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 in-network eligible preventive care immunizations such as the flu shot at 100%. Flu season is coming soon – protect yourself and others from the flu by getting a flu shot. Below are some quick facts about the flu season.

- The timing of flu is very unpredictable and can vary in different parts of the country and from season to season.
- The CDC recommends a yearly flu vaccine for everyone 6 months of age and older, even when reduced vaccine effectiveness against one or more flu viruses is expected or observed.
- In addition to getting a seasonal flu vaccine, you can take everyday preventative actions like staying away from sick people and washing your hands to reduce the spread of germs.
- If you are sick with the flu, stay home from work or school to prevent spreading the flu to others.

Source: Centers for Disease Control (CDC)

Financial Fitness

5 Ways to Protect What’s Yours

It’s important to make sure you preserve what you’ve accumulated and distribute it to the people and causes that are most important to you after you’re gone. Yes, it’s an uncomfortable topic, but think of it this way: Do you really want someone else making these decisions for you?

- Review and update beneficiaries. Designating a beneficiary for investment accounts - and insurance policies - can be as important as writing a will. These decisions are critical but not complex.
- Create a will. A will is an essential legal document that sets forth your wishes regarding the distribution of your property and the care of any minor children when you die.
- Choose who will act on your behalf. Consider appointing a power of attorney who will act as an agent on your behalf regarding financial and other matters while you are alive and which takes effect if you were to become incapacitated.
- Keep everything up to date. Even the best plan isn’t effective if it doesn’t keep pace with your life. Consider setting aside a special time each year - around tax time, for example - to review your will, beneficiaries and other important documents.
- Ask for help. It’s important to know the difference between what you can do on your own and when you need professional help in preparing for the unexpected.

Source: Fidelity Investments

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August Calendar

+ 2019 Wellness Actions
  Deadline November 15, 2019
+ National Immunization Awareness Month

August Health Essential

Keep Your Vaccinations up to Date

Check your vaccination records and make sure you and your loved ones are up to date with what is required.

Click here for more information about the flu shot.

Source: Centers for Disease Control (CDC)