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?

The CEMEX Employee Assistance Program (EAP) through Magellan Health Services provides you with the tools to:

+ Maintain good life balance
+ Get proper rest
+ Balance stress
+ Maintain positive relationships

Your EAP includes up to 8 counseling sessions for you and your eligible dependents or household members at no cost to you. Learn more at www.magellan-health.com/member.

Upcoming Events

August 7-11 Health Week
August 7-25 10K a Day Activity Challenge Registration

July Health Essential: Check Your Health

Take the recommended health checks. It is essential that you have a periodic medical check-up to identify any early signs of health issues. Knowing your health condition and acting on advice will help to prevent problems later and improve your quality of life.
### 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.

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**TO AVOID THE SURCHARGE, YOU AND YOUR COVERED SPOUSE NEED TO COMPLETE THREE STEPS:**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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| 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**  
**NEW**  
**Screening value healthy ranges:**
- Body mass index: between 18.5 and 24.9<sup>1</sup>  
- Blood pressure: less than 120/80 mmHg<sup>1</sup>  
- Glucose: less than 100 fasting<sup>2</sup> or less than 140 non-fasting<sup>2</sup>  
- Total cholesterol: less than 200 mg/dL<sup>1</sup>

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**NEW**

**IF YOU DIDN'T MEET ANY OF THE HEALTHY RANGES ABOVE, COMPLETE ONE ALTERNATE ACTIVITY.**

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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.