



A Word With Wellness October 2023

689 Moving Metro Healthy Eating Challenge

Welcome to the 689 Moving Metro Healthy Eating challenge! In the next six weeks, you'll not only discover but actively practice habits that will keep you mindful of your nutrition during the festive season and empower you to stride confidently into the new year.

Important dates:

- **Registration open:** October 9th– November 20th
- **Challenge start date:** November 6th
- **Challenge end date:** December 17th
- **Last day to log activity:** December 20th

Click the image for more information and to register **today!**

If you have any questions, email wellness@tehw.org and a member of our team will respond to your inquiry!

Turn Healthy Eating Intentions
Into **Lifelong Habits**

Eating habits Food/beverage choices Exercise

Mindfulness Sleep

nourish
Sowing Seeds for Good Health

689 Members! This is for you! Elevate and strengthen your eating habits. This transformative challenge is crafted to keep you mindful during the holiday season, setting the foundation for achieving your goals in the upcoming year. Register now for further details and kickstart your journey today!

Learn more at:
<https://689movingmetro.thenourishgarden.com>

© Health Enhancement Systems



Your wellness journey awaits

Meet Burnalong, compliments of 689 Moving Metro, offering 35,000 live and on-demand classes!



60+ CATEGORIES

Physical Mental Financial wellness

Challenge your coworkers and invite up to 4 family members (all complimentary!) to join you on your wellness journey. There is a class to meet you wherever you may be from beginner's to advanced. Attend nutrition programs, cooking classes, learn breathing and relaxation techniques, how to manage chronic medical conditions, and more, all on Burnalong.



THE BURNALONG SOLUTION

- 1 **Choice and diversity**
Discover new wellness classes and instructors, plus personalized wellness programs, across 60+ categories.
- 2 **Social connection**
Get motivation from friends and family members you invite to join in live private group classes.
- 3 **Personalization**
Receive AI-powered guidance plus access anytime, anywhere - via phones, tablets, computers, & smart TVs.



Activate your complimentary account by visiting join.burnalong.com/local689

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Get ready for a four-week challenge during open enrollment from October 23rd to November 17th!

Your goal: 15 minutes of activity per week, just 60 minutes total. Five winners will earn E-Visa gift cards (amounts may vary).

Set a reminder and let's make it happen!

Health Observances and Upcoming Events



October is National Breast Cancer Awareness Month

According to the [Centers for Disease Control and Prevention](https://www.cdc.gov), each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men. They also reveal that about 42,000 women and 500 men in the U.S. die each year from breast cancer. Black women have a higher rate of death from breast cancer than all other women.

Genetics, age, and race/ethnicity are breast cancer risk factors beyond your control, but you can influence factors such as:

- Being Physically Active
- Maintaining Your Weight
- Knowing your family history and attending regularly scheduled health screenings based on your age/history
- Doing Regular Self Breast Exams

Click the image for information about signs and symptoms, self-breast exams, breast health, and much more from Dr. Diana L. Lam at the [National Breast Cancer Foundation](#).



Breast Cancer Awareness Webinar

The best way to fight breast cancer is to have a plan that helps you **detect the disease in its early stages**.

Join us for a webinar that will provide an introductory understanding of breast cancer, information about the path of diagnosis and risk factors, and explain methods of detection. You don't want to miss this!

Date and Time: October 11th from 10:00 am to 11:00 am

Link to Join:
<https://bit.ly/3LRJGz0>

A promotional poster for a Breast Cancer Awareness Bazaar. At the top is the "MOVING METRO" logo. The main title is "BREAST CANCER AWARENESS BAZAAR" in large pink letters, with the tagline "Supporting the fighters, Admiring the survivors, and Celebrating Hope!" below it. A central photo shows a man in a purple shirt with a pink ribbon and a group of women. Below the photo are two rounded rectangular boxes with event details: "Date: OCTOBER 17TH, 2023", "Time: 10AM-3PM", "Location: WESTERN BUS DIVISION BUS OPERATORS LOUNGE", "FRESH FRUIT WILL BE AVAILABLE FOR ATTENDEES", "BREAST CANCER PRESENTER WILL SPEAK FROM 12PM-2PM", and "MOVING METRO WILL BE ONSITE FROM 10AM-3PM". At the bottom, it says "QUESTIONS? CONTACT SHARON JAMES OR EMAIL WELLNESS@TEHW.ORG".

Western Bus Division! Join us for a **Breast Cancer Awareness Bazaar** as we support those currently fighting breast cancer, admire the survivors, and celebrate hope!

Click the image for a closer look.



Biometric Screening Event

We will be hosting two biometric screening events at the Union Hall very soon! Check below for the dates and times.

November 7th from 5:00 pm to 9:00 pm

November 8th from 9:00 am to 1:00 pm

Stay tuned for more details and feel free to email wellness@tehw.org with any questions.

How Are You?

If you or someone you know is struggling with their mental health or needs help, contact your medical providers to be connected to a mental health professional:

CareFirst: 1-800-245-7013

Kaiser Permanente: 1-866-530-8778 or 1-800-777-7904 for urgent care

You can also contact the Suicide and Crisis Hotline by dialing 988 (call or text)



Throughout the rest of this year, all WMATA employees, spouses, or anyone living in the household is eligible for 3 **free EAP sessions** through CareFirst regardless of the health plan you are enrolled in. Click the flyer for more information.

Log in to the EAP website at carefirst.lifeworks.com or download the free Lifeworks mobile app.

Username: CareFirstEAP

Password: eap

You can also reach an EAP advisor 24/7
by calling 1-866-408-2755.



Employee Assistance Program

When personal issues arise, as they naturally do for many of us, CareFirst's Employee Assistance Program (EAP) is here when you need it. Powered by LifeWorks*, a leading EAP provider and pioneer in the well-being industry, our program is designed to provide the mental, physical, social or financial support you need to bounce back from life's ups and downs.

More importantly, you and your eligible household members can use the EAP at no cost.

Get help to be your best at home and work

Our EAP provides the support you need to overcome whatever life throws at you:

- **Emotional Support**—Anxiety, bereavement, depression, personal relationships, sleep management and stress.
- **Everyday Support**—Elder and childcare matching, financial support, legal services, relocation, and more.



Access help 24/7 online
or through the free
LifeWorks mobile app.

* LifeWorks US, LLC, is an independent company that provides employee assistance program (EAP) services to CareFirst members. LifeWorks does not provide BlueCross BlueShield products or services and is solely responsible for the EAP services it offers.

News You Can Use



2024 OPEN ENROLLMENT

For Active/Retired Members of ATU Local 689

**Date: October 23rd -
November 17th, 2023**

The chance to change your medical/dental plans and enroll in supplemental life insurance is approaching!

*Benefit changes will go into effect starting January 1, 2024.

☎ 301-568-2294
✉ info@tehw.org

For more information visit
www.tehw.org



Members will receive the following prior to open enrollment:

- 2024 Enrollment Guide
- 2024 Summary of Benefits with Enrollment Rates
- Statement of Current Benefits

For Open Enrollment updates, Scan the QR Code!



Open Enrollment will be from October 23rd to November 17th, 2023. All approved changes will be effective January 1st, 2024. Opt-Out forms must be completed every Open Enrollment to avoid being enrolled in coverage. Opt-Out forms must be submitted with proof of other insurance (non-Metro) and a copy of your WMATA ID. Click the image to learn more.

Did you know that according to the National Institute for Occupational Safety and Health (NIOSH), nearly 2000 workers in the United States require medical treatment for on the job eye injuries every day?

Have you ordered your prescription safety glasses?
You are able to order one pair per year.

All you need is your current prescription along with your pupil distance.

Find out how to place an order [here](#).

NOTICE
SAFETY GLASSES
REQUIRED
IN THIS AREA



For information and updates follow Transit Employees' Health and Welfare on Social Media.

Scan the QR and select your choice of social platform

[Visit our Website](#)

Have questions or need assistance?

Email:

wellness@tehw.org

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