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?**

Aetna and Blue Cross Blue Shield offer in-network quality care medical centers for orthopedic surgery services such as spine surgery, knee and hip replacement:

- Blue Distinctions Centers (BDC) – BCBS-TX
- Institutes of Quality Centers (IOQ) - Aetna

Centers Highlights:
- Higher level of benefit coverage for eligible expenses when using these centers; 100% after deductible compared to other in-network facilities 80% after deductible
- Centers have proven expertise in delivering specialty care
- Fewer complications
- Lower infection rates
- More savings

Visit your medical carrier’s member website to locate a center near you or call the members services phone number.

**Upcoming Events**

- October 9: Engagement Survey Begins
- November 1-15: 2018 Benefits Annual Enrollment
- November 15: Deadline for 2017 Wellness Actions

**October Health Essential: Care for your limbs & joints**

Know the causes and symptoms of the most common limb and joint problems. Maintain a healthy lifestyle with low-impact exercise. Get enough rest and sleep and maintain a healthy diet and weight.

**VOICES into Actions**

Your opinions count, take the engagement survey. 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](http://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
   - Blood pressure: less than 120/80 mmHg
   - Glucose: less than 100 fasting or less than 140 non-fasting
   - Total cholesterol: less than 200 mg/dL

   1National Heart, Lung and Blood Institute  2American 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](http://cemex.staywell.com) for a personalized, do-it-yourself, online coaching program. Complete one cycle of recommended activities to earn credit.

- **Activity challenge**
  Give your well-being a boost with a six-week activity challenge. Sign up Aug. 7-25 at [cemex.staywell.com](http://cemex.staywell.com).

- **Digital workshops**
  Pick a topic that matches your interest and discover more by completing three digital workshops on [cemex.staywell.com](http://cemex.staywell.com).

More Details

Visit the Programs tab on [cemex.staywell.com](http://cemex.staywell.com) for more information and to get started. The first time you visit [cemex.staywell.com](http://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.