



# 2023 Wellness Actions

THE WELLNESS ACTIONS DEADLINE HAS BEEN EXTENDED, SEE FINAL DEADLINES BELOW.

You and your spouse/domestic partner (if applicable) enrolled in the medical plan can learn valuable information on your health status and avoid the 2024 medical plan surcharge by completing the following wellness actions:



## Annual Physical Exam

Complete your physical exam and get your health screening values for height, weight, blood pressure, total cholesterol and glucose.



**FINAL DEADLINE:**  
**November 17, 2023**



## Online Health Assessment

Complete the 15-minute online assessment and include your health screening values.



**FINAL DEADLINE:**  
**November 17, 2023**



## Healthy Range/Alternative Activity

Achieve the healthy range for at least one of the required health screening values in step 1, or complete one alternative activity.



**FINAL DEADLINE:**  
**December 31, 2023**

If you did not meet at least one of the health screening values in the healthy range, you will receive an email about completing an alternative activity to avoid the surcharge.

Choose one of two options:

1. Complete a Next-Steps Consult® call
2. Complete a full Journey

Go to **cemexwellness.com** or call 855-957-3349 for more information.

## Get started today



Get the Virgin Pulse mobile app or go to **cemexwellness.com** to register today!



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



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