Take your well-being to the next level.

**Important Deadlines**

**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.* See below for more details.

**2018 BENEFITS ANNUAL ENROLLMENT ENDS NOVEMBER 15, 2017**

Your benefit choices are important to you and your family – that's why we are committed to helping you understand your options and make informed decisions. You will find our easy online enrollment helpful to find the right plans for you. Visit [www.mycemexbenefits.com](http://www.mycemexbenefits.com) to:

- Review your 2018 Benefits Guide.
- Enroll/Review your benefits coverage between now and Nov. 15.

**Note:** If you take no action, your 2017 coverage will rollover to 2018, except for flexible spending account (FSA) and health savings account (HSA) elections.

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

**November Health Essential:**

Look after your lungs

Lungs are very important organs for the human body. They help us inhale oxygen and to exhale carbon dioxide. Oxygen is important for our survival as it is the main fuel for your body. Make sure you keep your lungs healthy and fit.

**Did you know?**

Get your benefits on the go
Visit your device’s app store to download the MyChoice Mobile App and have your benefit information at your fingertips. Just visit [www.mycemexbenefits.com](http://www.mycemexbenefits.com) to get your access code to activate your app and get started.

- Change your benefits during Annual Enrollment or during qualifying life event.
- Upload your ID cards to the app and never get stuck at the doctor’s office without your ID card again.
- Snap a picture of your dependent verification documentation and easily load your information.
- Review your benefits, dependents, and beneficiaries at any time.

**Upcoming**

- **November 1-15**: 2018 Benefits Annual Enrollment
- **November 15**: Deadline for 2017 Wellness Actions
- **November 30**: Engagement Survey Ends

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.
   **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 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.