



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



You can change your beneficiary designations anytime.

It is important that you update your beneficiaries on the Savings Plan 401(k). Be sure to review your beneficiary designations regularly and update them after certain life events, such as a marriage, divorce, birth of a child or a death in the family.

It is important to name/review beneficiaries. If there is no beneficiary on file, in the event of your death, benefits would be paid according to plan rules, which might be different from the designation you would choose. Take a few moments to review/name your beneficiaries to ensure that your benefits will be distributed according to your wishes.

To review/name your beneficiary designations online; for the Savings Plan – visit [netbenefits.com](#).

Questions? Call 1-866-HRCEMEX (472-3639), Option 2.

A Message from Cardi-O



Healthy Living – One Small Step at a Time

The American Heart Association is an excellent resource to learn more about the three healthy basics:

Eat Smart

Healthy eating starts with healthy food choices. Learn what to look for at the grocery store, restaurants, your workplace and any eating occasion.

Move More

A good starting goal is at least 150 minutes a week, but if you don't want to sweat the numbers, just move more! Find forms of exercise you like and will stick with.

Be Well

Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness and managing stress. Find out more about keeping your mind and body fit and connecting socially.

[Click here](#) for more information.

Did You Know?



At CEMEX, your well-being is of utmost importance. We've expanded our wellness program to support your well-being to show our continued commitment. In April, we are moving from StayWell to Virgin Pulse.

Virgin Pulse is a global wellness solutions company. Their best-in-class wellness programs and digital platforms help members create positive, individualized lifestyle changes through healthy habits. In fact, 87% of members say that Virgin Pulse changed their lives!

It's easy to set up; simple to use. In just minutes, you can set up your account, choose your preferences, and start exploring the health topics that interest you most.

You personalize your experience right away. You can focus on what is important to you, like how to improve your sleep, boost your nutrition or add more movement to your day.

Take it with you wherever you go. With the top-rated Virgin Pulse app, you'll have 24/7 access on your phone or device.

Track automatically. Get credit for your healthy activities by syncing your fitness app or device to automatically track physical activity, sleep and more.

Our new wellness program gives you full access to the tools and support you need to achieve your well-being goals, your way. Watch for more information soon.

Upcoming Events



+ March

National Nutrition Month

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

+ [Magellan EAP Financial Wellness – Money Coach Services](#)

March Health Essential



Protect Your Eyes & Ears

Our sight and hearing are very important, perhaps the two most valuable senses of the human body. Know the causes of vision and hearing loss. You only have one pair of eyes and ears so take care of them and learn how to protect them.

Connect With Us

CEMEXUSA.COM | #CEMEXCares

