



WELL-INFORMED NEWSLETTER

FALL • WINTER 2024

Open Enrollment

It's that time of year – Open Enrollment season is here! Open Enrollment for the 2025 benefit year runs from October 28 to November 15, 2024, for group healthcare plans. This is the only time employees can make changes to their medical, dental, and vision plans, enroll in a Flexible Spending Account, or add/drop eligible dependents, unless there's a qualifying family status change. The process is paperless, and detailed coverage information is available on the Benefits website at transitchicago.com/hrbenefits. Changes made will take effect on January 1, 2025. All elections can be made in CTA Oracle Employee Self Service starting October 28.

*Fall is the season of transition—
an ideal time to refresh your
wellness routines and prepare
your body and mind for the
colder months ahead.*



Maintain Don't Gain

The holiday season is just around the corner! With all the fun and festivities ahead, CTA Wellness is excited to bring back our "Maintain Don't Gain" campaign! This initiative is here to help you stay on track, offering practical tools and activities to prevent weight gain during the holidays. To participate, weigh in either in-person during Open Enrollment or email your starting weight to wellness@transitchicago.com by November 15.



The Importance of Preventive Health Care

Preventive health care plays a crucial role in maintaining overall well-being and improving quality of life. Rather than waiting for illness to strike, preventive care focuses on detecting and addressing potential health issues early, reducing the risk of more serious problems down the road. Regular checkups, screenings, and vaccinations are key components of preventive health care. Visit mycigna.com to find an in-network provider and schedule your preventive care exam today.



BMI, BP, HDL, LDL! What does all that mean? Get to know your numbers and take steps toward better heart health. Join us for an onsite screening during the Know Your Numbers campaign February 3 – 28, 2025. For more details, visit transitchicago.com/wellness.

ctaCares

CTA Wellness is committed to supporting our employees' mental health and overall well-being. We recognize that life's challenges, both personal and professional, can impact your quality of life. ctaCARES is here to provide comprehensive support through our Employee Assistance Program (EAP), which is a confidential and free resource available to all employees and anyone living in their household. Included in this wide range of services are:

Counseling Service

6 Free counseling sessions per issue, per year.

Legal Assistance

Free 30-Minute telephone consultation with a legal advisor.

Parenting

Resources and referrals for childcare providers, after-school programs, camps, adoption services, child development, prenatal care, and more.

Eldercare

Resources and referrals for home health agencies, assisted living facilities, social and recreation facilities, social and recreational programs and long-distance caregiving.

Pet Care

Resources and referrals for pet sitting, obedience training, veterinarians and pet stores.

Identity Theft

Free 60-minute consultation with a fraud resolution specialist.



Plus, through our partnership with Cigna, ctaCARES offers two licensed mental health counselors who visit Bus Garages and Rail Terminals every week. You can ask them about EAP services, discuss general concerns, or schedule private one-on-one sessions for personalized support.

Contact Your EAP

888-371-1125 or visit myCigna.com

Employer ID: CTA



Embracing Winter Wellness

With cold temperatures lingering and shorter days upon us, it's essential to go the extra mile in prioritizing self-care for a healthy body and a joyful mind. Winter wellness means staying mindful of both your physical and mental health as the colder months arrive. By focusing on self-care, staying active, and nourishing your body, you can maintain your well-being and energy all season long.



Wellness Fitness Center

This past Summer, Wellness opened two new Fitness Centers located at CTA University and Chicago Avenue Garage exclusively for CTA employees to support their health and well-being. These centers offer a convenient space for employees to boost energy and focus. We look forward to expanding to more locations in the months ahead.

A Note from Your On-Site Wellness Coaches

Taking care of your physical, mental, and emotional health is essential to your well-being. As on-site coaches, we're here to help with personalized fitness plans, stress management, mindfulness practices, and overall wellness support. Reach out to us at wellnesscoach@transitchicago.com to see how we can assist you in your wellness journey.

Diabetes Awareness Month

November is Diabetes Awareness Month, a time to raise awareness about the impact of diabetes and the importance of prevention and management. With millions of people affected worldwide, understanding risk factors, and symptoms can help prevent or control the disease. During this month, it's crucial to focus on education, early detection, and supporting those living with diabetes. By adopting healthy habits and staying informed, we can all contribute to reducing the prevalence of diabetes.

Upcoming 2024 Events

- 11.2 Carrera de los Muertos – Pilsen
- 11.3 Hot Chocolate Run – Grant Park
- 11.24 Art Class – ArtSpace Chicago
- 12.13 Winter Wellness Workshop – River North
- 12.14 Jingle Bell Run – Chicago History Museum



Get Connected with Wellness

📞 312.621.2225 option 8

✉️ wellness@transitchicago.com

🌐 transitchicago.com/wellness