Take your well-being to the next level.

Important Deadline

Complete Your 2018 Wellness Actions by November 15, 2018.

Did you know?

Participate in the CEMEX wellness program to gain a better understanding of your health status and improve your well-being. To avoid the 2019 medical plan surcharge, you and your covered spouse need to complete the following actions*.

1. Annual physical exam with your doctor and obtain your health screening values (BMI, blood pressure, total cholesterol, glucose)

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 by Jan. 31, 2019.

Go to cemex.staywell.com for more information.

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

June Calendar

Men’s Health Month

Join the Million Step Challenge

Whether you walk, bike or garden, you can participate your way. Connect an app or tracking device to log your steps automatically or you can track your steps manually. Visit cemex.staywell.com to register.

June Health Essential: Take care of your skin

Sun provides warmth, energy and vitamin D, but repeated exposure to sunlight can be dangerous to your skin. Avoid overexposure to sun and apply adequate sunscreen. Wear protective clothing and a suitable hat.

Connect With Us #CEMEXCares

WWW.CEMEXUSA.COM
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.

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.

Activity challenge- Million Steps Challenge.
Sign up at cemex.staywell.com.

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

Weight Management Learning Series
Complete all four topics at cemex.staywell.com.

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 glucose).
   **DEADLINE: NOV. 15, 2018**

2. Complete the online Health Assessment questionnaire and include your required health screening values at cemex.staywell.com.
   **DEADLINE: NOV. 15, 2018**

3. Achieve at least one health screening value in the healthy range or complete an alternative activity.
   **DEADLINE: JAN. 31, 2019**

- 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

1 National Heart, Lung and Blood Institute
2 American Diabetes Association

IF YOU DO NOT MEET ANY OF THE HEALTHY RANGES ABOVE, COMPLETE AN ALTERNATIVE ACTIVITY.

More Details
If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn any incentive which might be offered for your participation, you may be entitled to a reasonable accommodation or an alternative standard. Go to cemex.staywell.com for more information.

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