Take your well-being to the next level.

**Important Deadline**

**COMPLETE YOUR WELLNESS ACTIONS BY NOVEMBER 15, 2017.**

Participate in the CEMEX wellness program to gain a better understanding of your health status, improve your well-being and avoid the 2018 medical plan surcharge. You and your covered spouse need to complete these actions*:

1. Annual physical exam
2. Online health assessment (HA) questionnaire at cemex.staywell.com
3. Achieve at least one of the health screening values in the healthy range or complete an alternative activity

See below for more details.

*May not apply to certain employees covered by a collective bargaining agreement

**Did you know?**

You can access Teladoc’s board-certified doctors who provide non-emergency health care over the phone or online through video consults. In general, Teladoc consults cost $25 for EPO and PPO or $40 for CDHP plan members. Typical Teladoc services are for cold and flu symptoms, allergies, bronchitis, and more.

Register at www.teladoc.com/CEMEX or call 1-800-835-2362.

**Upcoming Events**

- **October 1**  
  Last day of 10k a Day Activity Challenge

- **October 9**  
  Engagement Survey Begins

**September Health Essential: Care for your Back**

The lower back is subject to injury while lifting a heavy object, twisting, or from sudden movement. Taking care of your spine now, will lower the chances of experiencing back pain later.

**VOICES into Actions**

Your opinions count. Help make CEMEX a better place to work!
TO AVOID THE SURCHARGE, YOU AND YOUR COVERED SPOUSE NEED TO COMPLETE THREE STEPS:

1. Complete your annual physical exam with your doctor and get your required health screening values (height, weight, blood pressure, total cholesterol and now glucose).
   **DEADLINE: NOV. 15, 2017**

2. Complete the online Health Assessment questionnaire and include your required health screening values at cemex.staywell.com.
   **DEADLINE: NOV. 15, 2017**

3. Achieve at least one health screening value in the healthy range.
   **DEADLINE: JAN. 31, 2018**

   Screening value healthy ranges:
   - Body mass index: between 18.5 and 24.9\(^1\)
   - Blood pressure: less than 120/80 mmHg\(^1\)
   - Glucose: less than 100 fasting\(^2\) or less than 140 non-fasting\(^2\)
   - Total cholesterol: less than 200 mg/dL\(^1\)

\(^1\)National Heart, Lung and Blood Institute  \(^2\)American Diabetes Association

IF YOU DO NOT MEET ANY OF THE HEALTHY RANGES ABOVE, PLEASE COMPLETE ONE ALTERNATE ACTIVITY.

- **Telephonic Health Coaching**
  Complete at least three calls with a health coach. Call 1-855-847-6810 to develop an action plan tailored specifically to you.

- **Self-Directed Coaching**
  Sign up on cemex.staywell.com for a personalized, do-it-yourself, online coaching program. Complete one cycle of recommended activities to earn credit.

- **Activity challenge**

- **Digital workshops**
  Pick a topic that matches your interest and discover more by completing three digital workshops on cemex.staywell.com.

**More Details**

Visit the Programs tab on cemex.staywell.com for more information and to get started. The first time you visit cemex.staywell.com, you’ll have to validate your email address as an additional security measure.

StayWell protects your personal information in accordance with all federal or other applicable laws governing the handling and release of such information.

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**Connect With Us**

[Visit the Programs tab on cemex.staywell.com for more information and to get started.](#CEMEXCares)