



August 4, 2015

Dear Colleagues/Members:

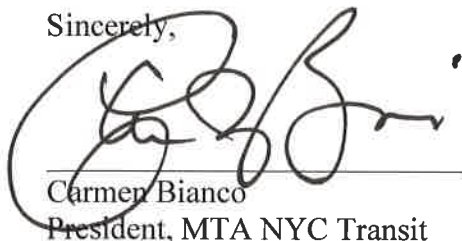
You are MTA New York City Transit's greatest asset. Our strengths and success depend on you. Your daily efforts to keep our riders safe and provide an efficient transportation system are vital to the entire region. That's why MTA New York City Transit, in partnership with the TWU Local 100, is taking an active role in improving your health. Good health is a resource that helps us all meet our goals.

Better health starts with simple steps. Everyday choices that we make can help us live healthier and happier lives, both at work and at home. We all know good health is important, but finding the time to get regular preventive care and screenings can be a challenge, especially if you feel well. That's why we are making it a priority to help you become more proactive about your health. MTA New York City Transit and TWU Local 100 will therefore be offering a new health and wellness initiative designed to help all of us learn more about how to improve our overall health and encourage smart lifestyle choices.

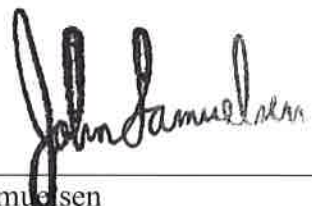
This initiative will kick off with a health fair that will be held on August 22nd at the TWU Local 100 Headquarters. It will include voluntary and confidential health screenings as well as exhibits and demonstrations on various topics such as nutrition, financial health guidance, and much more, all at no cost to you. Information about this health fair, the schedule for additional health fairs and educational sessions will be announced shortly.

We firmly believe that "People Matter." Your overall well-being is important to us, to your job, and of course to your family. We can all lead better, healthier lives. Please join us on this journey that seeks to promote your optimum health.

Sincerely,



Carmen Bianco
President, MTA NYC Transit



John Samuelson
President, Transport Workers Union
Local 100