A Message from Cardi-O

May is National High Blood Pressure Education Month, an important reminder to take care of our hearts. Small changes can go a long way:

- Adults should aim to be active at least 30 minutes a day, five days a week
- Drink at least eight 8-oz. glasses of water (64 oz.) per day
- Eat at least five portions of a variety of fruit and vegetables every day

Did You Know?

No matter where you are on your journey, there are times when a little help can go a long way to improving your emotional wellbeing. The CEMEX Employee Assistance Program (EAP) through Magellan Health offers up to eight in-person counseling sessions and unlimited phone counseling at no cost to you.

Your EAP has trained professionals who can help you use these key features:

- Counseling for family & relationships, stress, grief and other issues
- Self-care programs for help with depression, anxiety, insomnia, chronic pain and substance misuse
- Finding elder and childcare resources
- Additional services available to help get you on the right path

May is Mental Health Awareness Month. Review your schedule and decide if you’re doing too much and not spending enough time on your own well-being. Take time for yourself to recharge with activities such as taking some vacation time and spending time on what you enjoy. Read more here.

Financial Fitness

Financial issues are one of the leading causes of stress in America.*

NetBenefits is a destination for financial help beyond just retirement. NetBenefits can give you a more holistic view into your financial situation—so you can really see how you’re doing. Find tools and suggestions to help you grow your savings, minimize taxes, and make the most of your peak earning years. Go to www.netbenefits.com or download the NetBenefits mobile app.

Need help creating a comprehensive retirement plan you can feel confident about? Clarity begins with a conversation. Talk with a Fidelity retirement professional at (800) 798-2363.

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May Health Essential

Prevent Stress

Be aware of stress. It is important to know the causes, symptoms and signs of stress, and recognize if you suffer from it. You can manage stress by learning and practicing relaxation techniques. Seek advice on managing and preventing stress early on if needed.

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