DIABETES AWARENESS MONTH







The Power of Compassion

We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate—to others and ourselves—can bring.

Wednesday, November 4 at 1PM

Register to view live or watch at a later time

https://bit.ly/4502ml8

wellness@transitchicago.com

Thriving Through Uncertainty

Life is unpredictable and that can be stressful. Get strategies for managing reactions, making decisions, and taking action in spite of uncertainty.

Wednesday, November 18 at 1PM

Register to view live or watch at a later time

https://bit.ly/4502ml8

wellness@transitchicago.com

Well-Informed

Tobacco Cessation

featuring

Dr.Rick Conforto

Tuesday, November 17 at 11AM

Register to view live or watch at a later time

https://bit.ly/NovInformed

wellness@transitchicago.com

Financial Fridays

Retirement Plan for People with Disabilities and Their Caregivers



Friday, November 20 | 12PM

Register to Participate LIVE - bit.ly/NovFinancialFridays

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

wellness@transitchicago.com

MOVEMENT & MORE

AT CTA HEADQUARTERS

with Coach Travis



TUESDAY | NOVEMBER 3 | 12PM

BID ROOM | STRETCH & FLOW

bit.ly/NovemberMovement

wellness@transitchicago.com

MOVEMENT & MORE IN THE FIELD

WITH COACH TRAVIS

POWER STRETCH

DATE	TIME	LOCATION
Mon, Nov 2	12PM	Forest Park
Mon, Nov 16	12PM	Ashland
Mon, Nov 23	10AM	Forest Park
Mon, Nov 30	10AM	Ashland

wellness@transitchicago.com

Stories from the Streets

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

Date	Time	Location
Thursday, November 19	11AM-12:30PM	103rd St. Garage

wellness@transitchicago.com

Fall Into Wellness



Maintain, Don't Gain Weigh Ins



Flu Shot Bus



Blood Drive

SCAN ME!

wellness@transitchicago.com

Mon, Oct 26	Tues, Oct 27	Wed, Oct 28	Thurs, Oct 29	Fri, Oct 30
Forest Park Terminal 8AM-10AM Harlem Terminal 11AM-1PM	89th St. Training 9AM-11AM	Warehouse 6AM-9AM CTA Headquarters 11AM-3PM	Control Center 9AM-12PM CTA Headquarters 1PM-4PM	103rd St. Garage 10AM-1PM
Mon, Nov 2	**Tues, Nov 3**	**Wed, Nov 4**	**Thurs, Nov 5**	**Fri, Nov 6**
West Shops 7AM-10AM	South Shops 7AM-10AM Midway Terminal 12PM-3PM	Kimball Terminal 7AM-10AM Howard Terminal 12PM-2PM	Skokie Shops 10AM-2PM	95th St. Terminal 11AM-1PM O'Hare Terminal 11AM-1PM
Mon, Nov 9	**Tues, Nov 10**	**Wed, Nov 11**	**Thurs, Nov 12**	**Fri, Nov 13**
Forest Glen Garage 7AM-10AM North Park Garage 12PM-3PM	Chicago Ave. Garage 7AM-10AM Kedzie Garage 12PM-3PM	Veteran's Day No Visits	74th St. Garage 7AM-10AM	77th St. Garage 10AM-1PM
		Wed, Nov 18		
		CTA Headquarters 2nd Floor 10AM-3PM		

*Please bring your Cigna Insurance Card to the Flu Shot Bus in order to receive credit for Well-Being Solution.

**Registration is required for the Blood Drive: bit.ly/CTABloodDrive

Maintain Don't Gain Weigh-In

Flu Shot Bus

Blood Drive

wellness@transitchicago.com

BLOOD DRIVE

Wednesday, November 18
10am-3pm

CTA HQ
2nd Floor

SCAN TO REGISTER!

wellness@transitchicago.com

Join HR-Wellness at the Hot Chocolate Run 5k, 10k, 15k Run or 2-Mile Walk

Sunday, November 1 | 7:30AM

Grant Park - Butler Field

Scan the QR code or click the link to receive complimentary employee registration details for the Hot Chocolate Run Races/Walk - bit.ly/HCR2026

Deadline to Register: Sunday, October 18 or Until Sold Out

wellness@transitchicago.com

Valid for Current CTA Employees Only



Join HR-Wellness for a Candle Making Workshop

Saturday, November 14 | 1PM—4PM

Blank Mason Candle | 4999 Old Orchard Rd, Skokie

Scan the QR code or click the link to receive complimentary employee registration for the Candle Making Workshop - bit.ly/BlankMasonCTA

Deadline to Register: Saturday, November 7 or Until Sold Out

wellness@transitchicago.com

Valid for Current CTA Employees Only

Join HR-Wellness at the Jingle Bell Run

Saturday, December 12 | 9AM

Chicago History Museum

Scan the QR code or click the link to receive complimentary employee registration details for the Jingle Bell Run - bit.ly/CTAJingleReq

Deadline to Register: Saturday, November 28 or Until Sold Out

wellness@transitchicago.com

Valid for Current CTA Employees Only

2027 OPEN ENROLLMENT

CTA's 2027 Open Enrollment **begins Monday, October 26 and ends Friday, November 13 at 11:59pm.** Review your benefits early, explore your options, and be ready to enroll!

For more information, scan the QR code or visit the CTA Benefits site at: ***transitchicago.com/hrbenefits***

Your Benefits team is here to help. Find them at your work location or call **(312) 681-2225**, **option 3**.

SCAN FOR MORE INFO!

benefits@transitchicago.com

OPEN ENROLLMENT

NOW OPEN!

OCTOBER 26–NOVEMBER 13, 2026

SCAN FOR MORE INFO!

benefits@transitchicago.com

OPEN ENROLLMENT

CLOSES SOON!

FRIDAY, NOVEMBER 13 AT 11:59 pm

SCAN FOR MORE INFO!

benefits@transitchicago.com



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**

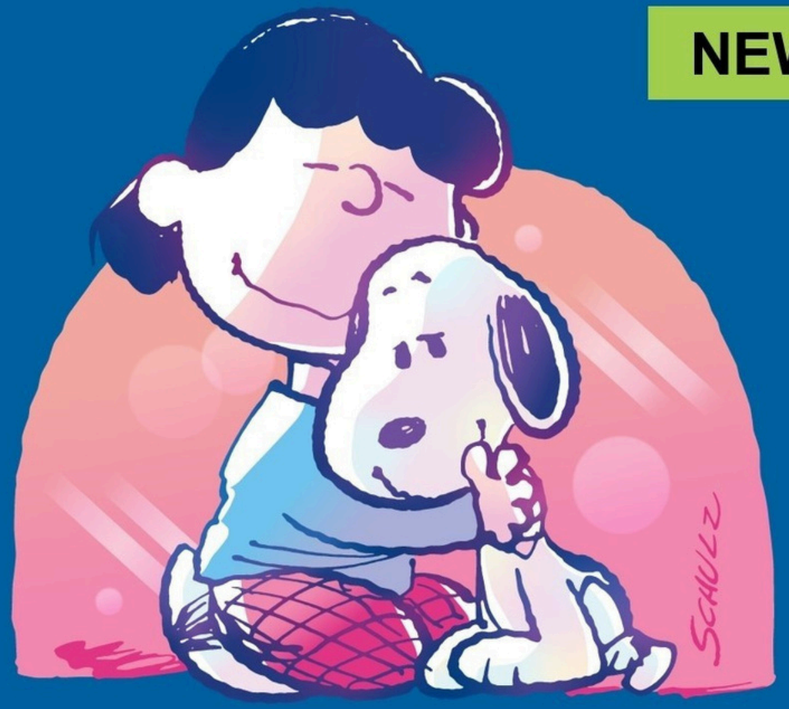
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MetLife | Pet Insurance

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).

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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!

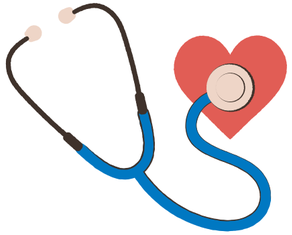
To register, bit.ly/MetLifePet or scan the QR Code.

MDLIVE®

Virtual Care

For convenient virtual care options - available by phone or video, in English and Spanish, visit MyCigna.com® 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.

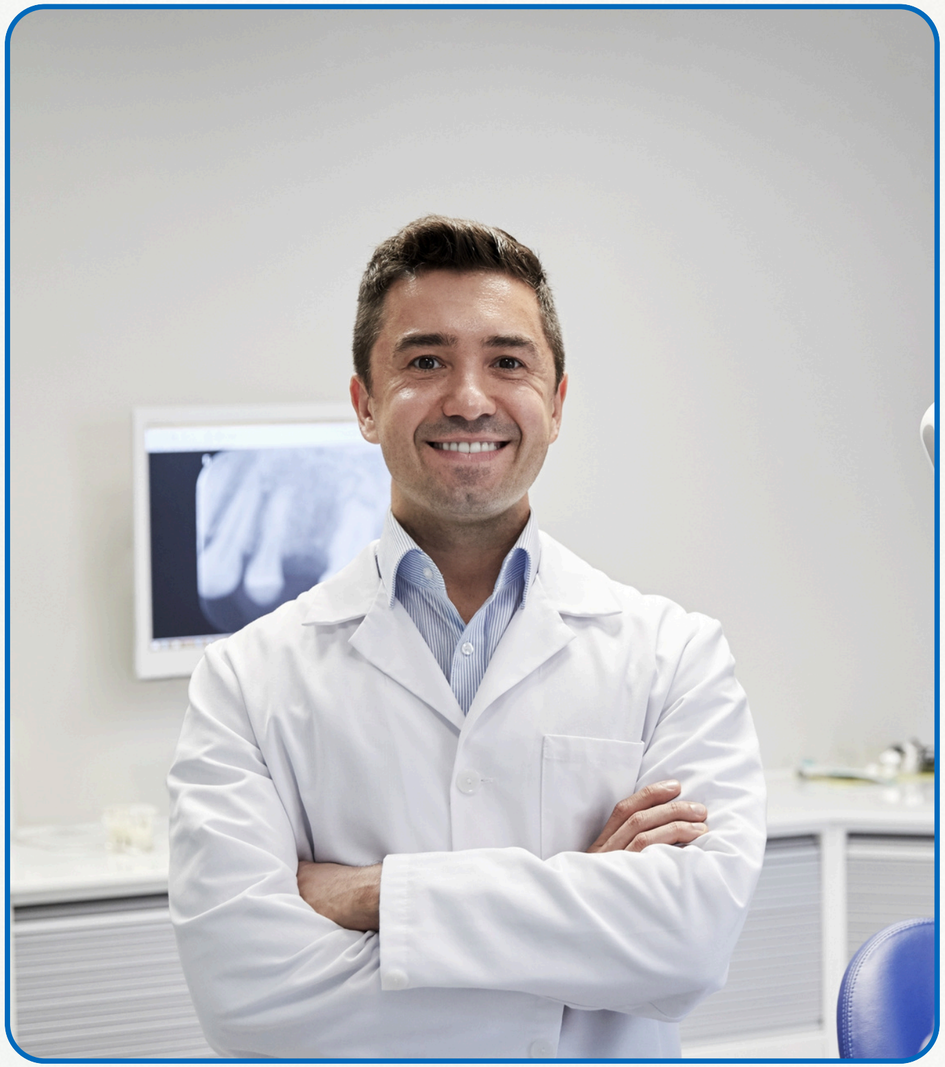
You now have the option to consult with a dentist through a video call. Cigna Healthcare Dental Virtual Care is available 24/7.

How To Access Dental Virtual Care:

Log-On to *MyCigna.com*

Provide Basic Health Information

Speak to a Dentist

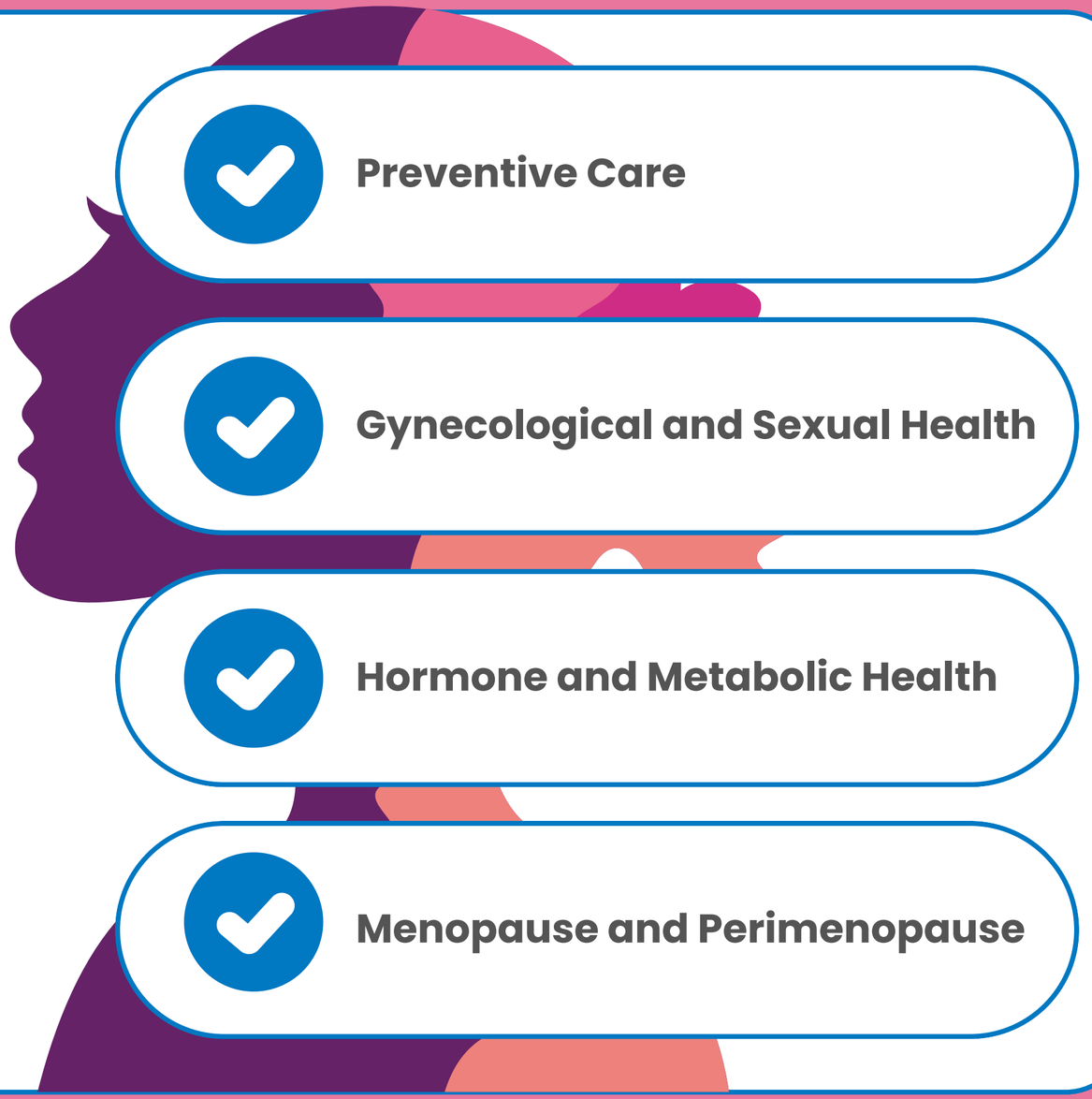


Visit myCigna.com for more information.

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.



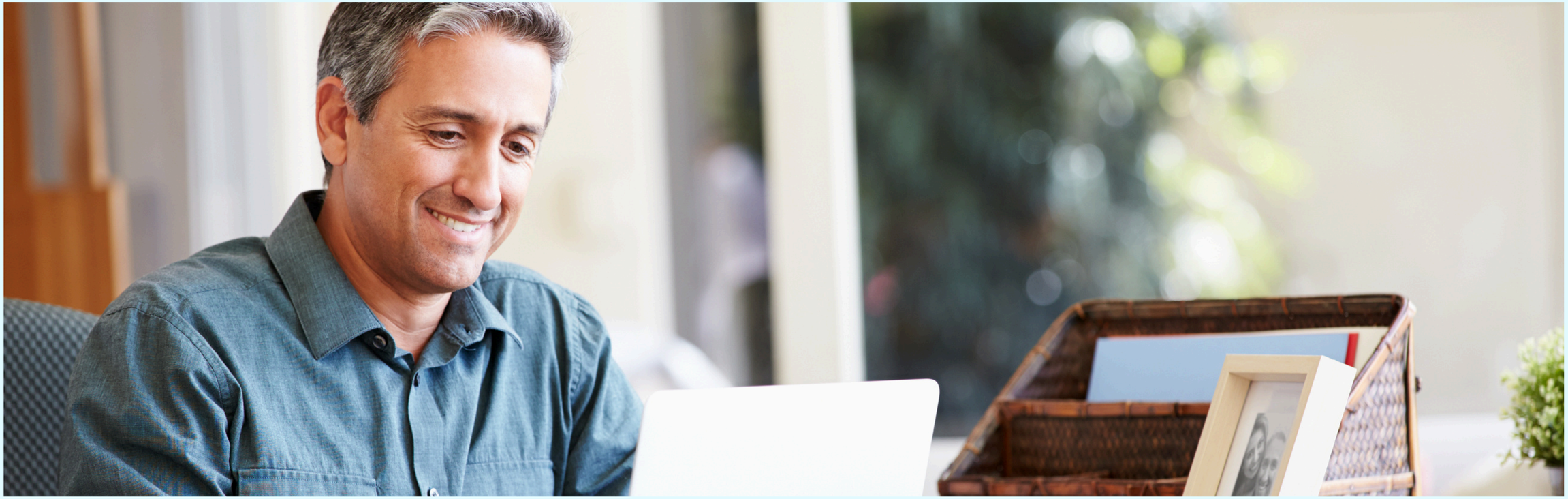
- **Preventive Care**
- **Gynecological and Sexual Health**
- **Hormone and Metabolic Health**
- **Menopause and Perimenopause**

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.



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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.

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

cignaeap.mysecureadvantage.com





Visit myCigna.com for more information.



The Great American Smokeout®

Thursday, November 19

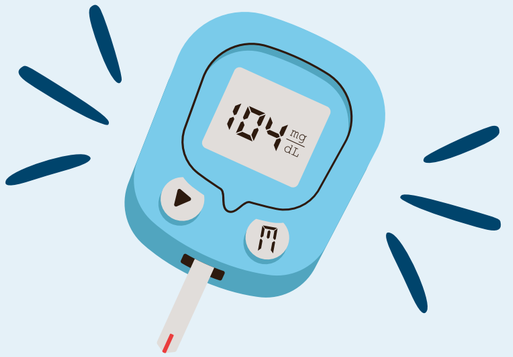
Quitting smoking isn't easy. Start with day one.

For more information scan the code or visit cancer.org/smokeout

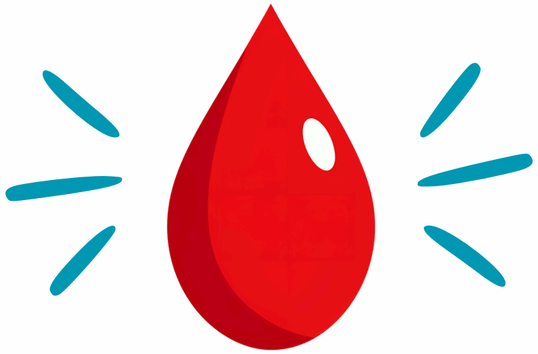
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DIABETES 101

Understanding the Basics



What is Diabetes?



Diabetes is a chronic disease that affects how your body manages glucose (blood sugar)

3 Main Types

Type 1
The body doesn't produce enough insulin

Type 2
The body becomes less responsive to insulin

Gestational
Develops during pregnancy and usually goes away after birth

Know the Signs

- Very thirsty or hungry
- Blurry vision
- Extreme fatigue
- Slow-healing cuts or bruises
- Frequent urination

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Insulin & Blood Sugar

Insulin is a hormone that helps move glucose from the bloodstream and into the body's cells to be used for energy. When the body does not make enough insulin or can't use it effectively, blood sugar can rise.

1. Helps control blood sugar

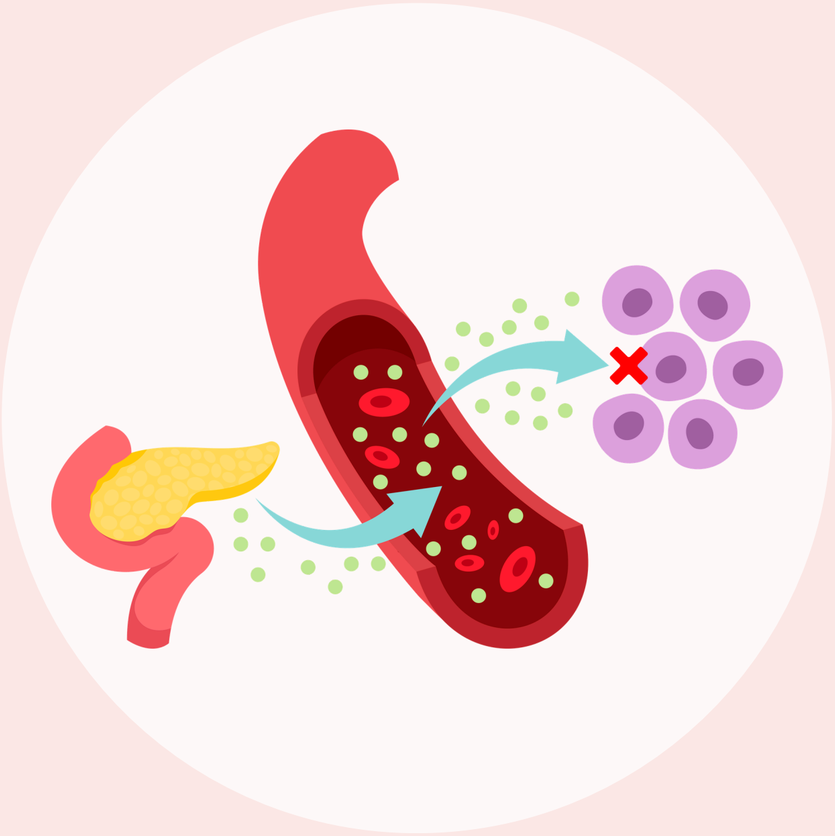
Insulin helps control blood sugar by helping glucose move from the blood into cells.

2. Pancreas produces insulin

The pancreas produces insulin in response to rising blood glucose, such as after eating.

3. Insulin Treatment

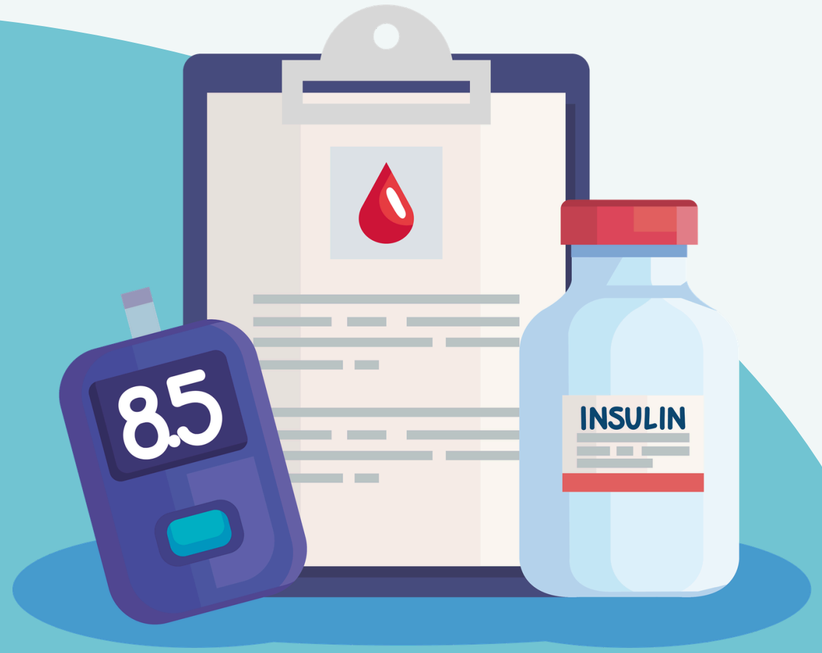
Insulin treatment can help manage blood sugar when the body does not produce enough insulin.



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Know your Numbers

Your blood sugar numbers can provide helpful information about how your body is managing glucose. Understanding what these numbers mean can help keep track of changes over time.



Blood Glucose

Measures the amount of sugar in your blood, which can change throughout the day.

A1C

Shows your average blood sugar levels over approximately the last 2-3 months.

Blood Pressure

Measures the force of blood against the artery walls.

What Affects Your Numbers

Factors like food, physical activity, stress, and sleep can all impact your numbers.

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EASY FOOD SWAPS

Small food swaps can be a simple way to make choices that support healthy blood sugar levels. Instead of completely changing what you eat, try making one small swap at a time.



Instead of soda

↓



Try flavored water



Instead of white rice

↓



Try cauliflower rice



Instead of refined grains

↓



Try whole grain options



Instead of milk chocolate

↓



Try dark chocolate



Instead of butter

↓



Try olive oil

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Understanding Blood Sugar Levels

High Blood Sugar (Hyperglycemia)

Too much glucose in blood stream.

Low Blood Sugar (Hypoglycemia)

Blood Glucose drops below a healthy range.

Know Your Numbers

Regular blood sugar monitoring can help identify changes over time. Talk with your healthcare provider about when to check your blood sugar and what your results mean.



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Prediabetes: What Does it Mean?

Prediabetes means blood sugar levels are higher than normal but not high enough to be diagnosed as Type 2 Diabetes. Recognizing prediabetes can provide an opportunity to take steps towards better blood sugar health.



How is it identified?

A blood test, such as an A1C or fasting blood glucose test, can detect prediabetes



Why does it matter?

Prediabetes increases the risk of developing type 2 diabetes



What can help?

Balanced meals, regular physical activity, and routine screening can help manage risk and identify prediabetes early

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