

THE FOLLOWING PROGRAMS ARE AVAILABLE TO ALL EMPLOYEES ENROLLED IN THE AETNA OR BCBS-TX MEDICAL PLANS.

### TELADOC — TALK TO A DOCTOR IN MINUTES

Teladoc- available to you 24/7, provides telephonic and video conference access to a network of U.S. board-certified doctors. Teladoc doctors can diagnose and recommend treatment for non-emergency medical problems such as ear infections, colds and flu, allergies, and more. Teladoc can even call in any necessary prescription(s) to your pharmacy.

#### How to use Teladoc:

- Set up an account at [www.teladoc.com/CEMEX](http://www.teladoc.com/CEMEX)
- Complete your medical history
- Request a consultation and a U.S. board-certified physician will call you back within one hour
- Pay online. Teladoc visits cost the same as an office co-pay or for the CDHP plan \$40
- Questions? Call 800-835-2362



### A PROGRAM TO HELP YOU MANAGE YOUR DIABETES

A comprehensive diabetes management program through Caremark, the prescription drug benefit, includes:

- Free test strips on demand
- Complimentary blood glucose meter with real-time updates
- Certified diabetes educators to advise on nutrition, lifestyle and diabetes management

#### How to Enroll in Livongo:

- Register at [start.livongo.com/CEMEX](http://start.livongo.com/CEMEX)
- Or call your dedicated Livongo Team at 1-800-945-4355
- Registration code is CEMEX.



### MINUTECLINIC® CVS WALK-IN CLINIC

Available at many of the CVS pharmacies. Open every day, including evenings. No appointment necessary. Nurse practitioners and physician assistants available to diagnose, treat and write prescriptions for non-emergencies: common illnesses, injuries and more. The applicable medical plan co-payment/co-insurance applies. Additional services at no out-of-pocket cost to you: diabetes monitoring includes A1c testing, blood pressure and cholesterol checks, smoking cessation and weight loss coaching.

#### How to use MinuteClinic Services:

- Visit minuteclinic.com to find the location near you
- Present your Prescription ID Card for yourself or covered dependents
- No appointment necessary



### SPECIALTY FACILITIES FOR ORTHOPEDIC SURGERY – AETNA INSTITUTES OF QUALITY (IOQ) OR BCBSTX BLUE DISTINCTION CENTER PLUS (BDC+)

These specialty facilities have met national measures for quality and cost-efficient care for knee, hip and spine orthopedic procedures. When using these facilities, you receive a higher benefit at 100% of covered eligible expenses after deductible.

#### To learn more and find a Specialty Care Facility near you:

- For BCBS-TX - visit [bcbs.com/why-bcbs/blue-distinction/](http://bcbs.com/why-bcbs/blue-distinction/) or call 888-579-9371
- For Aetna - visit [www.aetna.com](http://www.aetna.com) or call 877-842-9836



### BENEFITS MOBILE APPS

The health and well-being mobile apps provide you easy access to all your health, financial and well-being benefits information, resources and tools. Download your mobile apps at the App Store or Google Play.



#### MyChoice - Benefits Enrollment and Information Portal

Search for MyChoice and log into [www.mycemexbenefits.com](http://www.mycemexbenefits.com) to get your access code to activate your MyChoice app. Questions? Call 866-472-3639, Opt. 1.



#### Aetna - Medical, Dental and Vision Plans

Search for Aetna Health. Questions? Call Aetna at 877-842-9836.



#### Connect Your Care - Health and Dependent Care Flexible Spending Accounts (FSA)

Search for myCYC. Questions? Call Connect Your Care at 877-292-4040.



#### Blue Cross Blue Shield of Texas (BCBS-TX) - Medical Plan

Search for BCBSTX or text BCBSTXAPP to 33633 to get the app. Questions? Call BCBS-TX at 888-579-9371.



#### Caremark - Pharmacy Benefits Plan

Search for CVS Caremark. Questions? Call Caremark at 800-997-8813.



#### Fidelity - CEMEX Savings Plan (401(k))

Search for Netbenefits. Questions? Call 866-472-3639, Opt. 2.



#### StayWell - Wellness Program

Search for Legacy StayWell. Enter Company code: CEMX. Questions? Call StayWell at 855-847-6810.

Visit [www.cemexusa.com/cares](http://www.cemexusa.com/cares) to check out more about CEMEX Benefits



## CEMEX BENEFITS

WELL-BEING PROGRAMS AT A GLANCE

CEMEX cares about the health and well-being of our people and their families. As part of the comprehensive benefits package, the following programs are available through CEMEX's health and wellbeing providers.







**MATERNITY PROGRAM**

The maternity program supports you from early pregnancy until six weeks after delivery. With **Aetna Beginning Right** or **BCBS-TX Special Beginnings** maternity program, you can take advantage of tools and resources that help you give your baby a healthy start in life. The program includes access to expert nurse support for questions on what to expect before and after delivery, nutrition during pregnancy, video library and week by week pregnancy information, and assistance with managing high risk conditions such as gestational diabetes. Includes a complimentary book about healthy pregnancy and baby.

**How to get started** (best to start by 16th week of pregnancy):

- **BCBS-TX Special Beginnings**  
Call 888-421-7781, 8 a.m. – 6:30 p.m., CT.
- **Aetna Beginning Right**  
Call 800-CRADLE1 (800-272-3531)  
or online at [aetnavigators.com](http://aetnavigators.com) and look under Stay Healthy

**CHRONIC CONDITION MANAGEMENT**

If you have a chronic condition, managing your health better can pay off later on. So take the first step to a healthier tomorrow and join the Condition Management program.

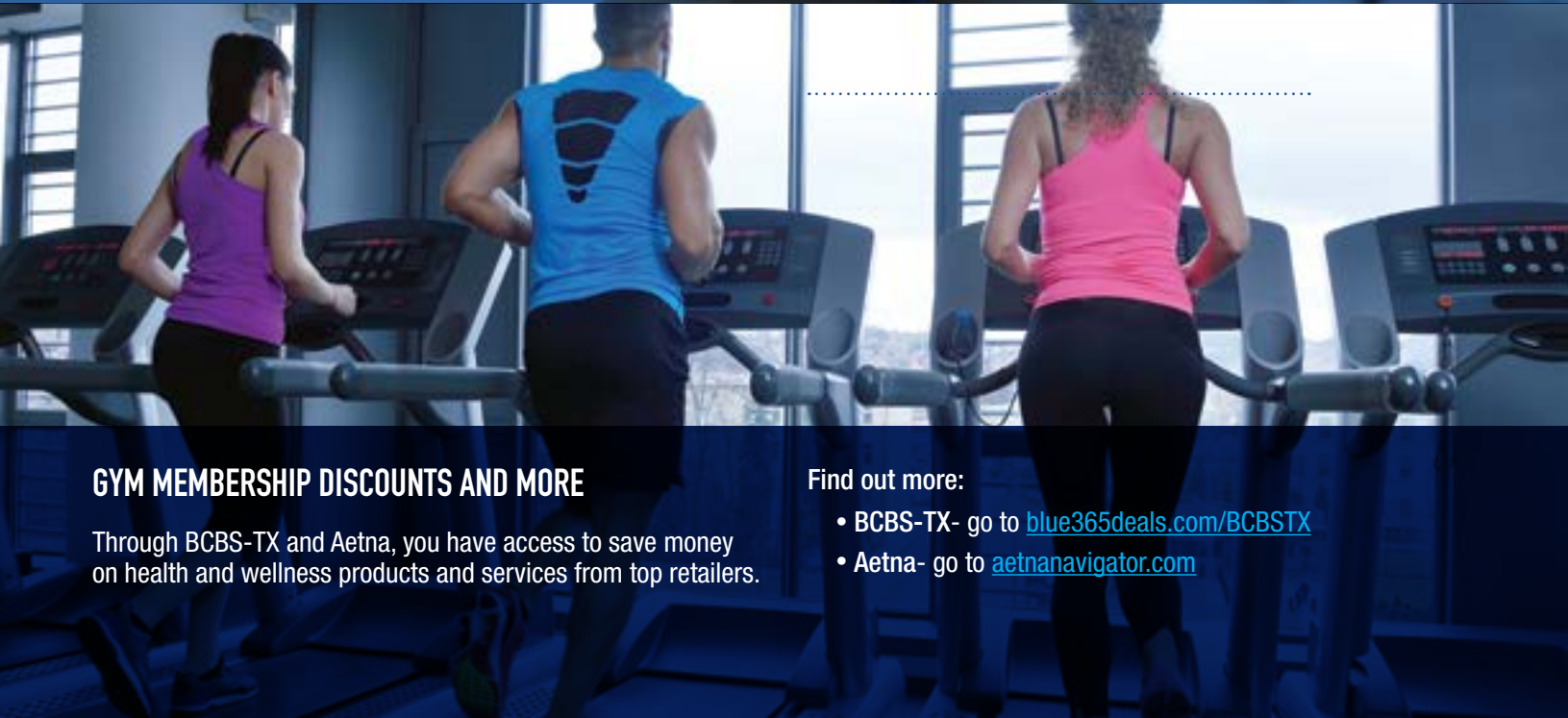
With Aetna In Touch Care or BCBS-TX Condition Management, you have access to a licensed clinician/ dedicated nurse who will work one-on-one with you to help manage your chronic conditions:



- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Depression
- Low back pain

**Enrollment is Easy:**

- **Aetna** – call 877-842-9836 or [www.aetnavigators.com](http://www.aetnavigators.com) to access your virtual care resources
- **BCBS-TX** – call 866-412-8795 or for the online program go to [careontarget.com](http://careontarget.com)



**GYM MEMBERSHIP DISCOUNTS AND MORE**

Through BCBS-TX and Aetna, you have access to save money on health and wellness products and services from top retailers.

**Find out more:**

- **BCBS-TX**- go to [blue365deals.com/BCBSTX](http://blue365deals.com/BCBSTX)
- **Aetna**- go to [aetnavigators.com](http://aetnavigators.com)

**THE FOLLOWING PROGRAMS ARE AVAILABLE TO ALL EMPLOYEES.**



**STAYWELL WELLNESS PROGRAM**

Through StayWell, CEMEX offers tools and resources to help you achieve your wellness goals at no cost to you. Whether you prefer the support of a coach or want to use online resources, CEMEX provides you a variety of programs to help you work on achieving your health goals.

**Programs offered include:**

- Weight Management
- Quitting Tobacco
- Getting Fit
- Eating better

**Getting started is easy:**

- Call StayWell at 855-847-6810 or go online at [cemex.staywell.com](http://cemex.staywell.com)

**EMPLOYEE ASSISTANCE PROGRAM (EAP)**

The Employee Assistance Program (EAP) through Magellan Health Services offers confidential counseling and work life services, to CEMEX employees and their dependents. The program includes up to eight counseling sessions at no cost to you. Trained specialists and professional counselors are available 24/7.

They can help with:

- Managing stress
- Depression
- Alcohol or drug dependencies
- Finding a day care
- Getting financial or legal help

**How to access EAP**

- Call Magellan at 800-424-6119 or go online at [magellanascend.com](http://magellanascend.com).



**BENEPLACE – DISCOUNT PROGRAM**

The CEMEX Discount Program through Beneplace is a website that offers exclusive discounts on goods and services you use every day. Discounts through leading retailers include electronics, automotive, rental cars, flowers and gifts, tax preparation services and more.

**How to access the discount program:**

- Go to [beneplace.com/cemex](http://beneplace.com/cemex)

**THE FOLLOWING PROGRAM IS AVAILABLE TO EMPLOYEES ENROLLED IN THE CEMEX SAVINGS PLAN (401(K)) THROUGH FIDELITY.**

**FIDELITY RETIREMENT SAVINGS RESOURCES**

Take advantage of the money savings educational resources through Fidelity. Get your personal money check- up in ten minutes or less at [Fidelity.com/seemymoneycheckup](http://Fidelity.com/seemymoneycheckup). Attend online workshops and learn about a variety of topics including choosing investments, balancing financial goals and preparing for retirement and more.

**How to access Fidelity financial resources:**

- Go to [www.netbenefits.com](http://www.netbenefits.com) or call 866-472-3639, Opt. 2.



**THE FOLLOWING PROGRAM IS AVAILABLE TO EMPLOYEES ENROLLED IN THE CEMEX LIFE INSURANCE PLAN THROUGH CIGNA.**

**CIGNA WILL PREPARATION AND MORE**

Cigna's My Secure Advantage is a financial wellness program that offers the following at no cost to you:

- **Will Preparation**- online resources to create and execute state specific wills, power of attorney and a variety of other important legal documents.
- **Identity Theft**- education on how to avoid identity theft, consultation with a Fraud Resolution Specialist, and a fraud resolution kit.
- **Money Coaching**- you can work with a designated Money Coach for 30 days on financial challenges such as basic money management, getting out of debt, saving for college or retirement, purchasing a home, death in the family and more.

Go online at [cigna.mysecureadvantage.com](http://cigna.mysecureadvantage.com) or call 888-724-2262.



This newsletter provides a summary of your CEMEX, Inc. Welfare Benefit Plan programs. It does not contain all of the details, rules and limits. For additional information, refer to the summary plan descriptions (SPDs) and official plan documents that govern these programs. In the event that the content of this newsletter or any oral representation made by any person regarding the plans conflicts with or is inconsistent with the provisions of the plan documents, the provisions of the plan documents are controlling. Certain aspects of this communication may not apply to employees covered under a collective bargaining agreement.