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

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

Financial Fitness
Financial Support through the CEMEX 401(k) Savings Plan
During uncertain times like these, you may find that you need access to additional funds. Learn about CEMEX’s 401(k) plan provision for coronavirus-related relief and an enhancement that can help you access your funds quickly. Fidelity is available to help you through market volatility, coronavirus (COVID-19), and new legislation relief. Get the details from Fidelity at www.netbenefits.com or by phone at 1-866-472-3639, option 2.

A Message from Cardi-O
Manage Your Stress about COVID-19 with Help from the EAP
It’s important to take steps to manage your anxiety and how you react to the situation. The Employee Assistance Program (EAP) through Magellan Health can provide you and your household members with information and support at no cost to you. Click below to learn more:
https://www.magellanascend.com
Or call 800-424-6119
The EAP is available 24 hours a day, 7 days a week.
Watch the EAP webinar for tips on managing anxiety during this time.

Did You Know?
It’s tricky to maintain your well-being when circumstances change. With gyms temporarily closed, being at home more and new food routines, it’s harder than ever. We’re pleased to offer a new and improved CEMEX Wellness Program portal and URL at cemexwellness.com. Now available, the portal offers more tools, tips and features accessible at any time from the convenience of home:
• Messaging or virtual visits with health coaches for help with adjusting to new routines
• Workout videos on yoga, mobility, endurance and strength training
• Short nutrition videos, tips and recipes
• Goal-tracking challenges to maintain healthy habits
• Monthly online e-learning sessions on sleep, stress management and other topics

Because the current cemex.staywell.com portal has changed to cemexwellness.com, you will need to sign up for a new account.

Upcoming Events
April
National Alcohol and Drug Awareness Month
Need help? Contact the Employee Assistance Program at 866-472-3639, option 5.
April 30
Deadline to submit your 2019 Flexible Spending Account (FSA) Claims

April Health Essential
Be Aware of Drugs and Alcohol
Drugs and alcohol consumption can impair your judgement, vision, concentration, balance and endanger you, your colleagues and family. Recognize the warning signs and get help for alcohol and drug abuse or addiction.

Copyright © 2020 CEMEX Innovation Holding Ltd., Switzerland, All Rights Reserved.