



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



NetBenefits® is a destination for financial help beyond just retirement, giving you a holistic view of your financial situation, so you can *really* see how you're doing. On the website, you can find tools and suggestions to help you grow your savings, minimize taxes and make the most of your peak earning years. Go to [netbenefits.com](#) or download the NetBenefits® mobile app.

Need help creating a comprehensive retirement plan you can feel confident about? Clarity begins with a conversation. Talk with a Fidelity retirement professional at 866-472-36369, Opt. 2.

A Message from Cardi-O



[Click here](#) to learn the warning signs of a heart attack, stroke and cardiac arrest.

January Health Essential



Sleep Well

Good sleep is essential for our health and well-being. Quality and quantity are important to get the most out of our sleep. Be sure to know how sleep works and what are the consequences of sleep deprivation.

Did You Know?



Start the new year off right with important reminders for managing your CEMEX benefits!

Life Events: If you experience a qualifying life event during the year such as marriage or birth, you have 31 days from the event to make changes to your benefits. If you do not make changes to your benefits within 31 days of the life event, you will not be able to make changes until the next annual enrollment period.

Go to [mycemexbenefits.com](#), click on "Change My Benefits," select Life Events and the event you wish to submit, then walk through the election steps. Your verification documents must also be submitted within 31 days of the life event.

MyChoice Mobile App: Get your benefits on the go with the MyChoice mobile app. Log in to [mycemexbenefits.com](#) and find the MyChoice Mobile App box on the home page.

Stay Informed: Watch for emails that contain important information and notices about your benefits. These emails will come from the address no-reply@mycemexbenefits.com.

Protect Your Privacy: Practice good password hygiene with your online accounts. Do not use the same password for multiple accounts and change it frequently. Instead, use strong passwords that are unique to each account. Tips for creating a strong password*:

- At least 12 characters long but 14 or more is better.
- A combination of uppercase letters, lowercase letters, numbers and symbols.
- Not a word that can be found in a dictionary or the name of a person, character, product or organization.
- Significantly different from your previous passwords.
- Easy for you to remember but difficult for others to guess. Consider using a memorable phrase like "6MonkeysRLooking^".

*Source: [support.microsoft.com](#)

Questions? Most routine questions can be answered by Sofia, your 24/7 virtual personal benefits assistant at [mycemexbenefits.com](#). If you prefer to speak with a live representative, call the CEMEX HR Service Center at 866-472-3639, Opt. 1.

Employee Assistance Program



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

[+ Click for flyer on Building a Thriving Life](#)

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