Get Started on Your Wellness Actions

Participate in the CEMEX wellness program to gain a better understanding of your health status and improve your well-being. To avoid the 2020 medical plan surcharge, you and your covered spouse need to complete the following actions.

1. Annual physical exam with your doctor to obtain your health screening values (BMI, blood pressure, total cholesterol, glucose) by Nov. 15, 2019
2. Online health assessment (HA) questionnaire at cemex.staywell.com by Nov. 15, 2019
3. Achieve at least one of the health screening values in the healthy range or complete an alternative activity by Jan. 31, 2020

Go to cemex.staywell.com for more information.

Financial Fitness

Reasons to Rethink a 401(k) Loan

So, you’re thinking of borrowing money from your 401(k). On one hand, it could be less expensive to borrow from your 401(k) because the interest rate is typically lower than what a bank or credit card might charge for a loan. It would also seem that since you are borrowing from yourself, you are paying yourself back—so what is the harm?

Your retirement savings isn’t a piggy bank. If you think taking a loan from your retirement savings is simple, Fidelity has provided some reasons to rethink borrowing from your 401(k). Click here to learn more.

Did You Know?

The correct health care setting can save you time and money. Some illnesses and injuries are serious, and the emergency room is the best place to go for treatment. Other urgent health needs can be treated at a retail clinic, urgent care or by contacting Teladoc. Here are some other ways to get care for urgent but non-emergencies such as ear infections, minor cuts, infections, flu and sinus pain.

Compare your in-network costs

- 24/7 Nurse Line $0
- PCP Office Visit $25 or more
- Teladoc $25-40
- Walk-in Clinic $25 or more
- Urgent Care Center $40 or more
- Emergency Room Visit $250 copay or more

Upcoming Events

+ June 24-28: Health Week
+ Starting June 24: Registration for 10k a Day Activity Challenge

May Health Essential

Take Care of Your Skin

Your skin is the largest human organ, and it plays a vital role as your body’s first line of defense against physical and chemical hazards and bacteria. Learn and apply good habits to take care of your skin.