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

Well-being Programs At a Glance

Click here to learn more.

Financial Fitness

5 Ways to Protect What's Yours

It’s important to make sure you preserve what you’ve accumulated and distribute it to the people and causes that are most important to you after you’ve gone. Yes, it’s an uncomfortable topic, but think of it this way: Do you really want someone else making these decisions for you?

Create a will. A will is an essential legal document that sets forth your wishes regarding the distribution of your property and the care of any minor children when you die.

Name beneficiaries on financial accounts. Designating a beneficiary for investment accounts - and insurance policies - can be as important as writing a will. These decisions are critical but not complex.

Choose who will act on your behalf. Consider appointing a power of attorney who will act as an agent on your behalf regarding financial and other matters while you are alive and takes effect if you were to become incapacitated.

Keep everything up to date. Even the best plan isn’t effective if it doesn’t keep up with your life. Consider setting aside a special time each year - around tax time, for example - to review your will, beneficiaries and other important documents.

Ask for help. It’s important to know the differences between what you can do on your own and when you need professional help in preparing for the unexpected.

For more information, visit netbenefits.com.

Source: Fidelity Investments

Did You Know?

Per the Center for Disease Control, while it's not possible to say with certainty what will happen in the fall and winter, the CDC believes it’s likely that flu viruses and the COVID-19 virus will both be spreading. In this context, getting a flu vaccine will be more important than ever.

The CDC recommends that all people 6 months and older get a yearly flu vaccine.

The CDC provides information regarding the upcoming flu season including recommendations to obtain a flu shot given the challenges with maintaining social distancing.

For more information on how you can get a flu vaccine visit https://www.vaccines.gov.

To learn more about COVID-19, click here.

To learn more about flu, click here.

Source: Center for Disease Control (CDC)

Upcoming Events

🌟 2020 Wellness Action Completion Deadline is November 15, 2020

A Message from Cardi-O

Fidelity offers a Help Hub that provides useful financial resources such as checklists, calculators and workshops—exactly what you need to make important financial decisions easily. Go to netbenefits.com or call Fidelity at 866-472-3639, Opt. 2.

Get Started on Your Wellness Actions

Participate in the CEMEX wellness program to gain a better understanding of your health status and improve your well-being.

To avoid the 2021 medical plan surcharge, you and your medical plan covered spouse* need to complete the online health assessment (HA) questionnaire at cemexwellness.com by Nov. 15, 2020. Questions? Call StayWell at 855-857-6810.

*Spouses include common-law and domestic partners.

Source: Fidelity Investments

SOURCE: SOURCE

August Health Essential

Keep Vaccinations Up to Date

Check your vaccination records and make sure you and your loved ones are up to date with what is required. Protect yourself and your family at all times.

Connect With Us

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