Take your well-being to the next level.

Participate in the CEMEX wellness program to gain a better understanding of your health status, improve your well-being and avoid the 2019 medical plan surcharge.

TO AVOID THE SURCHARGE, YOU AND YOUR COVERED SPOUSE NEED TO COMPLETE THREE STEPS:

1. 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, 2018

2. Complete the online Health Assessment questionnaire and include your required health screening values.
   Deadline: Nov. 15, 2018

3. Achieve at least one health screening value in the healthy range, or complete one alternative activity.
   Deadline: Jan. 31, 2019

Screening value healthy ranges:
- **Body mass index**: between 18.5 and 24.9
- **Blood pressure**: less than 120/80 mmHg
- **Glucose**: less than 100 fasting or less than 140 non-fasting
- **Total cholesterol**: less than 200 mg/dL

Your alternative activity options:
- **Telephonic health coaching**: Complete at least three calls with a health coach.
- **Self-Directed Coaching**: Complete one cycle of recommended activities.
- **Million Steps Challenge**: Track one million steps.
- **Digital workshops**: Complete three digital workshops.
- **Weight Management Learning Series**: Complete all four topics included.

cemex.staywell.com