Take your health & well-being to the next level.

Well-being Programs At a Glance
Click here to learn more.

Financial Fitness
Financial success in retirement is largely determined by financial decisions made today. Watch for upcoming messages from Fidelity.

The Quarterly Check-In provides a personal retirement savings assessment along with next steps, tips and tools regarding better financial topics to empower you to take control of your everyday money matters and better focus on the future.

You can find tools and suggestions to help you grow your savings by going to www.netbenefits.com or by calling Fidelity at 866-472-3639, Opt. 2.

A Message from Cardi-O
Feeling stressed about the coronavirus (COVID-19)? Your Employee Assistance Program is here to help.

As the coronavirus disease (COVID-19) spreads, and the media coverage continues to escalate, many people are anxious about the uncertainty of what is happening.

You may be wondering if the virus will come to your community, how you can protect yourself and your family and how to prepare for disruptions in the normal course of daily life.

It is important to take steps to manage your anxiety and how you react to the situation. The EAP program through Magellan Health can provide you information and support.

Contact the EAP at MagellanAscend.com or by calling 800-424-6119. The EAP is available 24 hours a day / 7 days a week.

Click here to learn more.

Did You Know?
Teladoc are U.S. board-certified doctors available 24/7/365 via phone, video or mobile app to provide quality care for non-emergency health issues.

Common issues Teladoc doctors treat include:
- Respiratory Infection
- Allergies
- Bronchitis
- Cold and Flu Symptoms
- Skin Problems
- Sinus

Also, if you are concerned your symptoms may be related to COVID-19, Teladoc is an additional resource to your local health care provider. Teladoc doctors can answer questions about the disease, evaluate your risk, help relieve symptoms for affected patients and triage next steps.

You may reach Teladoc online at Teladoc.com/CEMEX or by phone at 800-Teladoc (835-2362).

Compare your in-network costs
- 24/7 Nurseline $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

*Teladoc is available to members of Aetna and Blue Cross Blue Shield

March Health Essential

Protect Your Eyes and Ears
Our sight and hearing are very important and two of our most valuable senses. You only have one pair of eyes and ears, so learn how to protect and take care of them.

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