Take your well-being to the next level.

If you drink alcohol

If you drink alcohol, do so in moderation. This is defined as not causing intoxication, and consuming no more than one drink a day for women or two drinks a day for men.

Here are some ways to drink responsibly, provided you DO NOT have a drinking problem, are of legal drinking age and are not pregnant:

- NEVER drink alcohol and drive, designate a driver.
- DO NOT drink on an empty stomach.
- Drink slowly to avoid becoming intoxicated.
- If you are taking medication, including over-the-counter drugs, check with your pharmacist before drinking alcohol.
- DO NOT drink if you have a history of alcohol abuse.

Source: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion

Did you know?

During Alcohol Awareness Month, CEMEX encourages you to educate yourself and your loved ones about the dangers of alcohol abuse and the resources CEMEX provides.

Long-term alcohol and drug use can harm every organ in your body. Abuse can also damage your career, finances, emotional stability, and adversely impact your family and friends.

If you or someone you know has signs of alcohol dependency, talk to your doctor and/or seek professional counseling.

CEMEX offers help at no cost to you through your Employee Assistance Program (EAP), Magellan Health Services.

Contact Magellan Health Services at 800-424-6119 or visit www.magellanhealth.com/member

April Health Essential: Be aware of drugs & alcohol

Drugs and alcohol consumption can impair your judgement, eye sight, concentration, balance and endanger you, your coworkers and family. Recognize the warning signs and get help for alcohol and drug abuse or addiction.

Upcoming Events

- April National Alcohol Awareness Month
- April CEMEX Million Step Challenge
- April 30 Deadline to Submit 2017 Flexible Spending Account (FSA) Claims

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