

WHO'S
YOUR
REASON?



WAYS TO MAKE 2019 YOUR HEALTHIEST YEAR YET — AND AVOID THE 2020 MEDICAL PLAN SURCHARGE

You work hard to provide for your family. But without good health, you can't be there for them. So why not get started on the CEMEX wellness program right away? You and your covered spouse (if applicable) only need to take three actions to avoid the \$50 per month each medical plan surcharge.

1 See your doctor for an ANNUAL PHYSICAL EXAM.

Complete your annual physical exam* with your doctor and get your required health screening values (height, weight, blood pressure, total cholesterol and glucose).

Deadline: Nov. 15, 2019

**You may use screening values from Nov. 1, 2018, or after.*

2 Complete an ONLINE HEALTH ASSESSMENT.

Find out what habits are impacting your health and what changes can help you be there for the moments that matter. Complete the 10-minute health assessment at cemex.staywell.com and enter your health numbers for height, weight, blood pressure, total cholesterol and glucose.

Deadline: Nov. 15, 2019



3 Achieve one health screening value to IMPROVE YOUR WELL-BEING.

Improvements you make to your health now can pay off big later. Achieve the healthy range for at least one screening value or complete an alternative health activity through our partner StayWell. Visit cemex.staywell.com for a complete list of activities and to track your progress.

Deadline: Jan. 31, 2020

SCREENING VALUE HEALTHY RANGES

Body mass index: Between 18.5 and 24.9¹

Blood pressure: Less than 120/80 mmHg¹

Glucose: Less than 100 fasting² or less than 140 non-fasting²

Total cholesterol: Less than 200 mg/dL¹

1 National Heart, Lung and Blood Institute

2 American Diabetes Association



→ **Get started today!** ←

Visit cemex.staywell.com or call **855-847-6810** for more information.