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?

Your 2020 Benefits Annual Enrollment is coming soon - Nov. 1-15, 2019. This is your chance to make sure the benefits you have and use all year long are right for you and your family.

Your Benefits Annual Enrollment To-Do List:

- Don’t miss the enrollment period - Nov. 1-15, 2019
- Watch for communications about 2020 changes and enrolling instructions
- Review your current benefits to make sure your elections still meet you and your family’s needs
- Make sure you have completed your activities and reported your tobacco-user status if you have not done so already
- Submit dependent verification for any new dependents you will cover
- Submit evidence of insurability to Cigna if you increased voluntary life or voluntary long-term disability
- Don’t forget to make sure your beneficiary designation is up to date

Financial Fitness

Here’s what you can do to keep your Fidelity workplace savings account safe.

1. Set up online access for your Fidelity NetBenefits® account with a unique username and password.
2. Sign up for 2-factor authentication at login to further protect your Fidelity NetBenefits account. To sign up, visit NetBenefits.com > Profile > Security Center.
3. Add or update your mobile phone number and email address to get real-time alerts and confirm sensitive transactions through 2-factor authentication. Visit NetBenefits.com > Profile > Personal Content & Information.
4. Enable Fidelity MyVoice®. Eliminate the need for passwords with your personal encrypted voiceprint. The next time you call, a Fidelity Representative will offer to enroll you.
5. Sign up for eDelivery and monitor your Fidelity NetBenefits account. To receive your documents via email instead of U.S. Mail, go to Profile > Preferences.

Click here to learn more about online security, and how Fidelity is protecting your accounts online.

Upcoming Events

- 2019 Wellness Actions Deadline November 15, 2019
- 2020 Benefits Annual Enrollment November 1-15, 2019

October Health Essential

Care for your limbs & joints. Know the causes and symptoms of the most common limb and joint problems. Get enough rest and sleep and maintain a healthy diet and weight.

Well-being Programs At a Glance

Click here to learn more.