Take your well-being to the next level!

Important Deadline

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

Financial Fitness

Retirement Savings Annual Check Up

Take time, at least once a year, to review your CEMEX Savings Plan (401(k)):

Review your readiness to retire—To retire by age 67, aim to save 10 times your salary. Fidelity suggests saving at least 15% of your annual salary, including employer contributions.

Company match—you don’t have to get to 15% savings rate overnight. Start by saving enough to get the company match. Increase your savings by at least 1% annually until you reach your goal.

Review your investments—Model and plan for your financial goals using the Planning & Guidance Center at NetBenefits.Fidelity.com/planningcenter or call Fidelity at 866-472-3639, Opt. 2.

Review our beneficiaries—Log on at NetBenefits.com, click Profile, than select Beneficiaries.

Source: Fidelity Investments

Did you know?

Quit Tobacco Resources


- Self Directed Coaching through StayWell—Self-paced, on demand interactive online coaching tool at cemex.staywell.com.

- Digital Workshop through StayWell—A quick online way to learn about quitting. Includes a brief article, video and quiz at cemex.staywell.com.

- In Person Quit Tobacco Counseling at CVS Minute Clinic—Individual screening and counseling services for tobacco use. No appointment needed. Present your medical ID card and request quit tobacco counseling. Go to www.minuteclinic.com to find a clinic near you.

November Health Essential: Look after your lungs

Lungs are very important organs of the human body. Our lungs help us inhale oxygen and exhale carbon dioxide. Oxygen is important for our survival as it is the main fuel for our body.

Upcoming Events

2018 Wellness Actions Deadline Nov. 15, 2018
2019 Benefits Annual Enrollment Nov. 1-15 2018

Connect With Us

WWW.CEMEXUSA.COM

#CEMEXCares
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.