



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



Want to get a handle on your finances, but aren't sure how to start? Here's an easy path to improvement:

- 1. Log in to Netbenefits.com**
Explore your personalized homepage for ways to help manage your full financial picture.
- 2. Take the Financial Wellness Checkup**
In just 10 minutes, see where you stand and how to improve.
- 3. Visit the Planning and Guidance Center**
Set goals, create scenarios and track your progress.
- 4. Download the NetBenefits® app**
Get instant, on-the-go access to all our helpful resources.
- 5. Call us at 1-866-HRCEMEX (472-3639), Option 2.**
Talk to a registered Fidelity phone representative to get help staying on track.

To learn more about how Fidelity can help you along your path to financial wellness, [watch this quick video](#).

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

A Message from Cardi-O



Manage Stress and Manage Your Health

The American Heart Association (AHA) is an excellent resource to learn more about healthy basics.

Stress happens, especially these days. One in two adults in the U.S. reports that COVID-19 has negatively impacted their mental health. While you may feel too busy to de-stress, you can decide to take back your "me time," one moment at a time. Reduce stress for a healthier version of yourself.

[Click here](#) to learn more.

Did You Know?



Magellan Healthcare's Digital Emotional Well-being program, powered by NeuroFlow helps strengthen your mind and body connection through interactive activities and education for your overall well-being. Available at no cost to you via mobile app and your member website, this program can help you in a variety of areas such as anxiety, stress, depression and more.

Key features:

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress, and pain and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.
- [Click here](#) for a flyer with a QR code to get started.

Upcoming Events



+ April

Stress Awareness Month

April Health Essential



Be Aware of Drugs and Alcohol

Consuming drugs and alcohol can impair your judgment, eyesight, concentration and balance. It can also endanger you, your coworkers and your family. Do not let drugs and alcohol ruin your life. Recognize the warning signs and get help for alcohol and drug abuse or addiction.

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