



# Take your well-being to the next level.

## The CEMEX HR Service Center

The CEMEX HR Service Center is committed to helping you build a better life by providing many tools and services using the benefits platform, as well as one phone number (866-472-3639) to access many other human resources and payroll services. Learn more about mycemexbenefits.com by watching this short video:



## Financial Fitness



### Quarterly Check-In

Financial success in retirement is largely determined by financial decisions made today. Watch for upcoming messages from Fidelity - the Quarterly Check-In provides a personal retirement savings assessment, along with next steps, and tips and tools regarding broader financial topics, to empower you to take control of your everyday money matters - and better focus on the future.

You can find tools and suggestions to help you grow your savings by going to [www.netbenefits.com](http://www.netbenefits.com) or by calling a Fidelity representative at 866-472-3639, Opt. 2.

## Connect With Us

[WWW.CEMEXUSA.COM](http://WWW.CEMEXUSA.COM)

#CEMEXCares



## Did You Know?



CEMEX offers will preparation services and identity theft protection through Cigna. Will preparation and identity theft protection services include:

- Online resources to create and execute state specific wills, powers of attorney and a variety of other important legal documents
- 30-minute legal consultation at no cost to you with a licensed practicing attorney to obtain advice or review legal documents, and a 25% discount off standard fixed or hourly attorney's fees
- Education on how to avoid identity theft, consultation with a Fraud Resolution Specialist, and a fraud resolution kit that provides the right documents to use and steps to follow

Log in online at [cigna.mysecureadvantage.com](http://cigna.mysecureadvantage.com) or call 888-724-2262 for more information, or to register and access online tools, educational resources and create legal documents.

## Upcoming Events



**+ March 2019 - National Nutrition Month**

## March Health Essential



### Protecting Your Eyes & Ears

Our sight and hearing are possibly the most valuable senses of the human body. You only have one pair of eyes and ears so take care of them and learn how to protect them.