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?

Health Coaching is one of the most effective tools there is to help you feel your best. Through the CEMEX Wellness Program, you have easy access to StayWell coaching. Pick the program that’s most convenient to help you reach your wellness goals for things like:

- Managing Your Weight
- Moving More
- Managing Stress
- Caring for Your Back
- And More

Get coached by an expert and connect with a StayWell health coach by phone for one-on-one support. Health coaches can help you set personal wellness goals and find ways to achieve them, while offering encouragement and accountability. To get started, call 1-855-847-6810.

Financial Fitness

In a recent survey, Fidelity found that 1 in 3 people said when it comes to money, not having enough for retirement is the number one fear. Fidelity provides a few simple tips that may help you combat that fear:

- Consider increasing the amount you’re saving. One trick to boosting your savings is to increase your savings to that of any raise you are awarded at work.
- Work a little longer. Each additional year you put in on the job is one less year you'll need to fund in retirement.
- Hold off on Social Security. For each eligible year you forego collecting Social Security through age 70, the size of your monthly payment may go up by 8%.
- Focus on your debt. For maximum impact, prioritize reducing high-interest debt such as credit cards first, and then tackle other obligations that aren’t racking up quite as much interest.
- Utilize the various retirement tools. The Fidelity website has many tools and resources to help you manage your retirement savings. Go to www.netbenefits.com or call 866-472-3639, Opt. 2.

September Calendar

+ 2019 Wellness Actions
  Deadline November 15, 2019
+ Health Essential - Care for Your Back

September Health Essential

The lower back is subject to injury while lifting heavy objects, twisting or from sudden movement. Taking care of your spine now will lower the chances of experiencing back pain later.

Well-being Programs At a Glance

Click here to learn more.

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