





**Live Well**  
**Work Well**

**MotivateMe®**



## Step 1

Register or log on to [myCigna.com](http://myCigna.com) or the myCigna mobile app.  

## Step 2

Complete Your Health Assessment.

## Step 3

Credits will be rewarded as you complete eligible wellness activities. Complete all required activities by 10/31/24.

## Our Goal

CTA is committed to making employee wellness an integral part of your lifestyle. Taking a proactive approach can help ensure a long and healthy life. We invite you to actively participate in CTA's wellness program and sign up for MotivateMe®.