Take your well-being to the next level.

Important Deadline

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

Financial Fitness

Top Money Tips
Take a look at Jean Chatzky’s top money tips. Jean is the financial editor for NBC’s Today Show.
Here’s some highlights:

• Create a budget to ensure that you’re spending less than you make
• Plan to eliminate high-rate debts
• Start an emergency fund
• Start—or continue to—invest for retirement

For the full article go to the Fidelity website at www.netbenefits.com – Planning and Advice tab.

August Health Essential: Keep Vaccinations up to Date

Check your vaccinations records and make sure you and your loved ones are up to date with what is required.

Did you know?

Flu vaccines are an important part of preventive health care and will keep you and others healthy.

• The timing of the flu is very unpredictable and can vary in different parts of the country and from season to season.

• The Center for Disease Control recommends a yearly flu vaccine for everyone 6 months of age and older, even when reduced vaccine effectiveness against one or more flu viruses is expected or observed.

• In addition to getting a seasonal flu vaccine, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs.


August Calendar

2018 Health Week Aug. 20-24
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.

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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

1National Heart, Lung and Blood Institute  2American 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.