Take your well-being to the next level.

Important Deadline

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

Did you know?

A StayWell Health Coach can help you discover ways to make better-for-you choices every day.

• Online coaching- available 24 hours a day, allows you to work on your goals in a way that works best for you.

• Telephonic coaching- available until 8pm CST and on Saturdays until 1pm, you can work on your goals by speaking live with a health coach.

Log in to cemex.staywell.com or call 855-847-6810 to get started!

Financial Fitness

In a recent survey, Fidelity found that 1 in 3 people said when it comes to money, not having enough for retirement is the number one fear. Fidelity provides tips that may help:

1. Work a little longer- Each additional year you put in on the job is one less year you’ll need to fund in retirement.

2. Increasing the amount you’re saving- Increase your savings to that of any raise you are awarded at work.

3. Hold off on Social Security- For each eligible year you forgo collecting Social Security through age 70, the size of your monthly payment may go up by 8%.

4. Focus on your debt- Prioritize reducing high-interest debt such as credit cards first, and then tackle other obligations.

5. Look into moving - Reducing your housing cost can take a huge burden off your budget.

September Health Essential: Care for your Back

The lower back is subject to injury while lifting heavy objects, twisting, or from sudden movement. Taking care of your spine now, will lower the chances of experiencing back pain later.

September 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.

Connect With Us

WWW.CEMEXUSA.COM

#CEMEXCares
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.

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

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

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.