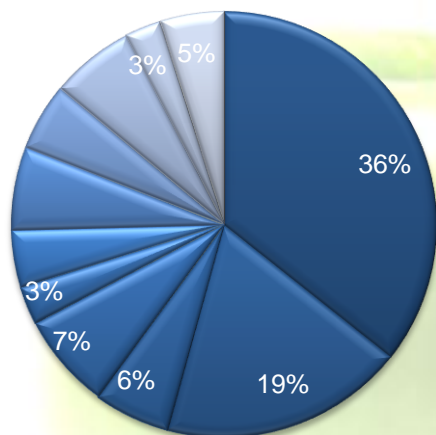## PREVENT STRESS

CEMEX lifestyleaction – Employee Assistance Programme

- Musculoskeletal
- Mental Health/Stress
- Gastrointestinal
- Ear/Nose/Throat
- Cancer
- Cardiovascular
- Neurological
- Respiratory/Lungs
- Infectious Diseases
- Others - specific
- Others - unspecified
- Not recorded

ABSENCE BY TYPE 2015

Sickness accounted for nearly 22,000 days absence across CEMEX UK last year.

The **two most common causes of sickness absence** were **musculoskeletal illnesses**, such as tendonitis and muscle / tendon strain, followed by **mental health / stress**.

Balancing the demands of both work and personal life can be a challenge. From time to time, everyone has issues and concerns that impact upon our general well-being.

Get a helping hand with life's challenges:

To ensure help is on hand when needed, all employees have access to **free** and **confidential** support for themselves and their families through **CEMEX lifestyleaction**, an independent Employee Assistance Programme (EAP). The EAP is available to provide both practical information and emotional support for any issues being faced. Although there is no exhaustive list, some examples include:

Work-Life Balance Practical Support:
Financial / debt issues, legal matters, consumer issues child care, elder / disability care

Emotional Wellbeing Support:
Relationship problems (personal and at work), pressure / stress, anxiety / depression, work overload, bullying, bereavement

Key benefits of the EAP service include:
- Free phone access to speak to EAP professionals 24 hours a day, 7 days a week, 365 days a year.
- Support that can be used as often as needed.
- Confidential, no personal information is disclosed
- An independent, impartial source of support.

If you need a hand to deal with some of life's challenges, support is available through CEMEX lifestyleaction, our Employee Assistance Programme. **Call the Helpline on 0800 116 4368 or access the website via the CEMEX Lifestyle portal or the new CXME APP.**

PREVENT STRESS

LOOK AFTER YOURSELF, LOOK AFTER EACH OTHER!

STOP & THINK