



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



Fidelity Offers The Help Hub

Fidelity offers a broad range of top tools and resources all in one place, so you have a single location to get the help you need – The Help Hub.

Whether you’re dealing with a life “event” change, looking for ways to replace lost income or simply trying to get back on track with your retirement savings, Fidelity has you covered.

For more information, go to [netbenefits.com](#) or call Fidelity at 866-472-3639, Opt. 2 for more information.

A Message from Cardi-O



- ### Five Steps to Lose Weight and Keep It Off
1. Set realistic goals.
 2. Understand how much and why you eat.
 3. Manage portion sizes.
 4. Make smart choices.
 5. Be physically active.

Source: heart.org

Did You Know?



Hit the trails & get stepping virtually through United States National Parks.

Steps Challenge: June 6-26

Join the Steps Challenge* and log an average of 40,000 steps per week for a chance to win \$25 in Pulse Cash or achieve 120,000 steps by June 26 for a chance to win \$100 in Pulse Cash.

Log your steps in three convenient ways:

1. Online: on your Virgin Pulse portal via [cemexwellness.com](#)
2. By phone: on the Virgin Pulse app
3. With a synced device: connect your personal fitness device to track steps automatically

*CEMEX Wellness Program through Virgin Pulse may not apply to employees covered by a Collective Bargaining Agreement (CBA). Refer to your CBA for more information.

Upcoming Events



- + June**
Men’s Health Month
- + June 6-10**
Health Week
- + June 6-26**
Steps Challenge ([cemexwellness.com](#))

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

+ [Magellan Virtual Therapy](#)

June Health Essential



Take Care of Your Skin

Skin is the largest human organ. It plays a vital role as your body’s first line of defense against physical, chemical and microbiological hazards. Learn and apply good habits to take care of your skin.

Connect With Us

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