



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

COVID-19 Vaccinations



Stay informed about COVID-19 vaccine developments by [visiting the CDC website.](#)

The COVID-19 vaccine is available at various states' vaccine hubs, healthcare providers and select pharmacies such as one of our in-network pharmacies – CVS Pharmacy.® Visit the [CVS COVID-19 Resource Center](#) to check local availability.

Financial Fitness



Tips on Budgeting and Saving

Use this simple guideline for saving and spending:

50% of take-home pay to **essential expenses** such as rent, food and transportation

15% of pretax income for **retirement savings** (this includes any employer contributions)

5% of take-home pay for **short-term savings**

Fidelity offers tools and resources to help you save and build a secure financial future.

Go to [netbenefits.com](#) or call 866-472-3639, Opt. 2 to speak to a Fidelity representative.

Source: Fidelity

A Message from Cardi-O



High blood pressure can lead to serious health issues if left untreated, such as:

Heart attack – High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.

Stroke – High blood pressure can cause blood vessels that supply blood and oxygen to the brain to become blocked or burst.

Heart failure – The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.

[Click here](#) to learn more.

Did You Know?



High blood pressure has earned the nickname “the silent killer” because high blood pressure may show minor or no symptoms at all. Follow these simple steps to control your blood pressure:

- **Know your numbers**

Check your blood pressure. A systolic pressure (upper number) of less than 120 and a diastolic pressure (lower number) of less than 80 is considered a normal range.

- **Eat smart**

Eat a healthy diet by including vegetables and fruits. Limit sodium, saturated fats and added sugars.

- **Move more**

Aim for a minimum of 30 minutes of moderate physical activity five days a week.

- **Manage weight**

If you are overweight, losing just a few pounds can make a difference.

- **Don't smoke**

Using tobacco raises your blood pressure.

- **Sleep well**

Try and get at least eight hours of sleep per night.

- **Know your resources**

CEMEX offers tools and resources through your medical carrier and our wellness provider – Virgin Pulse.

[Click here](#) to learn how to manage blood pressure.

Source: American Heart Association

Upcoming Events



- **May**

National High Blood Pressure Education Month
Mental Health Awareness Month

Your life's journey, made easier with your Employee Assistance Program (EAP)

- **Mental health is a big part of overall well-being.** It is important to be aware of the signs of mental stress so you can seek help. [Click here](#) for more information.

May Health Essential



Prevent Stress

Be aware of stress. Know the causes, symptoms and signs of stress. Know how to manage your stress levels by practicing relaxation and meditation techniques. Seek advice early if needed.

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