

Breast Cancer Awareness Month



Workplace Bullying

Bullying doesn't just happen in school hallways. Learn how to identify it in the workplace, cope with the impact, and respond assertively.

Wednesday, October 21 at 1PM

Register to view live or watch at a later time
<https://bit.ly/45O2ml8>



Well-Informed

Domestic Violence Awareness

featuring

Dr. Leo Mesa

Tuesday, October 13 at 1PM



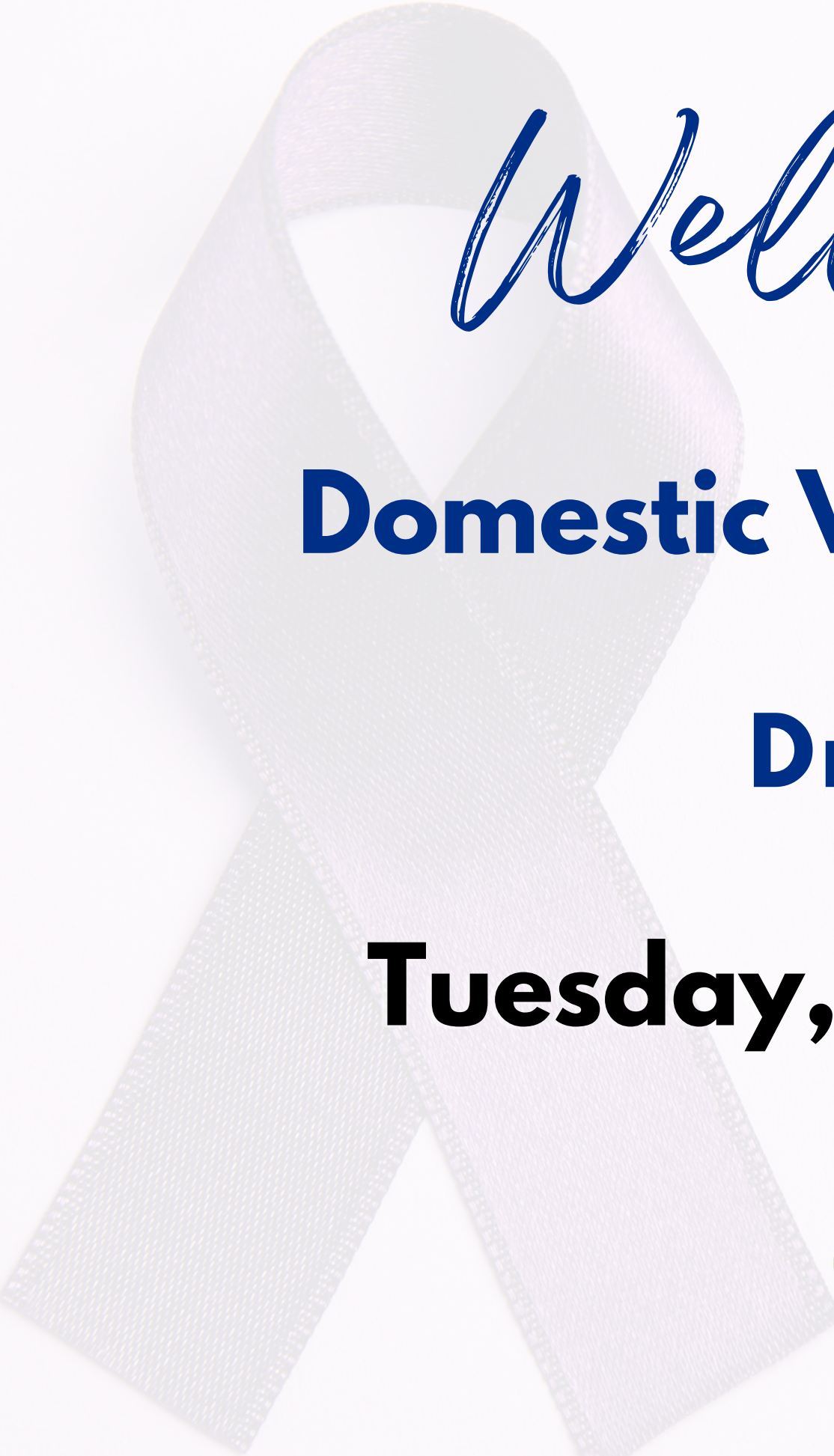
Register to view live or watch at a later time

<https://bit.ly/OctInformed>



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Well-Informed

Domestic Violence Awareness

featuring

Dr. Leo Mesa

Tuesday, October 13 at 1PM



Financial Fridays

Myths about Retirement Plans

Friday, October 23 | 12PM



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

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



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Financial Fridays

Myths about Retirement Plans

Friday, October 23 | 12PM

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



MOVEMENT & MORE

AT CTA HEADQUARTERS

with Coach Travis

TUES | OCT 6 | BID ROOM | 12PM

WED | OCT 21 | BID ROOM | 1PM

bit.ly/OctMovementMore



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MOVEMENT & MORE

with Coach Travis

TUESDAY | OCT 6 | BID ROOM | 12PM

WEDNESDAY | OCT 21 | BID ROOM | 1PM

AT CTA HEADQUARTERS



MOVEMENT & MORE IN THE FIELD

WITH COACH TRAVIS

UPPER BODY MOBILITY

DATE	TIME	LOCATION
Mon, Oct 5	10AM	West Shops
Mon, Oct 12	10AM	Harlem Terminal
Mon, Oct 19	12PM	West Shops
Mon, Oct 26	12PM	Harlem Terminal

ON DECK IN NOVEMBER - FOREST PARK AND ASHLAND TERMINALS



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MOVEMENT & MORE IN THE FIELD

with Coach Travis

OCTOBER 2026

WEST SHOPS & HARLEM TERMINAL



Stories from the Rails

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

Date	Time	Location
Thursday, October 22	11AM-12:30PM	Midway Terminal

STORIES FROM THE RAILS

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

MIDWAY TERMINAL





Saturday, October 3 at 10AM | Lincoln Park

**Join #TeamCTA in the
Fight Against Alzheimer's!**

♥ **Walk or Donate!** ♥





Join HR-Wellness for the Making Strides Against Breast Cancer Walk

Saturday, October 17 | 10AM
Soldier Field



Scan the QR code or click the link to submit your swag
request: bit.ly/CTAStride2026

Registration details will be provided after your swag
request is submitted.



Deadline to Register to Receive Swag: Friday, October 2



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Valid for Current CTA Employees Only



**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



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Valid for Current CTA Employees Only

Fall Into Wellness



**Maintain,
Don't Gain
Weigh Ins**



Flu Shot Bus



Blood Drive



**SCAN
ME!**



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Mon, Oct 26	Tues, Oct 27	Wed, Oct 28	Thurs, Oct 29	Fri, Oct 30
Forest Park Terminal 8AM-10AM Harlem Terminal 11AM-1PM 	89 th St. Training 9AM-11AM  	Warehouse 6AM-9AM CTA Headquarters 11AM-3PM  	Control Center 9AM-12PM CTA Headquarters 1PM-4PM  	103 rd 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  	95 th 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	74 th St. Garage 7AM-10AM  	77 th St. Garage 10AM-1PM  
Wed, Nov 18				
*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		CTA Headquarters 2 nd Floor 10AM-3PM 	 Maintain Don't Gain Weigh-In  Flu Shot Bus  Blood Drive	





Breast Cancer Awareness Month

Breast cancer affects millions of people. Together, we can raise awareness, support research, and offer hope to those impacted by the disease.

Visit myCigna.com to find an in-network provider near you.



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Domestic Violence Awareness Month

Awareness is the first step toward prevention,
support, healing, and lasting change.

National Domestic Violence Hotline 1-800-799-7233



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On World Arthritis Day, we
raise awareness, promote early
care, and support continued
progress in treatment
and resources.



Scan the QR code for more information.



OCTOBER 12
WORLD
ARTHRITIS
DAY



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Mental Illness Awareness Week October 4-10

Sponsored by the National Alliance on Mental Illness (NAMI)



This week, we're joining NAMI to highlight the important role workplace culture plays in supporting mental well-being for employees, managers, and coworkers.

NAMI HelpLine: 800-950-6264 or Text "NAMI" to 62640



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NATIONAL Health Education Week

OCTOBER 19-23, 2026 #NHEW



Scan the QR code for
more information.



Celebrating the important role health education
plays in supporting well-being, preventing
illness, and empowering healthier,
informed choices.



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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





CTA WELLNESS FITNESS CENTERS

CHICAGO AVE. GARAGE | 642 N. PULASKI RD.

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

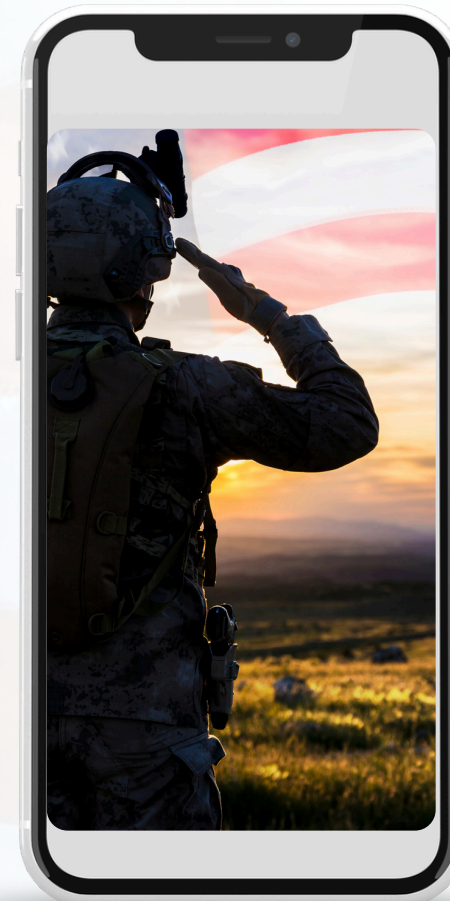
CTAU | 4829 N. LIPPS

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



**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!

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

NEW!



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!

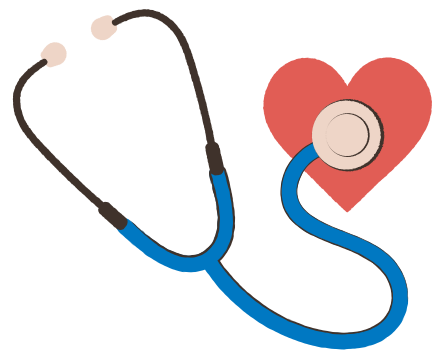
To register, bit.ly/MetLifePet or scan the QR Code.



MDLIVE[®]

Virtual Care

For convenient virtual care options – available by phone or video, in English and Spanish, visit [MyCigna.com](https://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 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:



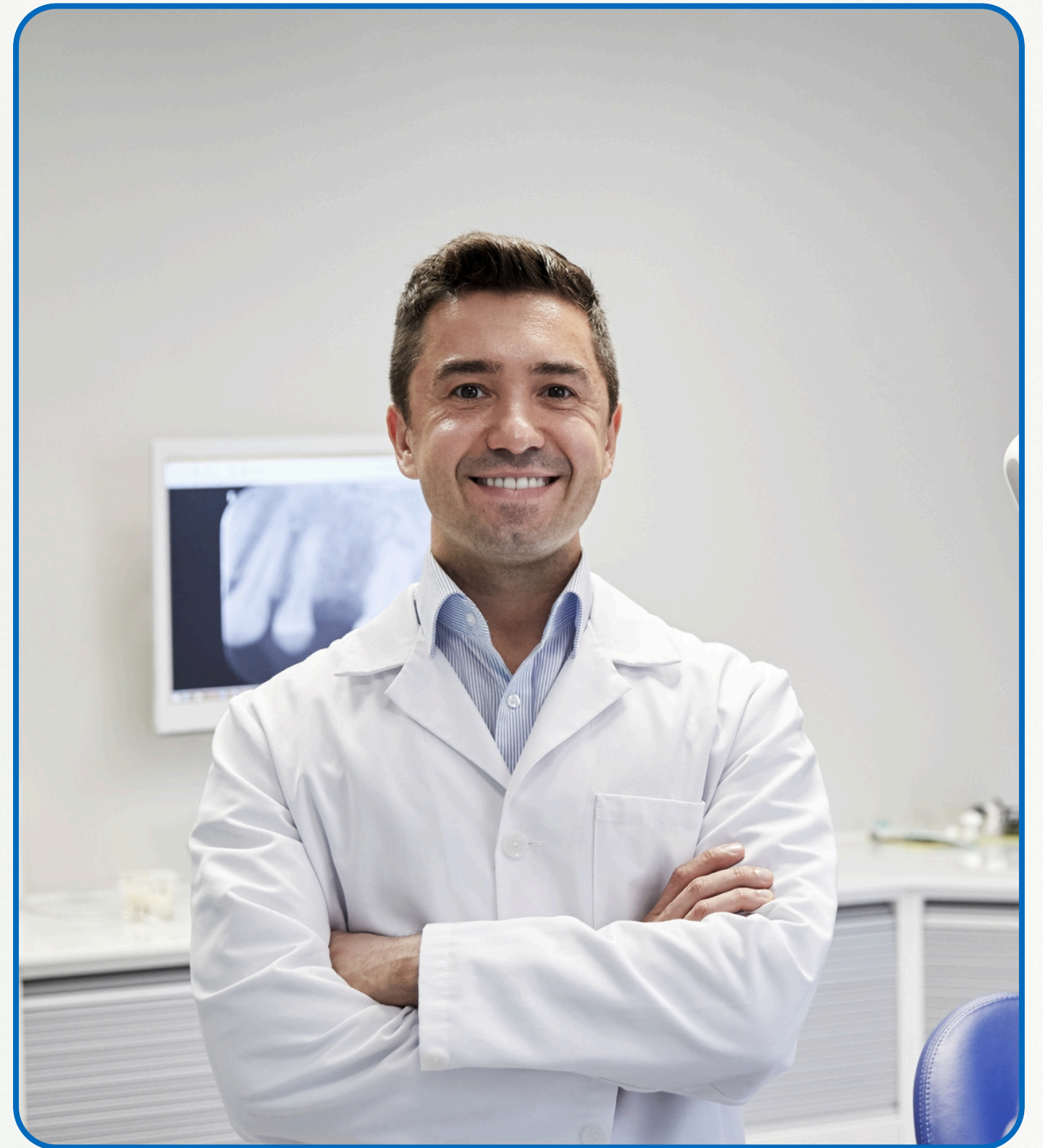
Log-On to
MyCigna.com



Provide Basic
Health Information



Speak to
a Dentist



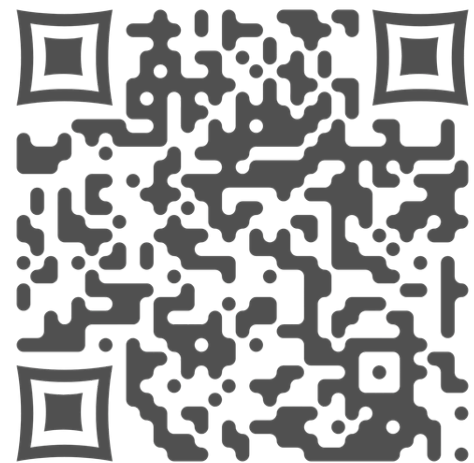
Visit myCigna.com for more information.





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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TOBACCO CESSATION PROGRAMS

Cigna provides support & resources to help employees quit tobacco.

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



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
cigna.eap.mysecureadvantage.com*



Visit myCigna.com for more information.

