

June is Men's Health Awareness Month



Parenting in the Digital Age

Snaps, reels, memes...names and platforms are constantly changing, but digital technology is here to stay. Get tips for helping your child use it safely and well.

Wednesday, June 3 at 1PM

Register to view live or watch at a later time

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



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A Guide to Smart Homebuying Decisions

Buying a home is a big step! Understanding key aspects, such as how to find an agent, mortgage types, and common pitfalls, can help you feel more prepared.

Wednesday, June 17 at 1PM

Register to view live or watch at a later time

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



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Well-Informed

Parent Prep for a Super Summer

featuring

Dr. Suzanne Robison

Tuesday, June 9 at 1PM



Register to view live or watch at a later time

<https://bit.ly/JuneWellInformed>



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Ask the Doctor 

Headache Awareness

featuring

Dr. Jennifer Evan

Thursday, June 25 at 12PM



Register to view live or watch at a later time

<https://bit.ly/JuneAskTheDoc>



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Financial Fridays

Financial Setbacks Friday, June 26 | 12PM



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

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



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Ask The Experts

Prostate Cancer Awareness *featuring* Zero Prostate Cancer Organization

Monday, June 29 at 12PM



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



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MOVEMENT & MORE

AT CTA HEADQUARTERS

With Coach Travis

WED | JUNE 3 | BID ROOM | 12PM

TUES | JUNE 16 | BID ROOM | 12PM

bit.ly/JuneMovementMore



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MOVEMENT & MORE - IN THE FIELD

WITH COACH TRAVIS

STRETCH & GO

DATE	TIME	LOCATION
Mon, June 1	10AM	95th St.
Mon, June 8	10AM	Howard
Mon, June 15	12PM	95th St.
Mon, June 22	12PM	Howard

ON DECK IN JULY - CHICAGO AVE. GARAGE & CONTROL CENTER



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Stories from the Streets

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

Date	Time	Location
Wednesday, June 17	11AM-12:30PM	Chicago Ave. Garage
Thursday, June 18	11AM-12:30PM	Kedzie Garage



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Men's Health Roadshow

Presented by HR-Wellness

June 1 - June 30

- *Learn about key men's health topics*
- *Explore wellness resources available to you*
- *Connect with the team and get questions answered*
- *Stop by for giveaways while supplies last*



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Men's Health Roadshow 2026 Schedule

Mon, June 1	Tues, June 2	Wed, June 3	Thurs, June 4	Fri, June 5
Control Center 12PM-2PM	West Shops 11AM-2PM	Midway Terminal 9AM-11AM	Harlem Terminal 11AM-2PM	Forest Park Terminal 12PM-2PM
Mon, June 8	Tues, June 9	Wed, June 10	Thurs, June 11	Fri, June 12
Howard Terminal 12PM-2PM	Chicago Ave. Garage 11AM-2PM	Rosemont Terminal 12PM-2PM	South Shops 7AM-10AM	Forest Glen Garage 11AM-2PM
Mon, June 15	Tues, June 16	Wed, June 17	Thurs, June 18	Fri, June 19
95th St. Terminal 9AM-12PM	103rd St. Garage 11AM-2PM	Headquarters 11AM-1PM	Headquarters 11AM-1PM	
Mon, June 22	Tues, June 23	Wed, June 24	Thurs, June 25	Fri, June 26
901 Division 7AM-10AM	77th St. Garage 11AM-2PM	North Park Garage 11AM-2PM	Kimball Terminal 12PM-2PM	Kedzie Garage 1PM-4PM
Mon, June 29	Tues, June 30	Wed, July 1	Thurs, July 2	Fri, July 3
Skokie Shops 12PM-3PM	74th St. Garage 11AM-2PM			





National Men's Health Week

June 15 - June 21

A time to raise awareness about the importance of physical, mental, and emotional well-being for men of all ages. Let's empower men to take charge of their health by encouraging regular check-ups, healthy lifestyle choices, and open conversations around mental and physical well-being.



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National Gun Violence Awareness Day

Wear Orange and Show Your Support!*



Friday, June 5

Honor Survivors of Gun Violence

**standard uniform requirements apply*



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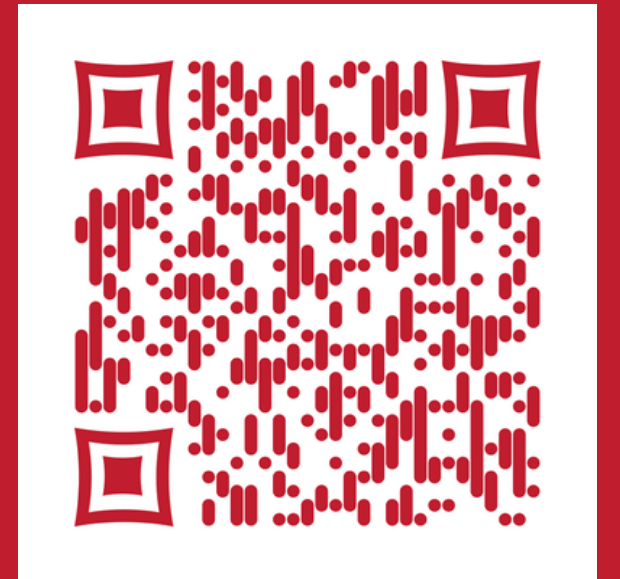


Join HR-Wellness for Street Art Workshop

Sunday, July 12 | 1PM-4PM

The Graff | 3527 West Grand

Scan the QR code or click the link to receive complimentary employee registration for the Street Art Workshop - bit.ly/ArtWorkshopCTA



Deadline to Register: Sunday, July 5th 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

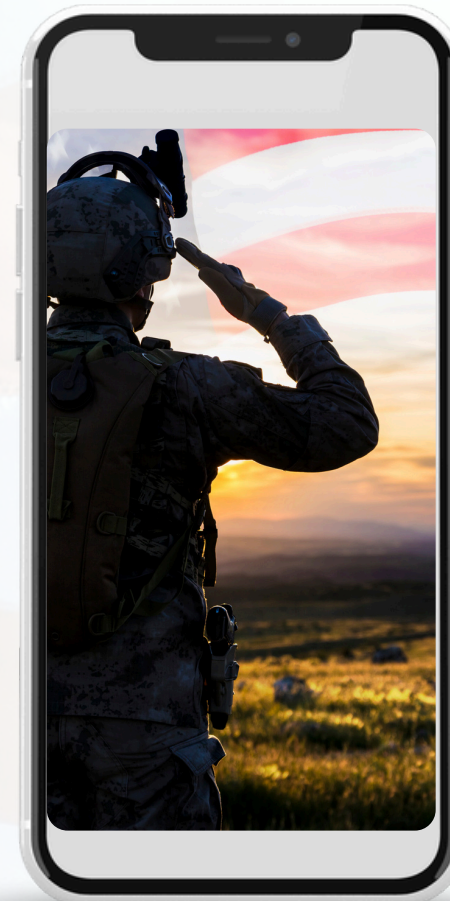
CTAU | 4829 N. LIPPS

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

VISIT TODAY!



Veterans Support Line



FREE & Confidential Support

Available 24/7/365

Call: 855-244-6211

**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

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



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!

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 injured²



Scan the QR code or visit
[metlife.com/getpetquote59728](https://www.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 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 follow-up 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.

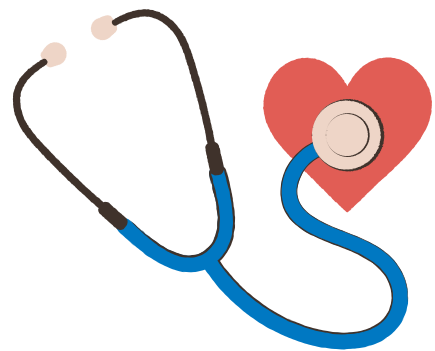
- ➔ Learn how pet insurance works.
- ➔ See what a pet insurance policy covers.
- ➔ Get your questions answered live!

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://www.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](https://www.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:



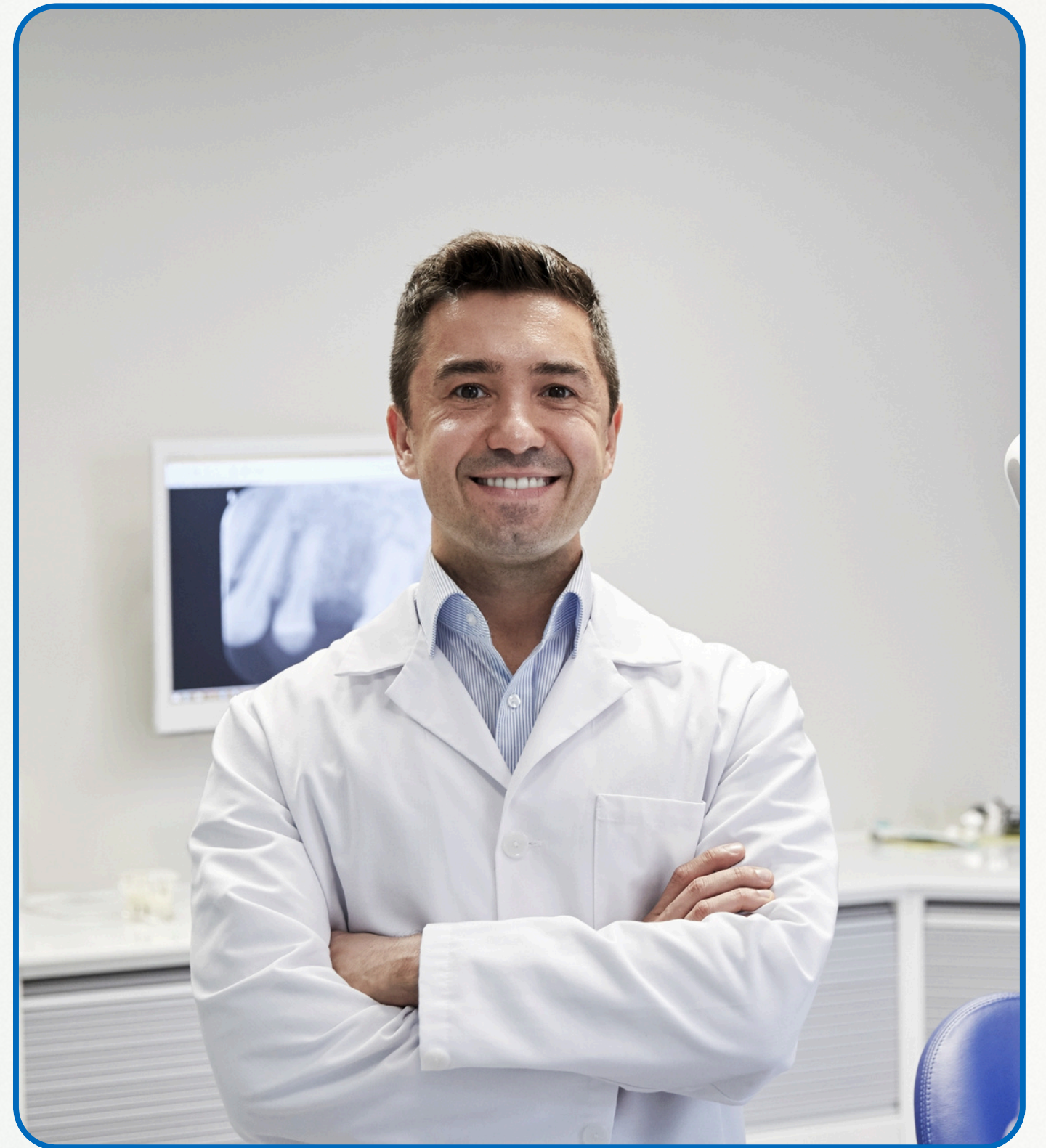
Log On To
MyCigna.com



Provide Basic
Health Information



Speak To
a Dentist



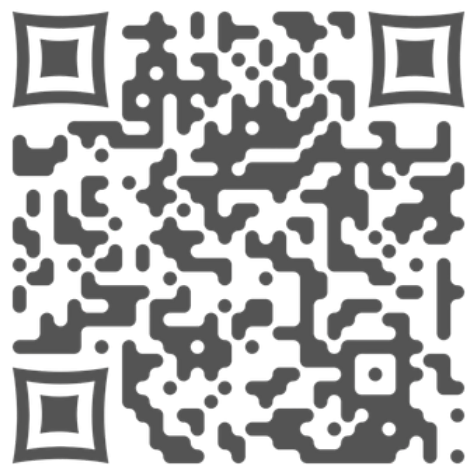
Visit myCigna.com for more information.





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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Secondhand smoke is the smoke inhaled by people around smokers. It can harm children, family members, and friends.

SECONDHAND SMOKE



Since 1964, about 2,500,000 people who did not smoke died from health problems caused by secondhand smoke exposure.

Find support today. Cigna Programs are available for you to attend in person, by telephone, or online.



Visit myCigna.com for more information.



TOBACCO CESSATION PROGRAMS

Cigna provides support & resources to help employees quit tobacco.

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

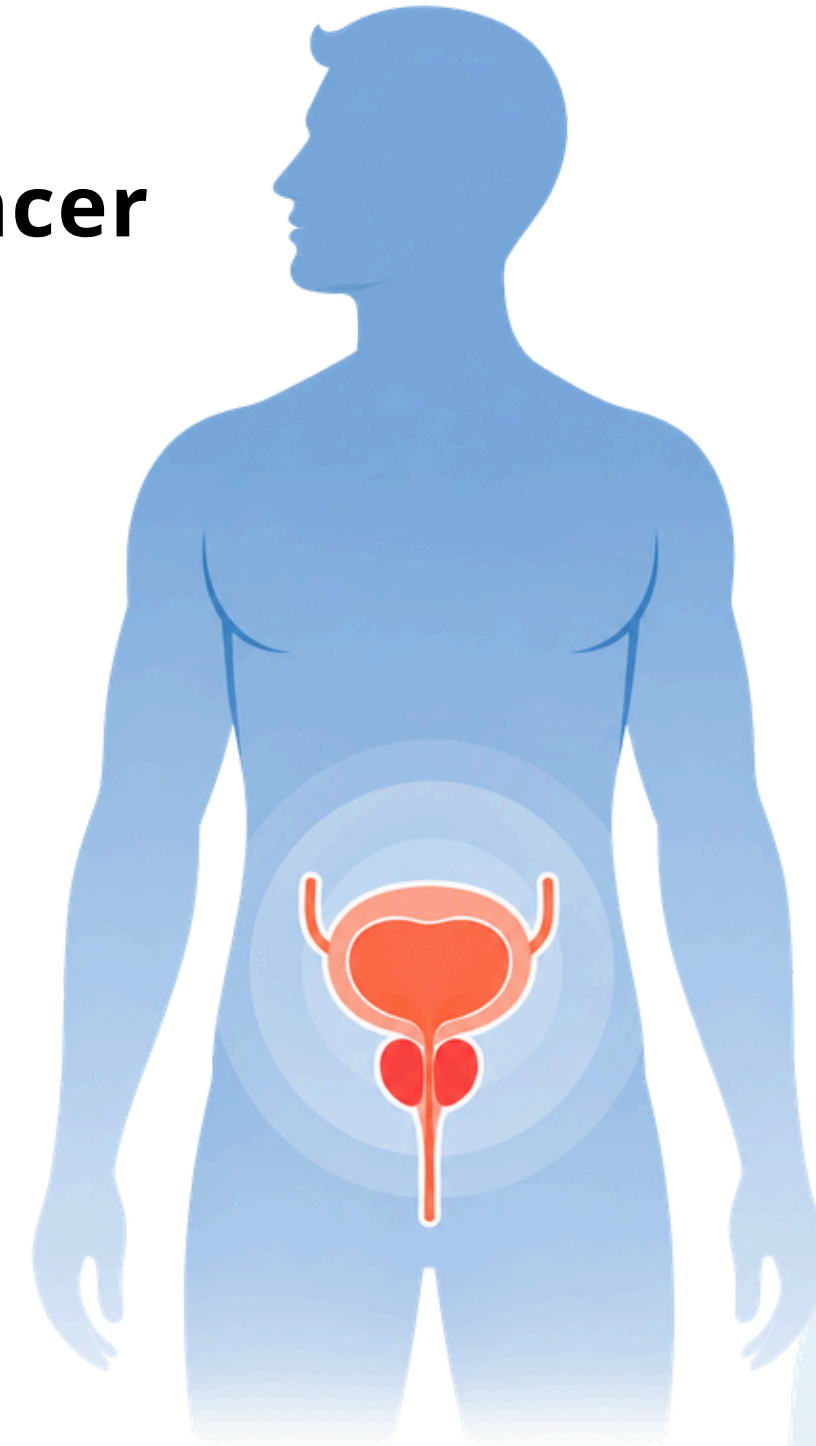


Visit myCigna.com for more information.



Prostate Health and Urinary Changes

Prostate changes are common as men age. An enlarged prostate, also called BPH, is not cancer but it can affect urination and quality of life.



- Frequent Urination



- Weak Urine Flow



- Multiple Nighttime Bathroom Trips



- Talk to a Provider About Changes



Causes of Low Testosterone

Aging

Certain Medications

Kidney or Liver Disease

Physical Injury

Excessive Iron

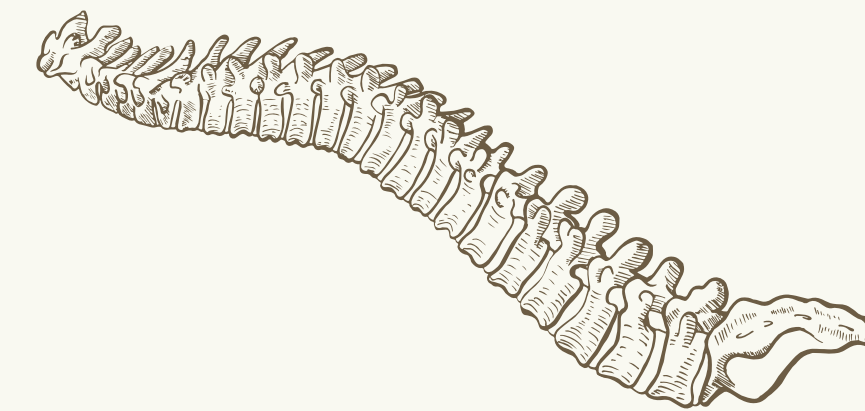
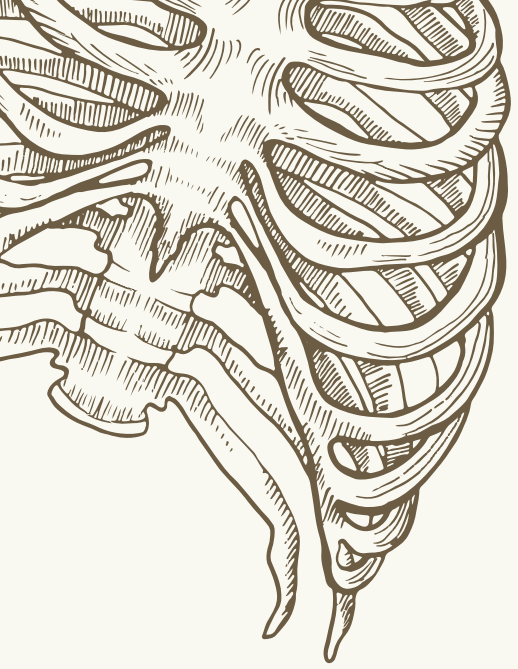


Mental Health and Stigma

Men may be less likely to talk about symptoms or seek support. Reducing stigma can help encourage earlier conversations and care. Talk to someone you trust if you notice:

- Change in mood or behavior
- Increased worry or stress
- Aches or digestive problems





Osteoporosis

Osteoporosis is a disease that develops when bone density and mass decreases.

Signs of Osteoporosis

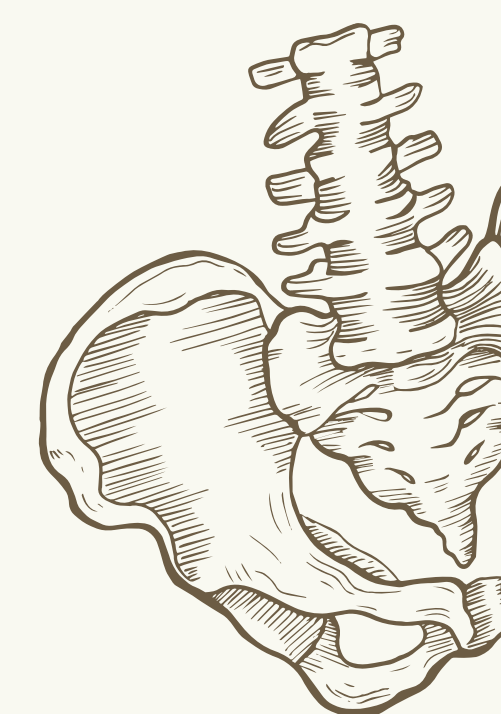
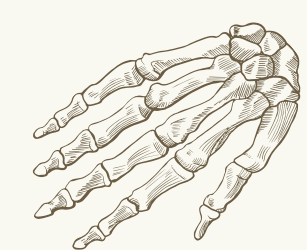
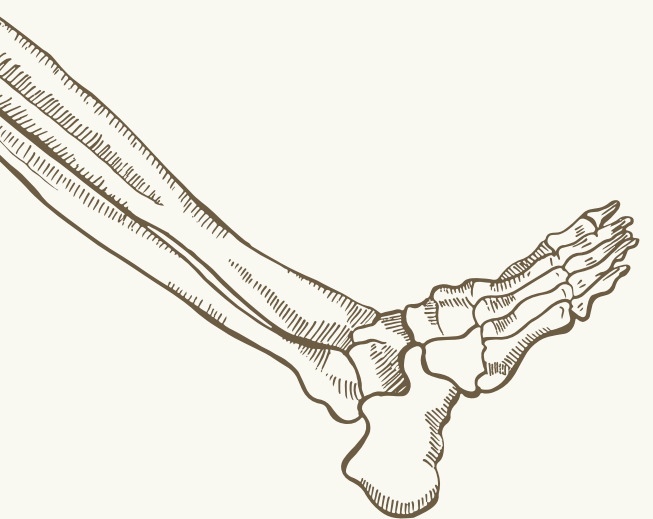
A fracture after 50 is an important signal.

Risk Factors

Diabetes and rheumatoid arthritis may increase osteoporosis risk.

Prevention

Build bone strength through activity and support calcium and vitamin D intake.



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Health Disparities Awareness in the **LGBTQ+** Community

Individuals in the LGBTQ+ community have greater risk of behavioral health issues, certain diseases, conditions and infections.

LGBTQ+ Resources

- Visit **The Gay and Lesbian Medical Association** to learn about healthcare providers who can assist with LGBTQ+ needs.
- The **World Professional Association for Transgender Health** focuses on evidence-based research, for LGBTQ+ health needs.

How Your EAP Can Help

- Call **(888) 371-1125**
- Visit **[MyCigna.com/EAP](https://www.mycigna.com/eap)**



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



Aging & The Male Body

01

Muscle Loss

Hormone changes with age can lead to muscle loss. Strength training and cardio can help maintain muscle mass.

02

Sexual Health

Libido may change with age. A heart-healthy lifestyle can help support sexual health and performance.

03

Hair Loss

Hair loss is common in men, often starting by the mid-30s. It may also be linked to overall health, including heart and prostate health.



WORLD BLOOD DONOR DAY

SUNDAY, JUNE 14

Visit RedCrossBlood.Org/Give to find a blood donation center near you.



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INTERNATIONAL

YOGA DAY

SUNDAY, JUNE 21



HR-Wellness' Coach Travis hosts monthly
Movement & More yoga classes.
Scan the QR code for more info.



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