



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

Get Vaccinated!



The Centers for Disease Control and Prevention recommends that all people six months and older get a yearly flu vaccine. Flu viruses typically circulate during the fall and winter during what's known as the flu season. If you are covered by the CEMEX medical plan, you may go to any in-network doctor or pharmacy to obtain a flu shot at no cost to you.

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



Women Talk Money
A special event series through Fidelity

Invest in you: reframe and reenergize your finances. Join Fidelity for a four-week series of special events and activities that invest in you, which are focused on helping you reenergize how you think about your goals, time, family, money and everyday living. [Click here](#) for the event calendar and webinar(s) registration.

CEMEX Wellness Program



WELLNESS ACTIONS DEADLINE:
October 17, 2022

Participate in the CEMEX wellness program to gain a better understanding of your health status, improve your well-being and avoid the 2023 medical plan surcharge. You and a medical plan enrolled spouse/domestic partner (if applicable) can take wellness actions to avoid the 2023 medical plan surcharge. This year, an annual physical exam with your health care provider is back as one of the three actions to complete.

Complete an annual physical exam with your health care provider and get your health screening values for height, weight, blood pressure, total cholesterol and glucose.

DEADLINE: October 17, 2022

Complete the 10-minute online health assessment questionnaire and include your health screening values at [cemexwellness.com](#). Your individual health information is confidential.

DEADLINE: October 17, 2022

Achieve the healthy range for at least one of the required health screening values or complete one healthy alternate activity.

DEADLINE TO COMPLETE AN ACTIVITY:
December 31, 2022

[Click here](#) for more information.

October Health Essential



Care for Your Limbs and Joints

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

Did You Know?



The new and improved Magellan EAP website key features include:

- **Personalized experience** – When you first log in/register, you'll choose one or more areas of your life where you feel you need the most support. This information is confidential and used to create your personal experience.
- **Member dashboard** – Your onboarding preferences determine which content you can view, including links to services, articles, upcoming webinars and trending news.
- **Categories for life, mind and body** – You can browse the site to find timely and relevant information on a variety of topics related to categories such as family, finances, legal, mental and physical well-being.
- **Find care** – Enhanced matching and quick find capabilities help you find the right provider for your needs.
- **Live chat** – Direct support is available to help you find what you are looking for.

Visit the new website at
Member.MagellanHealthcare.com.

- If you have an account on the old member website (MagellanAscend.com), you can use the same email and password on the new website. You do not need to register for a new account. Simply click on the "Sign In" button and proceed.
- If you do not have an account on the old member website, please register for a new account by clicking on the "Sign Up" button.

Upcoming Events



- + **October 2022**
Breast Cancer Awareness Month
- + **October 3-17, 2022**
2023 Benefits Annual Enrollment
- + **October 10, 2022**
World Mental Health Day
- + **October 17, 2022**
2023 Wellness Actions Deadline

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

- + [Click here](#) for information on Addressing Addiction - Recovery is Possible

A Message from Cardi-O



Flu season is already upon us. Members enrolled in the CEMEX medical plan may obtain a flu vaccine at no cost to you at your doctor or any in-network pharmacy through your CVS Caremark prescription coverage.

Breast Cancer Awareness Month
[Click here](#) for important life-saving information from the CDC.

Connect With Us

CEMEXUSA.COM | #CEMEXCares

