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

Well-being Programs At a Glance

Fidelity Offers The Help Hub
With all that’s going on in the world today, you may be looking for help more than ever and it can sometimes feel overwhelming. With that in mind, Fidelity offers a broad range of tools and resources all in one place, so you have a single location to get the help you need - The Help Hub.

Whether you’re dealing with a life “event” change, looking for ways to replace lost income, or simply trying to get back on track with your retirement savings in the midst of what is going on today, Fidelity has you covered.

For more information go to netbenefits.com or call Fidelity at 866-472-3639, option 2.

As of January 1, 2020, CEMEX offers Pregnancy and Parental Leave benefits to eligible employees that have been with the company at least 12 months and worked at least 1250 hours.

We are excited to be able to offer this benefit to our employees during one of the happiest and most important times of their lives! The below Leaves are available to all salary and hourly non-union employees who meet all eligibility requirements.

• Pregnancy Leave: 4 weeks of 100% paid Leave for birth mothers
• Parental Leave: 2 weeks of 100% paid Leave for all parents

Other Paid Time Away from Work
CEMEX also offers Paid Time Off (PTO) and 10 paid holidays for eligible employees. The summer months are a great time to schedule some time off and spend it recharging. It is good for your emotional well-being and a well-deserved benefit. Plus, any unused PTO time does not carry over to the next year. Talk to your manager or human resources to check out how much PTO you have available and schedule it today! Note, salaried exempt employees can view and schedule PTO in SuccessFactors.

A Message from Cardi-O

Join the Hydration Challenge anytime between June 1-28. If you track 5 cups of water (40 ounces) a day for 5 days to meet the weekly goal, you’ll be entered in a drawing for a $25 gift card for that week.

Record your progress at cemexwellness.com or use the My StayWell app to track your progress on the go!

Want to keep tracking after the challenge? No problem, the hydration tracker is available year-round.

Did You Know?

Financial Fitness

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Upcoming Events

June 1-28
Hydration Challenge (cemexwellness.com)

June 10-16
Men’s Health Week

June Health Essential

Take Care of Your Skin

Skin is the largest human organ. The skin plays a vital role as your body’s first line of defense against physical, chemical and microbiological hazards. Learn and apply good habits to take care of your skin.