



Mental Health

AWARENESS MONTH



Retirement: Navigating Common Risks

Managing risk is critical for a sound financial future.
We'll discuss retirement variables such as market volatility, taxes,
longevity, timing, and surprise expenses.

Wednesday, September 9 at 1PM

Register to view live or watch at a later time

<https://bit.ly/45O2ml8>



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Bridging the Gaps: Generations at Work

We all want a positive work experience, but what that looks like may differ by generation. We'll explore influencing factors and tips for working well together.

Wednesday, September 23 at 1PM

Register to view live or watch at a later time

<https://bit.ly/45O2ml8>



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Well-Informed

Living with Grief and Loss

featuring

Dr. Felix Padrón

Thursday, September 17 at 1PM



Register to view live or watch at a later time

<https://bit.ly/SeptemberWellInformed>



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Financial Fridays

Financial Wellness is for Everyone

Friday, September 25 | 12PM



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

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



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MOVEMENT & MORE

AT CTA HEADQUARTERS
with Coach Travis

TUES | SEP 1 | BID ROOM | 12PM

WED | SEP 16 | ROOM 2C | 12PM

bit.ly/SepMovementMore



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MOVEMENT & MORE - IN THE FIELD

WITH COACH TRAVIS

LOWER BODY MOBILITY

DATE	TIME	LOCATION
Tues, Sep 8	12PM	Kimball
Mon, Sep 14	12PM	Midway
Mon, Sep 21	10AM	Kimball
Mon, Sep 28	10AM	Midway

ON DECK IN OCTOBER - WEST SHOPS AND HARLEM TERMINAL



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MOVEMENT & MORE IN THE FIELD

with Coach Travis

SEPTEMBER 2026

KIMBALL & MIDWAY TERMINALS



HR-WELLNESS PRESENTS

STRESS REDUCTION WORKSHOP

Date	Location	Time
Thurs, Sept. 10	103rd St. Garage	11AM-2PM
Fri, Sept. 11	Skokie Shops	12PM-3PM
Tues, Sept. 15	Forest Glen Garage	11AM-2PM
Tues, Sept. 22	Harlem Terminal	11AM-2PM
Wed, Sept. 23	74th St. Garage	11AM-2PM
Thurs, Sept. 24	West Shops	7AM-10AM
Tues, Sept. 29	Headquarters - Bid Room	11AM-2PM
Wed, Sept. 30	Kimball Terminal	11AM-2PM



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BIKE
DRIVE

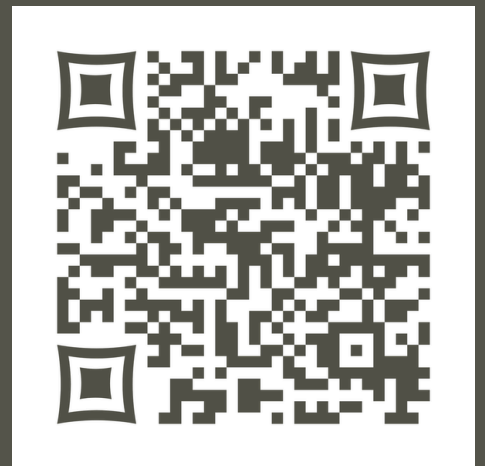
Join HR-Wellness for Bike the Drive



Sunday, September 6 | 6:30AM

Grant Park | Butler Field

Scan the QR code or click the link to receive
complimentary employee registration details for
the Bike the Drive Race – bit.ly/CTABTD



Deadline to Register: Sunday, August 23rd or Until Sold Out



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Valid for Current CTA Employees Only



Join HR-Wellness for
Run Mag Mile's 5K & 10K
Saturday, September 12 | 7AM
Michigan Avenue



Scan the QR code or click the link to receive
complimentary employee registration details for
the Run Mag Mile 5K and 10K - bit.ly/CTAJotformRMM



Deadline to Register: Saturday, August 29 or Until Sold Out



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Valid for Current CTA Employees Only



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

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

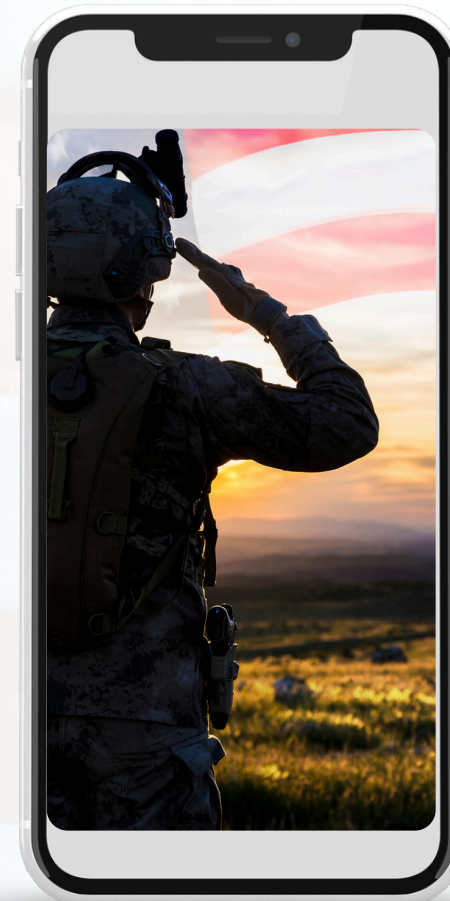
CTAU | 4829 N. LIPPS

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!

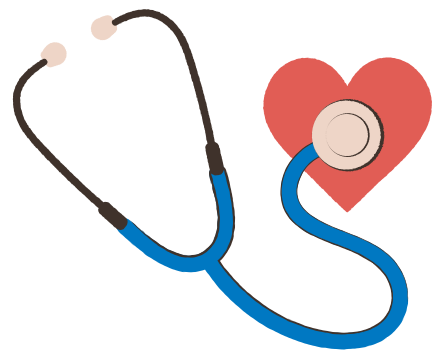
To register, bit.ly/MetLifePet or scan the QR Code.



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:



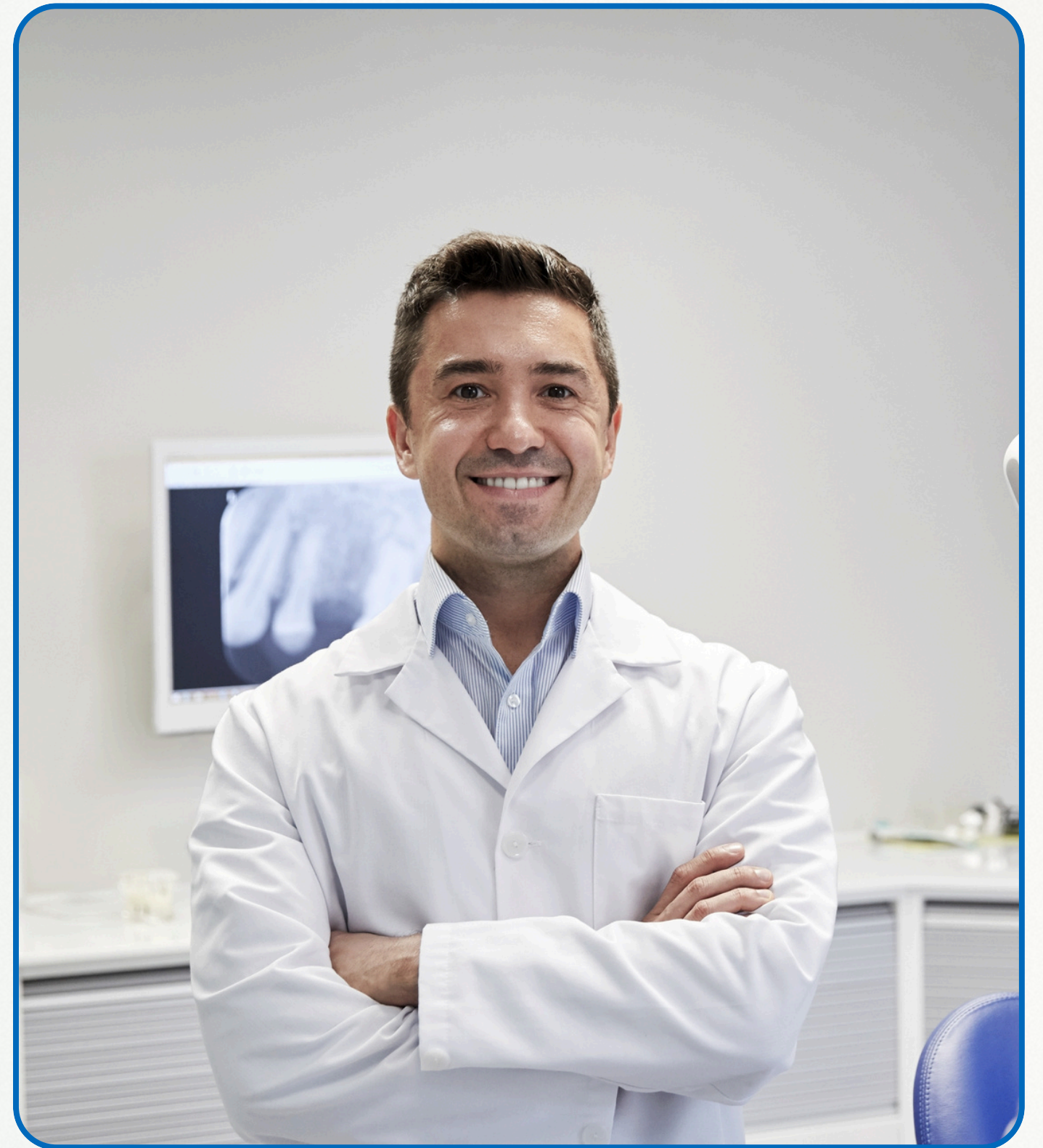
Log-On to
MyCigna.com



Provide Basic
Health Information



Speak to
a Dentist



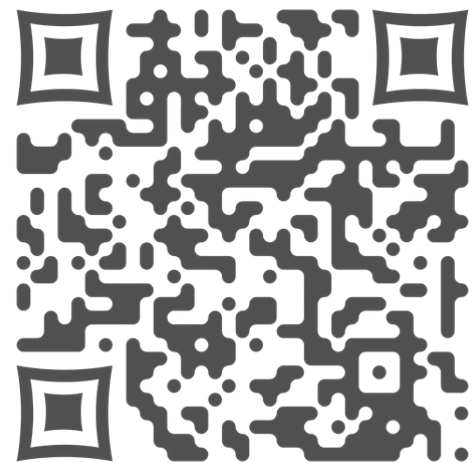
Visit myCigna.com for more information.





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.



WORLD ALZHEIMER'S MONTH

Together, we can raise awareness, challenge stigma, and support those affected by Alzheimer's and dementia. Early detection matters! Know the signs, share resources, and be a voice for change.



Learn more at alz.org 



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Prostate Cancer Awareness Month

Raise awareness about prostate health,
encourage early detection through screenings,
and support those affected by the disease.
Let's empower men to take charge of their health.



SCHEDULE YOUR ANNUAL CHECKUP TODAY

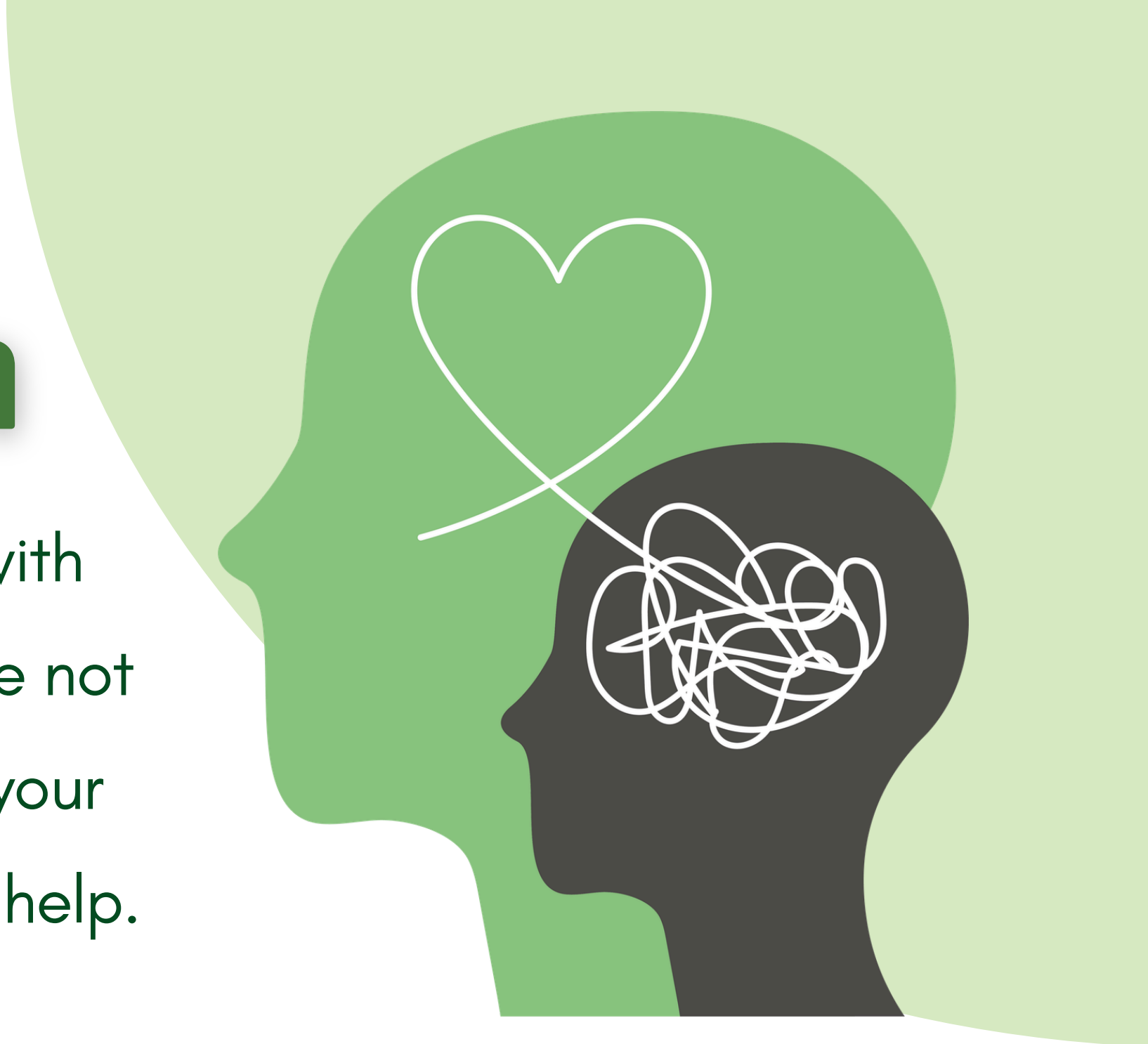
Find a provider at myCigna.com



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Mental Health Awareness Month

Your mental health matters—every day. Check in with yourself, reach out for support, and remember you're not alone. Connect with a counselor anytime through your Employee Assistance Program for free, confidential help.



Employee Assistance Program
888-371-1125



Take Care
You are not alone.



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Managing Workplace Stress

Workplace stress can affect anyone, but small habits can make a big difference. Here are a few ways to better manage your stress throughout the workday.

- **TRACK YOUR STRESSORS**
- **SET HEALTHY BOUNDARIES**
- **TAKE YOUR BREAKS**
- **REACH OUT FOR SUPPORT**



COMBATING LONELINESS

Social connections are an important part of overall health. Try these simple strategies to reconnect with others and support your mental well-being.



**Acknowledge
Your Feelings**



**Know When to
Disconnect**



**Find Volunteer
Opportunities**



**Join a Group
or Club**



**Practice
Self-Care**

Recognizing Signs of Burnout

Burnout often develops gradually, making it easy to miss the warning signs. Recognizing them early can help you take steps to protect your well-being.



Signs:

- Fatigue
- Irritability & Anger
- Sleep Troubles
- Changes in Eating Habits
- Tension Headaches

Prevention:

- Build in breaks
- Enforce Work/Life Balance
- Establish a Daily Routine
- Practice Mindfulness



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GOOD SLEEP SUPPORTS YOUR OVERALL WELL-BEING

Your body and mind are quick to tell you
when you are not getting good sleep.

Poor sleep can cause:



Difficulty Focusing



Feelings of Fatigue



Declining Mental Health

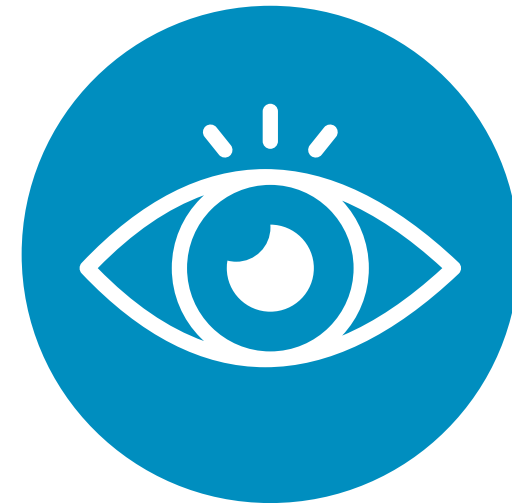


Insomnia



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EFFECTS OF EXCESS SCREEN TIME



PHYSICAL HEALTH

- Eye strain, headaches, dry eyes, disrupted sleep patterns, & fatigue



MENTAL HEALTH

- Increased stress, anxiety, depression, reduced attention span, and lower productivity.



OVERALL WELL-BEING

- Less time with family & friends, fewer face-to-face conversations, and less time for hobbies, rest, & self-care.

WHY SMALL WINS MATTER

Celebrating small wins helps build confidence, maintain motivation, and reminds you that progress happens one step at a time.

BOOSTS MOTIVATION

- Recognizing wins helps you stay focused and encouraged
- Builds excitement for future goals

REDUCES STRESS

- Breaking goals into small steps makes challenges feel manageable
- Celebrating progress can prevent you from feeling overwhelmed

BUILDS CONFIDENCE

- Small wins remind you of your abilities and growth
- Encourages a positive mindset

CREATES MOMENTUM

- Consistent progress adds up over time
- Each small success can inspire the next step



Simple Mindfulness Practices

Mindfulness is the practice of being fully present in the moment without judgement. Here are some simple mindfulness practices that are easy to incorporate into your daily routine.

Simple Meditation

- Find a quiet spot and get comfortable.
- Focus on your breath; in through your nose, out through your mouth.
- If your mind wanders, bring your focus back to your breath.

Open Awareness

- Bring attention to the sensations in your body, both physical and emotional.
- Begin to observe sights, sounds, smells, and sensations.
- Allow any thoughts or emotions that arise to come and go.

Body Awareness

- Tune into your body from head to toe.
- Notice any tension, tightness, or areas of comfort.
- Breathe into the sensations and allow your body to relax and release.



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