

Accessing and Completing the online Health Assessment FAQs

Deadline: Nov. 15, 2020



How do I access my account on the [cemexwellness.com](https://www.cemexwellness.com) website to complete the online health assessment (HA)?

Go to <https://www.cemexwellness.com>. Since the [cemexwellness.com](https://www.cemexwellness.com) portal is new this year, the first time you go to the portal you must create a NEW account by clicking on SIGN UP not Log IN. If you've already created your account and username and password, you select LOG IN in the top right corner of the [cemexwellness.com](https://www.cemexwellness.com) landing page.



Step 1: Create Your Account

Select your affiliation if you are an Employee or a Spouse. Enter your DOB, your FULL first name, the last 4 digits of SSN, Last name, email address and password. You must use the same demographic information as that indicated in the [mycemexbenefits.com](https://www.mycemexbenefits.com) when creating your account. After successfully creating your account, you will be prompted to take the Health Assessment. If you are not ready to take it, you may choose to complete the HA later by clicking complete later. If you decide to complete the HA later, when you are ready to complete it, go to back <https://www.cemexwellness.com> and login with your username and password you created during registration and click "Complete the Health Assessment" on the home page.

CREATE AN ACCOUNT

① FIRST WE NEED SOME DETAILS

AFFILIATION ⓘ
Select an affiliation

DATE OF BIRTH
- Month - - Day - - Year -

LAST 4 OF SSN
[Text Input]

FIRST NAME
[Text Input]

② SET UP YOUR ACCOUNT

LAST NAME
[Text Input]

EMAIL ADDRESS
[Text Input]

PASSWORD
[Text Input]

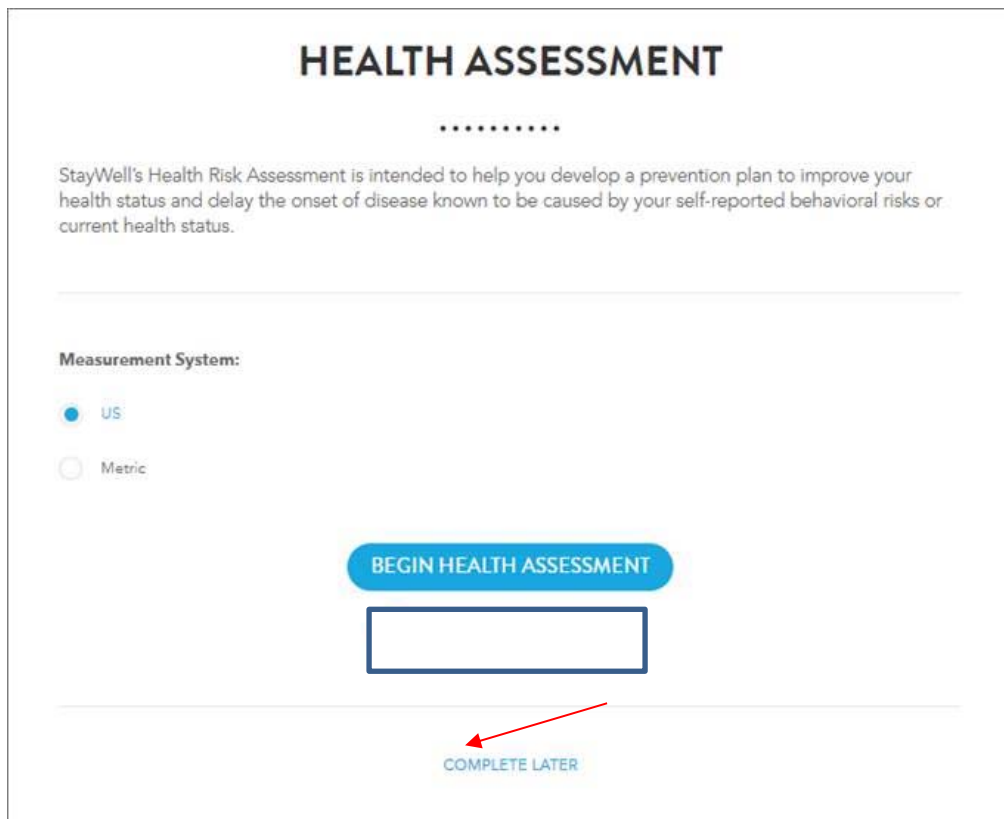
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How do I complete the online Health Assessment (HA)?

Click "Begin Health Assessment" in the middle of the page to begin. The HA typically takes 10 minutes. Make sure you are reaching the end and seeing your results before closing your browser or navigating away from the page. Since the physical exam is not required for this year only, if you do not know your biometric screening numbers such as blood pressure, total cholesterol etc. select the 'I don't know' answer to skip it.

A screenshot of a web page titled "HEALTH ASSESSMENT". Below the title is a dotted line. The main text reads: "StayWell's Health Risk Assessment is intended to help you develop a prevention plan to improve your health status and delay the onset of disease known to be caused by your self-reported behavioral risks or current health status." Below this is a horizontal line. Underneath, the text "Measurement System:" is followed by two radio button options: "US" (which is selected) and "Metric". In the center of the page is a large blue button with the text "BEGIN HEALTH ASSESSMENT". Below this button is a rectangular box with a blue border. At the bottom of the page, there is a link that says "COMPLETE LATER" with a red arrow pointing to it from above.

The HA is finished once you reach "Your HealthAssessment Results." You can view your own personal health risks based on your HA answers. This information is all confidential and only seen by you.

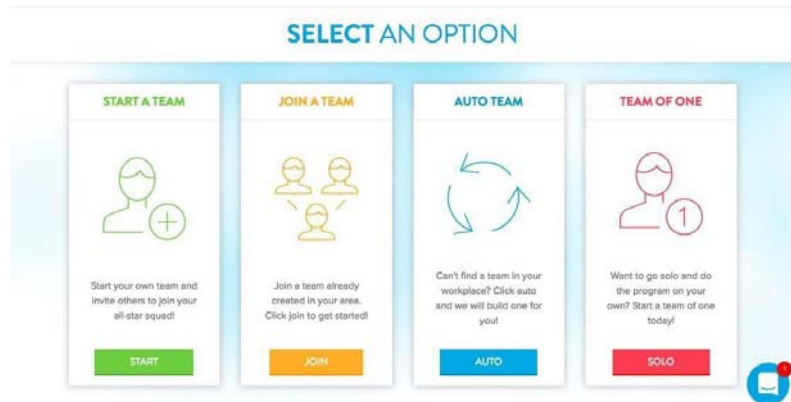
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How do I access my dashboard and verify my HA is complete?

To access your dashboard, you must first **choose your team**, select your team preference. Join an already existing team by searching for co-workers names; create a team and invite others to join it; or select to be auto placed on a team; or be a team of one. You **MUST** select a team option before you can access your dashboard.



Once you select a team you will be brought your home dashboard page. On the left side of the page you can confirm your HA is complete when you see the “Health Assessment 100% Complete” green line. (See highlighted text in screenshot below).

