Take your well-being to the next level.

Health Tip:  
Don’t overeat during the Holidays!

(HealthDay News) -- It’s easy to eat large portions and indulgent dishes during holiday feasts. But you can still enjoy the holidays without stuffing yourself.

UCLA offers these suggestions:

• Focus on friends, family, fun and conversation, instead of food

• Find out which foods will be available, and plan what you will eat. Bring a healthy dish to share.

• Don’t skip meals. Eat a healthy snack before the big feast so you’re not starving

• Don’t fill up on appetizers and alcohol. When you feel full after the meal, leave the table

• Have small portions, and savor each bite by eating slowly

Did you know?

At CEMEX, we truly care for our people and want to help you build a healthier financial future for yourself and your family.

That’s why we are increasing the company matching 401(k) contributions for employees participating in the CEMEX Inc. Savings Plan.

Beginning on January 1, 2018, CEMEX will match your contributions* dollar-for-dollar on the first 6 percent of your eligible pay. If you are not contributing 6 percent, now is the time to increase your contribution. Go to www.netbenefits.com or call Fidelity at 866-472-3639, Opt. 2.

We hope this enhancement further demonstrates our commitment to listening to employee feedback and making CEMEX an even better place to work.

*CEMEX will match your contributions made on a pre-tax basis up to first six percent of eligible pay.

December Health Essential:  
Stay Active, Hydrated and Eat Well

Exercise, healthy eating and adequate hydration helps to prevent poor health conditions and diseases, while also helping to control our weight and boost energy.

Download the NetBenefits® mobile app and get access to all your Fidelity workplace accounts anytime, anywhere.

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• Update your contribution amount
• Get your personal rate of return and Fidelity Retirement ScoreSM
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