



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

It's Flu Season!



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 also 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



Three Practical Financial Well-Being Tips

- 1. Always have some emergency savings**
 Set aside enough in cash to cover at least three to six months of essential expenses. If you're single, have little or no debt and have friends and family who could help you out in a pinch, you might be comfortable with three months of savings. However, if you have a spouse, kids and a mortgage, you might be better off with six months of savings or even more.
- 2. Be cautious with high-interest debt**
 High-interest debt can be a real financial burden. It grows and compounds and once you're in a hole, it's easy to feel like you can't crawl out. Avoid this altogether if you can. If you have debt with an interest rate of 15% or greater, paying it off should generally be one of your top financial priorities.
- 3. Insurance matters**
 Insurance can be your parachute if you're ever facing a potential financial tailspin. Depending on your personal situation, you might consider a variety of types of policies, including health, disability, life, car, small business, long-term care and more. Each plan varies and it is important to research and ask lots of questions to understand exactly what policies do and do not cover.

Source: Fidelity

Did You Know?



November is Lung Cancer Awareness Month. According to the Lung Cancer Research Foundation, lung cancer is the second most common cancer and the leading cause of cancer deaths in men and women worldwide. An estimated 236,740 people will be diagnosed with lung cancer this year in the U.S.

If you are a tobacco user, take this month to consider quitting by utilizing the quit tobacco resources provided by CEMEX at no cost to you.

Quit Tobacco Resources

Telephonic Health Coaching through Virgin Pulse provides specialized support and education with a health coach. Go to cemexwellness.com or call Virgin Pulse at (855) 957-3349.

In Person Quit Tobacco Counseling at CVS Minute Clinic provides individual screening and counsel services for tobacco use. No appointment needed. Present your medical ID card and request quit tobacco counseling. Go to minuteclinic.com to find a clinic near you.

Upcoming Events



+ November 17, 2022

Great American Smokeout Day

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

- + [Click here](#) for information on how the EAP can help you find reliable childcare.

A Message from Cardi-O



Find out from the American Heart Association and the U.S. surgeon general, how your body starts to recover when you quit smoking. [Click here](#).

November Health Essential



Look After Your Lungs

Don't take your lungs for granted. Your lungs are part of the respiratory system and help you breathe. Healthy functioning lungs reduce the risk of lung disease. You can keep your lungs healthy with regular checkups and exercise.

Source: American Lung Association

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