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

Health & Well-being // October 2020

A Message from Cardi-O

Did You Know?

The 2021 Benefits Annual Enrollment is coming soon—November 2-13, 2020. This is your opportunity to make sure the benefits you have and use all year long are right for you and your family.

Your Benefits Annual Enrollment To Do List:

• Don’t miss the enrollment period—November 2-13, 2020
• Watch for communications about 2021 benefit changes and enrolling instructions
• Review your current benefits to make sure your elections still meet you and your family’s needs
• Submit dependent verification timely for any newly enrolled dependents
• Make sure your beneficiary designation is up to date
• If you take no action, your 2020 coverage will roll over to 2021, except for the flexible spending accounts (FSA) and health savings account (HSA) elections.

Financial Fitness

Fidelity offers live workshops. These workshops provide excellent information on various financial related education topics such as:

• Make the Most of Your Retirement Savings
• Navigating Market Volatility
• Manage Unexpected Events and Expenses
• Maximize Social Security in Your Retirement Strategy
• And More!

To register for a web workshop, log on to https://netbenefits.fidelity.com/livewebmeetings.

Click here to view the web workshop schedule for Q4 2020.

Flu Shots

Available at CVS at no cost to employees and dependents covered by the CEMEX medical plan. Click here to learn more.

Upcoming Events

November 2-13
2021 Benefits Annual Enrollment

November 15
2020 Wellness Actions Deadline

October Health Essential

Care for Your Limbs and Joints

Know the causes and symptoms of the most common limb and joint problems. Maintain a healthy lifestyle with low-impact exercise. Get enough sleep and maintain a healthy diet and weight.

Well-being Programs At a Glance

Click here to learn more.

Wellness Actions Deadline Nov. 15

Participate in the CEMEX wellness program to gain a better understanding of your health status, improve your well-being and avoid the 2021 medical plan surcharge. In previous years, the CEMEX Wellness Program required having an annual physical exam to learn your health screening values. CEMEX still believes in the importance of preventive exams. But in response to limited access to non-urgent health care in the current environment, CEMEX has modified the wellness actions for 2020 only as below:

Complete the online Health Assessment (HA) questionnaire* at cemexwellness.com by Nov. 15, 2020.

What is it? The 10-minute confidential questionnaire asks about some of your current health habits. It also checks in on things like weight, blood pressure and cholesterol levels and glucose. If you have that information, enter it. If not, you can skip those questions.

*A may not apply to certain employees covered by a collective bargaining agreement.

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