Take your well-being to the next level.

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.

Did You Know?

The CEMEX medical plan covers routine preventive exams once per calendar year at 100% of eligible expenses.

By visiting your doctor once a year, you’ll get a snapshot of your overall health, making it easier for you to determine what aspect of your health to focus on. Your doctor can tell you important numbers like your body mass index (BMI), blood pressure, total cholesterol and glucose and how those numbers affect your future health.

Don’t forget to get screened for common cancers such as breast, colon and prostate. There may not be any symptoms in the early stages of cancer so getting a screening could save your life. Screenings are your best chance to find cancer when it is easier to treat. Talk with your health care provider for the best schedule based on your age and medical history.

Financial Fitness

It’s Time for a Financial Checkup

Below are some basic to-dos to start to be financially fit:

- Set up your Fidelity NETBENEFITS® account (401(k))
  NetBenefits is your online resource to manage your workplace savings account. Visit NetBenefits.com and follow the instructions to register.
- Review your account
  Once your NetBenefits account is established, review your account balances, contribution amount and investments.
- Update your beneficiary information
  Ensure that your beneficiaries are set up the way you want.
- Take advantage of educational resources
  Get your personal money check-up in 10 minutes or less at Fidelity.com/seemymoneycheckup. Attend online workshops—learn about a variety of topics, including choosing investments, balancing financial goals, and preparing for retirement.

July Calendar

2019 Wellness Actions
Deadline November 15, 2019

July Health Essential

Check Your Health

It is essential that you have a periodic medical check-up to identify any early signs of health issues. Knowing your health condition can help to prevent problems later on and improve your quality of life.