Take your well-being to the next level.

Get Started on Your Wellness Actions

Participate in the CEMEX wellness program to gain a better understanding of your health status and improve your well-being. To avoid the 2020 medical plan surcharge, you and your covered spouse need to complete the following actions.

1. Annual physical exam with your doctor to obtain your health screening values (BMI, blood pressure, total cholesterol, glucose) Nov. 15, 2019
2. Online health assessment (HA) questionnaire at cemex.staywell.com Nov. 15, 2019
3. Achieve at least one of the health screening values in the healthy range or complete an alternative activity by Jan. 31, 2020.

Go to cemex.staywell.com for more information.

Did You Know?

The Employee Assistance Program (EAP) is available to help you resolve a variety of personal, emotional and/or situational concerns that might affect you. You can receive up to eight in-person counseling sessions and unlimited phone counseling for you and your dependents. Available services include:

- Telephone assessment and consultation
- EAP counseling with licensed providers
- Coordination with Behavioral Health Benefits
- Work-life services to assist with child care, elder care, education and other daily needs
- Legal and financial consultation

Call Magellan Health at 800-424-6119 or go online at www.magellanascend.com.

Financial Fitness

Get a Financial Check Up

It takes only 5 minutes to see what you’re doing right with your money and what needs work. Simply click this link and answer a few questions on financial basics, building savings and managing and growing wealth. You will get an action plan key to your future retirement with next steps for where to consider putting your next dollar.

Upcoming Events

- May 12-18, 2019: Women’s Health Week
- May 12, 2019: Mother’s Day

Connect With Us

WWW.CEMEXUSA.COM
#CEMEXCares

Prevent Stress

Be aware of the causes, symptoms and signs of stress to recognize if you suffer from it. Managing stress levels by learning and practicing relaxation and meditation techniques.