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

Well-being Programs At a Glance

[Click here to learn more.]

Financial Fitness

5 Steps to Kick-Start Your Financial Wellness

Want to get a handle on your finances but not sure how to start? Here’s an easy path to improvement.

Download this checklist for steps you can take to get moving on your path to financial wellness. Sometimes one small step is all it takes.

To learn about all the ways Fidelity is helping employees participating in the CEMEX, Inc. Savings Plan to get the financial help you need, watch this 3-minute video.

A Message from Cardi-O

Thanks to the 115 participants that took part in the Hydration Competition in June. The top ten recorded an average of 8 cups of 8 ounces of water per day! Want to keep tracking your water intake? No problem, the hydration tracker is available year-round. Record your progress at cemexwellness.com or use the My StayWell app to track your progress on the go!

July Health Essential

Check Your Health

Take the recommended health checks. It is essential that you have a periodic medical check-up to identify any early signs of health issues. Knowing your health condition and acting on medical advice will help to prevent problems later and improve your quality of life.

Did You Know?

Now more than ever, we recognize that you and members of your household may need additional emotional health and wellness support. We are pleased to announce that you will now have access to virtual therapy from BetterHelp through our Magellan Health Employee Assistance Program (EAP).

Virtual Therapy is therapy that takes place via mobile device or computer, allowing you to get help when and where you need it. BetterHelp is the largest online counseling platform worldwide.

You and members of your household can access therapy quickly—typically within 24 hours—and there are four modalities to choose from:

- Text message
- Live chat
- Phone conference
- Video conference

How does it work?

- Call the program at 800-424-6110. You will speak with a clinician who will refer you to BetterHelp, if appropriate, depending on your unique situation.
- You will receive an email with a unique link that will take you to a questionnaire.
- Typically, you can begin communicating with a provider within 24 hours of completing the questionnaire.

Virtual Therapy is provided in addition to the in-person and telehealth counseling options you already receive.

To learn more, visit MagellanAscend.com and check out the counseling services and all of the program benefits. Remember, our Magellan Health Employee Assistance Program (EAP) is at no cost to you, confidential and available to you and your household members 24/7/365.

Upcoming Events

- **July**
  - UV (Ultraviolet) Sun Safety Month
- **July 26**
  - National Parent’s Day