Take your well-being to the next level.

Important Deadline

Complete Your 2018 Wellness Actions by November 15, 2018. Read more.

Did you know?

Besides keeping your teeth pearly white, regular dental exams are an important part of preventive health care.

- Checking your teeth for tooth decay is just one part of a thorough dental examination. The exam includes teeth cleaning and will stress the importance of you maintaining good oral hygiene at home between visits.

- A dental checkup may help diagnose your risk for other health problems. Research has linked oral health problems such as periodontal or gum disease to many health conditions, including diabetes, heart and kidney disease, Alzheimer’s, asthma, osteoporosis and oral cancer.

For more information on the American Dental Association’s recommendations for healthy teeth and gums, please visit www.MouthHealthy.org.

For questions about your dental plan coverage, contact Aetna at 877-238-6200 or online at aetnanavigator.com.

Financial Fitness

It’s Time for a Check Up.

Below are some basic to-do’s to start to be financially fit:

- **Set up your Fidelity NETBENEFITS® account** (401(k)). NetBenefits.com is your online resource to manage your workplace savings account.

- **Review Your Account**

- **Update Your Beneficiary Information**

- **Take Advantage of educational resources**

  Get your personal money check-up at Fidelity.com/seemymoneycheckup and attend online workshops.

July Calendar

**2018 Wellness Actions Deadline Nov. 15, 2018**

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.

July Health Essential: Check your Health

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.

Connect With Us #CEMEXCares

WWW.CEMEXUSA.COM
TO AVOID THE MEDICAL PLAN SURCHARGE, YOU AND YOUR COVERED SPOUSE NEED TO COMPLETE THESE WELLNESS ACTIONS:

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

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

**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.