

WELL-INFORMED NEWSLETTER | FALL • WINTER 2023

Promoting A Healthy Lifestyle through Total Wellness



Open Enrollment for 2024 Benefit Year

It's that time of year again – Open Enrollment season! Open Enrollment for the 2024 benefit year for group health and dental plans runs **October 30 – November 17**. Open Enrollment is the only time when employees can make changes to medical, dental and vision plans, enroll in a Flexible Spending Account(s) and enroll (or drop) eligible dependents, unless they have a change in family status. The Open Enrollment process is paperless. Detailed coverage information and documentation requirements are available on the Benefits website at transitchicago.com/hrbenefits. Changes made during Open Enrollment are effective **January 1, 2024**. Open Enrollment elections (including opting out, if eligible) are made in CTA Oracle Employee Self Service beginning **October 30**.



Get on Board to Curb the Flu

As flu season approaches, we're taking proactive steps to ensure the health and well-being of our community. We're partnering with CVS Caremark again this year to bring the Flu Shot Bus to CTA work locations. Nurses will be on the bus to administer flu shots to CTA employees **October 16 – November 3**. COVID-19 boosters will be available at select locations the week of October 30. Free glucose and blood pressure screenings will also be available. Employees must present their CTA ID to receive a flu shot/screening. To view the CTA Flu Shot Bus schedule, visit transitchicago.com/wellness.

MotivateMe®



MotivateMe® is our wellness incentive program that provides cash incentives for participating in wellness activities. The deadline to report and complete eligible activities is **October 31!** Don't miss out on this opportunity. Visit myCigna.com and complete a health assessment to get started. Any previously completed 2023 requirements can be reported through **October 31, 2023**.

Visit transitchicago.com/wellness/motivateme for full program requirements.



The Importance of Preventive Health Care

We believe that our greatest asset is our health and well-being. One of the most impactful ways we can achieve this is through the lens of preventive health care. Let's explore ways we can embrace our preventive health.

Schedule Regular Check-Ups

Make appointments with your healthcare provider for regular check-ups and screenings. These visits are your first line of defense against potential health problems.

Know Your Numbers

Understand your health metrics, such as blood pressure, cholesterol, and BMI. Knowing your numbers empowers you to take control of your health.

Adopt a Healthy Lifestyle

Maintain a balanced diet, engage in regular physical activity, manage stress effectively, and avoid harmful habits like smoking and excessive alcohol consumption.

Maintain Don't Gain

Holiday season is approaching! With all the festivities and traditions that are involved, CTA Wellness is hosting another year of our "Maintain Don't Gain" campaign! This initiative is designed to motivate and support you by providing practical tools and activities to prevent weight gain during the holiday season. To join, weigh-in either in-person during open enrollment or email wellness@transitchicago.com your starting weight by November 17.



Get access to a broad range of fitness centers. Visit activeandfit.com to find a center near you and get started!



Employee Assistance Program Resources

CTA Wellness prioritizes the well-being and mental health of our employees. We understand that personal and professional challenges can arise, affecting your overall quality of life. To provide comprehensive support, Cigna offers an Employee Assistance Program (EAP), which is a confidential and free resources available to all employees and anyone living in their household. Take advantage of a wide range of services.

6 Free Counseling Sessions

6 Free sessions per issue are offered face-to-face as well as video-based sessions.

Legal Assistance

Free 30-Minute telephone consultation with a legal advisor.

Parenting

Resources and referrals for childcare providers, before and after school programs, camps, adoption organizations, 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.

Contact Your EAP

888.371.1125 or visit myCigna.com
Employer ID: CTA

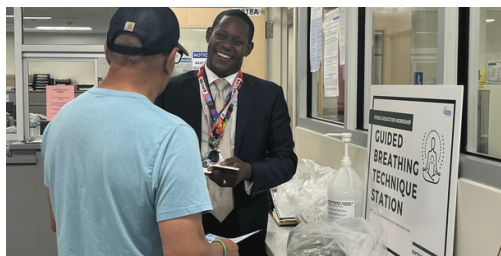


Boost Your Immune System

Equip your body to fight off winter illnesses by consuming immune-boosting foods. Incorporate ginger, garlic, turmeric, and foods rich in Vitamin C and D into your diet to support a robust immune response.

Stress Reduction Workshop

During Mental Health month, our wellness team hosted Stress Reduction Workshops at various locations. We conducted stations which included mental health resources, guided deep breathing and mobility stretches in effort to decrease stress and provide practical tools for relief.



Mental Health Resources

National Suicide Prevention Hotline
Dial 988

Crisis Text Line
Text HOME to 741741

MDLIVE Behavioral Mental Health
888-726-3171

Upcoming 2023 Races

- 10.21** DC WONDER WOMAN RUN – MONTROSE HARBOR
- 10.28** DAY OF THE DEAD RUN – JUAREZ HS
- 10.29** POLISH INDEPENDENCE RUN – MONTROSE HARBOR
- 11.5** HOT CHOCOLATE RUN – GRANT PARK
- 12.9** JINGLE BELL RUN – CHICAGO HISTORY MUSEUM



Learn more about our sponsored races at transitchicago.com/wellness

Meet Your Wellness Team



Pictured From Left to Right; Yohannes (Life Coach), Christina (Communications Coordinator), Jillian (Wellness Engagement Manager), Jessica (Wellness Manager) and Travis (Fitness Coach).

Get Connected With Wellness

- ☎ 312.621.2225 option 8
- ✉ wellness@transitchicago.com
- 🌐 transitchicago.com/wellness

Know your numbers February 1 - 29, 2024

BMI, BP, HDL, LDL! What does all that mean? Meet your fitness coach Travis, get to know your numbers and learn how to take active steps towards better heart health with an onsite screening during the Know Your Numbers campaign. Visit transitchicago.com/wellness for more information.