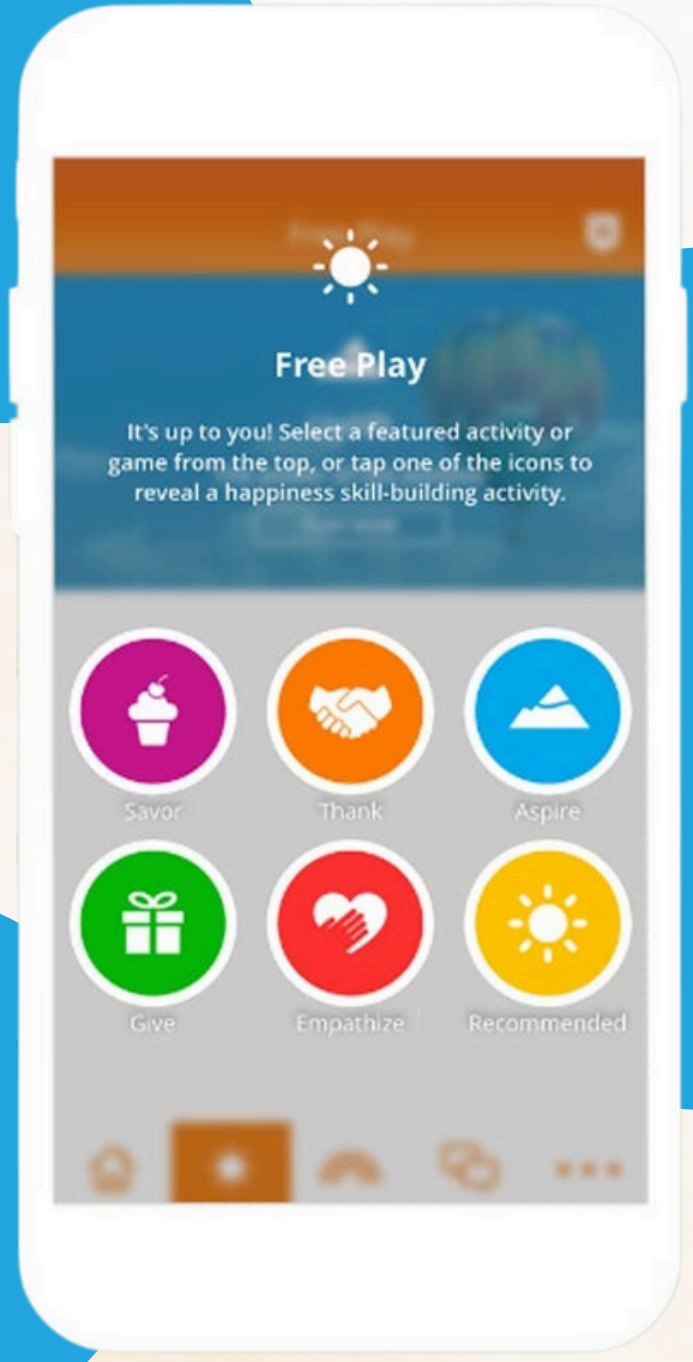
12,700+
Standard Gyms



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...

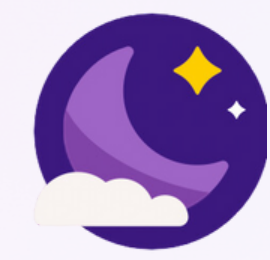
Headspace brings together its world-renowned meditation and mindfulness programs with Ginger's virtual mental healthcare.



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**



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Visit myCigna.com for more information.





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Find a convenience care clinic near you to get quick access to quality medical care.



To find a convenience care clinic near you, go to [caremark.com](https://www.caremark.com) or call 1 (866) 285-8972.

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- Flu Shot
- Routine and Sports Physicals
- Wound Care
- Minor Illnesses and Injuries
- And More!



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