

strategic
actions

policies, programs
and benefits

actions that target
the workforce
and operations

supporting our
communities

2023

health matters

fostering a culture of health to enable the
health and safety of our people

the
human  energy
company™

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message from huma

At Chevron, we believe that protecting and investing in the health and well-being of our workforce and the communities where we operate is critical to business success. We believe that proactive preventive programs that target both physical and mental health are necessary for addressing the health challenges of our workforce and enable them to live healthier lives.

Our Health & Medical teams continue to prioritize workforce wellness, recognizing that health and well-being impact safety. Our health programs extend to communities because healthy communities benefit everyone. This year's edition of Health Matters focuses on these core beliefs as we see them through the lens of a culture of health – a culture that supports safe operations and healthy behaviors that promote workforce and community prosperity through activities in four areas:

strategic actions

**policies, programs
and benefits**

**actions that target
the workforce and
operations**

**supporting our
communities**

As you read through the magazine this year, you'll note that stories have been highlighted from around the globe that touch on each of these culture of health areas. We are grateful that you are joining us here to learn more about health across the enterprise.

We hope that the stories will inspire you to focus on your own health, the health of your loved ones and to proactively use the resources that Chevron provides. Together, we can help to build a culture of health that enables people to thrive.

strategic actions

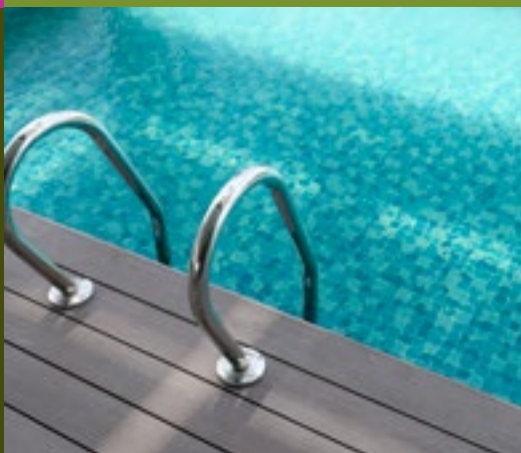
“building a community of belonging and well-being” extends the prioritization of health beyond health promotion



beating burnout during quarantine

“I started asking the question during one-on-one meetings with my team – ‘What are you doing for yourself?’”

— Cristina Duarte



In January 2020, Cristina Duarte moved with her family from Colombia to Houston, Texas, for her second expatriate assignment. Like most of the world that year, Cristina, along with her husband and their three boys, were forced into quarantine because of the pandemic. Cristina, only a few months into her new role as VCO Latin America Manager, began to face burnout. “I was grumpy all the time,” she said.

Eventually, Cristina decided to take matters into her own hands. “I had to do something different for me and for my family, because this was not affecting only me, but them as well.” She began with one small step. “I had a pool in my house, so I said, maybe I should just try to swim.”

Three years later, Cristina now has a home gym and records exercise videos with her family for fun. She encourages everyone in her life – family members, friends and colleagues – to focus on their well-being, too. “It made such a difference in my life that I eventually brought it to the workplace. I started asking questions during one-on-one meetings with my team. I’d say, ‘Chevron cares about well-being, so as your supervisor, I want to encourage you to start thinking about that. What are you doing for yourself?’” Well-being isn’t just a one-time decision, she says. “Well-being is the decision to have a new lifestyle. You carry it with you.” As a leader, Cristina is elevating the health culture for her team, by being a visible advocate for health and well-being.



Video link

achieving good health

a diverse and inclusive approach



Chevron [Employee Networks](#) have been around for over 30 years. They play a key role in encouraging employees to bring their whole, authentic selves to work. These networks encompass all dimensions of diversity – race, gender, age, disability, sexual orientation, nationality and military service. What makes these networks special is that they were initiated and formed by employees, and they align with the vision and values of Chevron’s diversity objectives. They are inclusive and open to all employees.

As part of our commitment to the health and well-being of our people, Health & Medical has partnered with the employee networks to provide targeted health messaging and events for over 10 years.

Workforce health is also the target of the Peer Health Educator (PHE) program. This program intends to improve health knowledge, attitudes, beliefs and skills to encourage individuals to take

responsibility for protecting their own health and to share what they’ve learned with their peers. The PHE program focuses on non-U.S. locations and was first deployed in Nigeria in 2007; to date there are nearly 360 PHEs worldwide.

In 2019, we standardized the Health Champion role across the employee networks to increase visibility on Chevron’s health and wellness resources. More recently, we introduced the Well-being Ambassador (WA) program to the workforce. It was implemented as a response to increasing health and well-being needs around the time of the pandemic. The program engages with employee networks to facilitate health advocacy and provide guidance in partnership and best practices. **(see page 7)**

PHE timeline highlights





So how are these programs related? Well, they all play major roles in targeting diversity and inclusion as part of our overall culture of health at Chevron. For example, the PHEs in Manila hold lunch-and-learn events about various health topics like weight management, and PHEs in SASBU have held events to raise awareness on World Malaria Day. WAs for the Black Employee Network have organized wellness walks to promote physical activity, and WAs for the Latin American and Hispanic Employee Network have implemented a yoga series supporting stress relief and mental health.

The networks also play a role in providing critical support to those struggling with issues in their personal life. Recently, the New Moms Group, implemented by the Women’s Employee Network, created a meal train calendar for one of their members who lost her fiancé shortly after delivering her baby.

Employees are genuinely taking the initiative to better one another, highlighting the true compassion, care and empathy for their colleagues and loved ones. Their impressive efforts have fostered a work environment that respects, encourages and supports the distinctive qualities of every individual.

2022 quarterly employee network group event attendance



policies, programs and benefits

**employees have the support they
need to attend to health needs**

run for your heart



“It was good for me and my family to participate in the Run for Your Heart. Events like this help us to strike an appropriate work-life balance, which is good for our health and fitness.”

— Alberto Mbumba

In November 2022, the Southern Africa Strategic Business Unit (SASBU) hosted the second annual **Run for Your Heart** event, offering both a 5K and 10K course. The event embodies the organization’s dedication to promoting wellness, unity and community engagement. All SASBU employees and their family members, as well as industry associates, friends and the community, are invited to participate each year. The event aims to celebrate World Heart Day and raise awareness of the importance of cardiovascular health and to promote an active lifestyle.

Last year, there were almost 2,000 participants spread across sites in Luanda, Cabinda and Malongo. The event concluded with an awards ceremony, where top performers in various categories were recognized for their achievements. However, the true victory lay in the collective effort of everyone involved – coming together to promote heart health and inspire others to lead an active lifestyle.

Run for Your Heart serves as a tangible manifestation of Chevron’s dedication to employee well-being. By hosting this event, SASBU creates a platform to prioritize health and safety, foster a culture of well-being and strengthen the “uma equipa” (one team) spirit among employees. The event underscores the organization’s

belief in the profound impact of exercise and promoting positive relationships with our colleagues and the community.

Run for Your Heart left a lasting impact not only on the participants but also on the community. It successfully raised awareness about cardiovascular health, encouraged individuals to prioritize fitness, and fostered a sense of unity and support among all involved.

“The Run for your Heart race has allowed me to rediscover the thrill and motivation to go back to running. Since that race, I’ve kept running, participated in several other races and have improved personal goals.”

— Janet Silva



healthy you

a global wellness program

Healthy You is the umbrella for Chevron's global wellness program, which empowers employees to take control of their health and well-being by learning how personal choices for things like diet, exercise, tobacco and work/life balance influence health. Administered by WebMD® in the U.S. and Canada and by Virgin Pulse in all other participating Chevron locations, the program is available in 23 countries.



international

Mustafa Ruhun Nabi, HSE Engineer at the Jalalabad Gas Plant in Bangladesh is an active participant in the Healthy You program in Bangladesh.

"This program and the Virgin Pulse app are so well set up to keep a balance in all sorts of habits. It's got tips to follow, it can track our activities and it gives us whatever we may need to take action that best suits a user's individual health. It also has contests for workers to participate in, letting us show our sportsmanship at work.

The point system is splendid. It helps us to set our goals and complete them in a clear time range. Moreover, it's a global platform, so you get to know a lot of people virtually from other locations. There are prizes to be won for top scorers, and that's a great motivation! I have been with this campaign right from the beginning and have won prizes every year. I always encourage my co-workers to enroll in this voluntary program and have fun while taking care of their health. It is an excellent initiative from Chevron Health & Medical that we all should appreciate and participate in. If you are yet to enroll, it is certainly not too late. We may well see you down the road; better virtually than never!"

U.S. and Canada

Health coaching is a major highlight of the Healthy You program in the U.S. and Canada. Recently, one Chevron employee worked with a WebMD coach to lose weight and manage blood sugar levels. The coach helped find better ways to manage cravings for high carbohydrate foods that would raise blood sugar. Through meal planning and healthier snacking habits, they started to feel better. And, feeling motivated by their success, the employee decided to take the leap into exercise. As they lost weight and regulated their blood pressure and blood sugar, they worked with their doctor to stop taking certain medications.

Ultimately, with the help of coaching, they lost weight, got their blood sugar and blood pressure into healthy ranges, and added two hours a week of exercise to their routine. And maybe most importantly, the employee developed the confidence to maintain their new lifestyle and reach new goals.

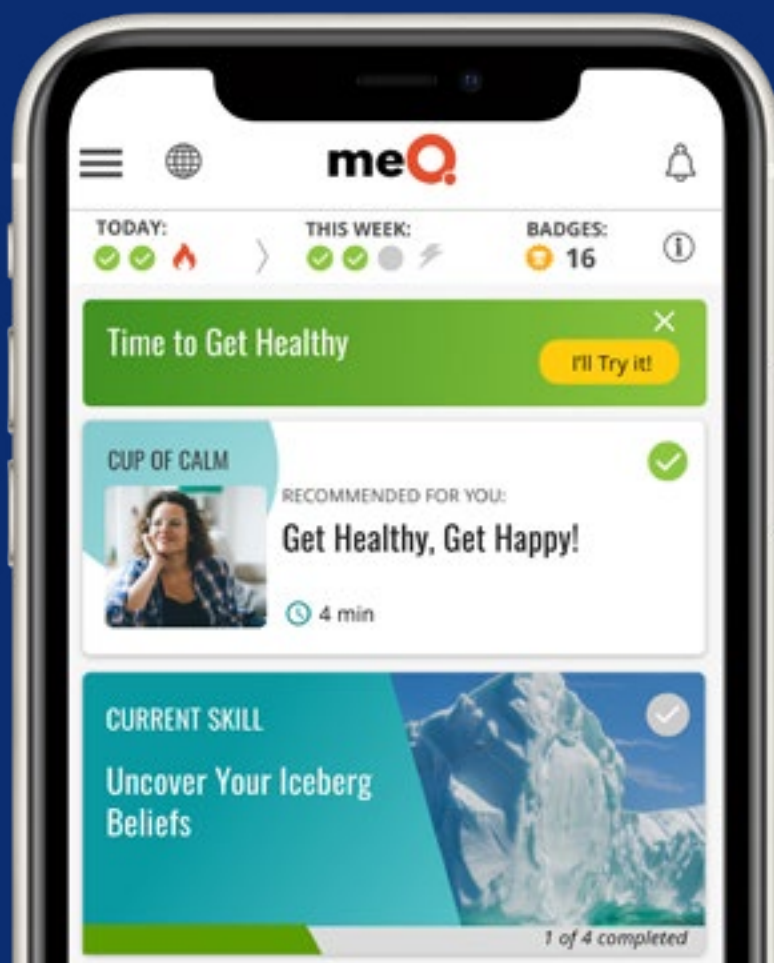
Learn more about how to participate and find eligibility guidelines for the Healthy You program by visiting hr2.chevron.com/healthyyou.

**health coaching
is a major highlight
of the Healthy You
program in the
U.S. and Canada**





meQ[®] is a mobile app that helps users discover simple techniques to reduce stress and build resilience. Find out how you can shift your response to stressful thoughts and situations.



Chevron employees who struggled the most with managing stress saw an average improvement of 76%. On average, the stress management of all Chevron employees improved by 26%.



76%
average improvement

32%

reduction in anxiety

Employees reported a 32% reduction in anxiety.

Risks were reduced across five clinically validated insights:

anxiety, burnout, depression, sleep and stress

17 of 18

improved factors

Chevron employees improved in 17 out of 18 factors after using meQ. The highest changes were in stress management, work-life balance and the ability to control emotions under pressure.

Chevron employees reported that the leading sources of stress include family, success and health.

To learn more visit our [website](#).



*meQuilibrium and meQ are registered service marks of New Life Solution, Inc.

*All data provided by meQ

mental health around the globe

chevron shipping

monthly mental health support
articles/resources

Israel

mental health training on
offshore platforms

tengizchevroil

joint mental health training with national
EAP partner and corporate EAP

asia pacific

telus health (formerly Lifeworks) initiated
with family access in 18 countries

US

bell award, emphasizing on
supervisor mental health support
coming out this month

UK

hosting “Dealing with Life’s Curveballs –
Living with Grief and Adapting to Change”
with renowned speaker Lizzy Pickering



Angola

a children and parents
session during chevron’s
family day at the park

Nigeria

managing teams for
mental wellness – a training for
managers and supervisors

Bangladesh

onsite presentation on psychological
resilience at the workplace and why mental
health is important in the workplace

Australia

chevron’s perth-based partner, zero2hero, delivers
workshops on topics, such as friendships, bullying,
work/life balance, and kids in onslow and karratha schools

Philippines

psycho-social support to children
with cancer and psychological
first aid for employees and leaders

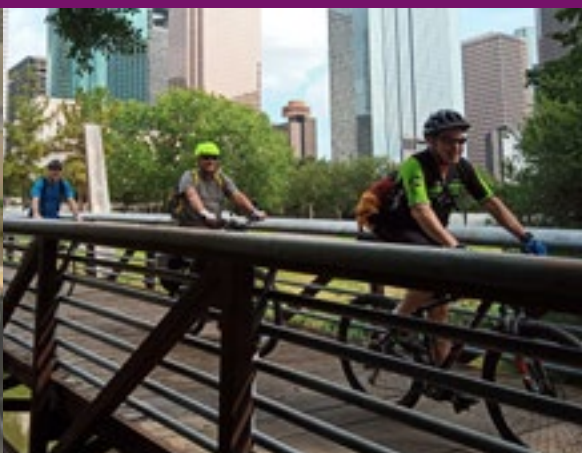
Our Employee Assistance Program provides confidential mental health support for you and your family.
To identify and quickly access global mental health services, search [help by country](#).

biking to work

a global effort



our biking community is proud to choose biking as their preferred mode of transportation



Biking to work is a way several employees are making their own personal commitments to help reduce their own transportation emissions while promoting their health and well-being.

The Perth office incorporates extensive end-of-trip facilities for those wanting to refresh after their walk, run or ride into work and includes onsite storage for up to 500 bicycles with charging stations for electric bicycles. The facilities include lockers, showers, changing areas and towel service.

In China, there is a group of employees that have embraced biking to the Chengdu office. They're eager to reap the benefits of biking. One member of that group, Vince Zhou, was motivated by the positive impact biking had on his well-being. Vince said, "It's heartening to see this collective effort and the positive impacts it has."

The Houston office celebrated National Bike Month with three weeks of helping interested employees break down barriers to bike commuting. Events included virtual bike logistics Q&A sessions, facilities tours, bike buddies and caravans, social rides and a bike fair.

"Thanks to these efforts, we have tripled the pre-COVID number of bike commuters in Houston and received national recognition as a bicycle-friendly business from the League of American Bicyclists. It's been a truly collaborative effort between Chevron Real Estate, Houston Commute Program, Health & Medical, Chevron New Energies and the enthusiastic bike commuter volunteers."

— Joy Roth

**houston bike commuting
duo vivek and sofie patel
cycle together to work
and daycare.**



In Houston, many bike commuters have an easy commute on new bikeways put up throughout the city. Commuters at greater distances get creative when they're motivated. Pete Clark regularly bikes to catch the Woodlands Express bus before his hour-long bus commute. Dave Barrow sometimes takes his bike on the bus from Katy and then bikes home 27 miles, which takes roughly two and a half hours. There are six employees who drop off their kids using their bikes as part of their bike commutes. Four of those bike with their children to the onsite childcare facility in downtown Houston.

Our new London office also has a vibrant Bike to Work group. In May, the Pride network sponsored its first NipNip Workplace Cycle Bike Surgery in the office. This was a great way to kick off the summer for both regular cyclists and those who wanted to dust off their bikes and get back in the saddle. Bikes were serviced, connections were made and everyone went home safer and happier. In August, the London office introduced the Cycle to Work + program, which provides tax-protected purchase options for bikes and accessories. Learn more about this program [here](#).

The Bike Surgery and Cycle to Work + program is part of the London office's efforts to support the workforce in making health and wellness and improving work-life balance priorities.

Our biking community is proud to choose biking as their preferred mode of transportation. It's their way of demonstrating their personal commitment to being part of the energy transition discussion while improving their own well-being.



Houston bike commuter, Mark Stehouwer, gets creative during his commute.



London NipNip Workplace Cycle Bike Surgery.



connecting the dots

resources to manage your health

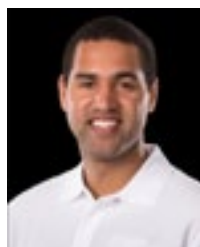
Chevron offers a multitude of resource to help manage your health. Here are two inspiring stories of how individuals used those resources and Chevron support to impact their health.

matthew naylor

Matthew Naylor, section head at the Pasadena Refinery, recently shared his colorectal cancer story in which he shares that he knew something wasn't right so using the Chevron benefits he got a second opinion. If it weren't for his persistence his diagnosis would have been delayed.

During Matthew's cancer journey, his team supported him from the beginning. His manager checked in weekly while he was recovering from surgery and during treatment. His leadership continued to encourage him to take the time he needed to fully recover and to focus on his health and well-being rather than rushing back to work. The Reed Group, which manages disability claims, also administered Matthew's leave and associated benefits while he was on the mend.

Hear from Matthew about his experience and what he learned. Let us all use Matthew's story as a reminder to listen to our bodies and talk with our doctor's when things don't feel right.



 **Video link**

ugochi irikannu

Ugochi Irikannu started gaining weight before the pandemic. With a busy work and family life, she didn't feel she had time to take care of herself. After a regular checkup, she realized that her lab values were starting to be impacted by the weight gain. That realization, plus a family history of some long-term health issues, motivated

her to make a change. Making a commitment to getting fit and losing the weight, she started by exercising daily, and leveraging lessons learned from her previous experience working with a health coach from Chevron's Healthy You program. She made a consistent schedule of healthy eating and regular movement, setting a goal for weight loss but using smaller goals to get there. Ultimately, she lost 100 pounds.

She credits her solid routine and flexibility of working at home to her initial success but was concerned about regaining the weight that she lost the previous year. She worried that returning to the office and adding her commute back into her daily schedule would mean she might not be able to exercise regularly like she had at home. A strong fear of regaining the weight drove her to make the decision to join the Chevron Fitness Center in Downtown Houston to keep up with strength training and help manage her stress. The classes start early and go late, so it gave her "no excuses."

Ugochi says, "The fitness classes that I take (especially with Jeremy and Thomas) make it worthwhile to make the long commute to the office. I can keep fit despite having less time to exercise. They have great coaches – they keep me straight! The support was there – the instructors push me harder than I would have pushed myself. They know my name. Thomas reaches out to check on me. They speak to me when they see me in the building. Erika and Christina did my body fat scan and were so friendly and warm. I can now keep track of my progress other than on the scale. Last, but certainly not least, how could I survive without my massages from Imana to work out all the knots from working on a computer all day long and from working out? The staff there are excellent, and the classes are amazing. In summary, thank you, thank you. The Fitness Center has been instrumental in helping me focus on remaining fit and keeping my health at the forefront of my mind. Thank you to the Fitness Center staff and to the Wellness & Productivity team for providing the Fitness Center."

actions that target the workforce and operations

**we strive to provide work environments
and work practices that are safe and
support worker health**

embracing new hobbies to thrive offshore

mental health



most of us have
at least a few hobbies
we consider essential
to our mental and
emotional health



Life aboard a ship makes your world very small. Our remote workforce have to use their imaginations to find creative ways to stay engaged and express themselves. We hope this story of one such worker will inspire anyone away from their loved ones and home to explore new ways to thrive, in whatever environment they find themselves.

While Vyshnav C. Suresh was sailing on the VLCC *Houston Voyager*, he came across a beautiful picture of the ship, framed and signed by Visakh Vijayanachary. After a month onboard, when the new relief plans were posted, he saw this name again. Soon, he was joined by the painter, Visakh Vijayanachary himself. When the two met, Vyshnav mentioned having seen the painting and Visakh proudly shared several paintings he'd completed since starting his career at Chevron.

Visakh's work had given him an opportunity to have these beautiful paintings framed and displayed in several countries where Chevron operates. By embracing his new environment and the downtime available while offshore, Visakh made the most of his time at sea and made valuable investments in his mental health. Visakh's joy in sharing the fruit of his labors inspired Vyshnav, just as we hope this story will remind Chevron people everywhere that we have the power to make the most of any situation, if we just shift our perspective.



Australia's new workplace

designed for well-being

1,500
people moved into the
new headquarters



Chevron Australia's Perth-based workforce of more than 1,500 people have moved into their new headquarters at One The Esplanade (ITE), Elizabeth Quay. The workforce, now located in the same building for the first time in more than a decade, occupies 21 levels of ITE. More than just a world-class office, ITE is a space with a focus on health and well-being that helps our people do and feel their best.

With world-class amenities and leading energy efficiency measures, ITE has been thoughtfully designed to meet the needs of our people and the environment now and into the future. While functionality, inclusivity and technology were at the forefront of the building design, creating a flexible workplace with a focus on the mental and physical health of our people was also a paramount priority.

ITE takes a biophilic approach to health and well-being. Biophilia is the concept that people perform at their best when they are connected to nature. A biophilic work environment reduces stress, improves cognition and supports psychological well-being. To create a connection to nature, approximately 6,000 plants were installed throughout the communal spaces, working areas and open areas,

including a vast green wall on the lobby floor. Floor-to-ceiling windows on all sides of the building bring in vast amounts of natural light, providing expansive views of the river and parklands nearby. We used organic building materials, including reclaimed wood, for the Chevron reception desk and implemented nature-based soundscapes to help mask noise and minimize distractions.

In addition to the emphasis on natural light and connection to nature, ITE has many features and amenities that contribute to health and well-being. Internal staircases encourage movement between floors while the outdoor deck allows people to meet, socialize and relax with colleagues while taking in the amazing views across the quay.

A range of collaboration spaces, meeting rooms and communal areas provides different environments, so people can work in spaces that best suit the tasks at hand. With three energy pods, including the Brody Work Lounges (comfortable, private areas for focused work) and the "no calls or meetings" space in the Dr. Harry Butler Library, workers have options to take some time away to recharge and focus.



1TE takes a biophilic approach to health and well-being



Employees who want to incorporate more activity into their days can take advantage of a fully equipped gym, complete with classes, personal training sessions and end-of-trip facilities for those wanting to refresh after their walk, run or ride into work. It's open 24/7.

We know that a better work-life balance contributes to well-being, so families of all types are supported at 1TE. Family amenities include the ad-hoc crèche, parents' rooms with feeding and change facilities, as well as a school holiday program and before/after school waiting areas in the Drop Zone.

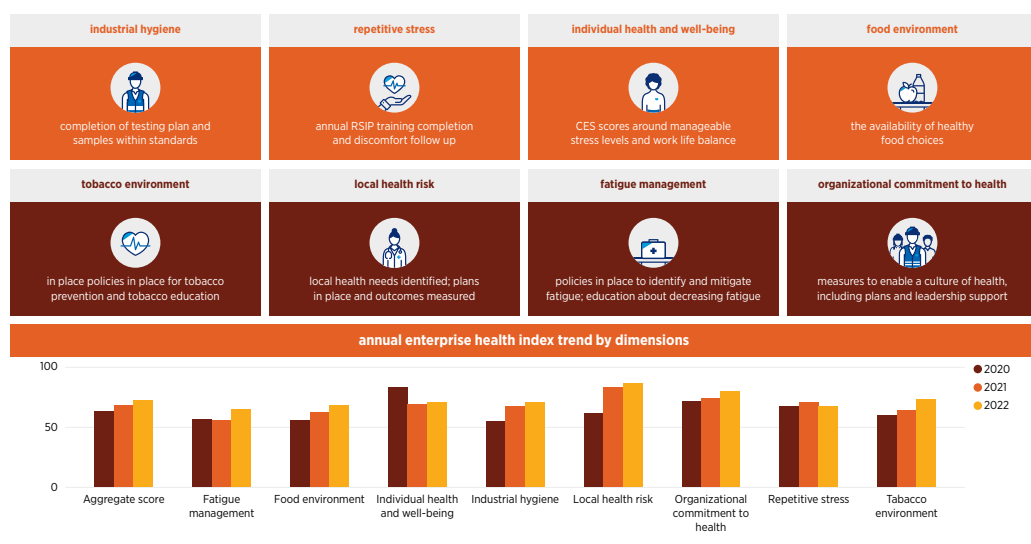
Chevron's headquarters at 1TE is committed to supporting every member of our diverse workforce and visitors, and our amenities bear this out. The multifaith room is a quiet location where people of all beliefs can spend time in contemplation or prayer. All-gender bathrooms are available throughout the building for everyone to use, ensuring people can visit a bathroom that feels most comfortable to them.

International WELL Building Standards have influenced and guided the design of 1TE. This performance-based system for measuring, certifying and monitoring features of built environments has a rating system – we are targeting a platinum rating: the highest rating for how a design impacts health and well-being through air, water, nourishment, light, fitness, comfort and mind.

Chevron Australia's new headquarters is a great example of human-first workplace design. To learn more please visit the [i-way](#).

what is the enterprise health index

and why does it matter?



For the past three years, the [Enterprise Health Index \(EHI\)](#) has been a way to help business units identify how well their organization is supporting workforce health, encouraging healthy behaviors and demonstrating the vital role of health in our workforce engagement, safety and productivity. Data for the index is gathered at the beginning of each year for the year prior.

The information coming out of the index helps us identify opportunities and make improvements in enterprise health. The area with both the greatest opportunity and the greatest improvement (rising nine points in 2022) is fatigue management.

Other dimensions tracked by the EHI tool are industrial hygiene, repetitive stress, individual health and well-being, tobacco, food, environment, and organizational commitment to health. These dimensions connect with work across many enterprise health initiatives. A few of these include evaluating fitness for duty

and exposure to workplace generated contaminants (industrial hygiene), identifying health-sensitive or physically demanding job functions (individual health and well-being), consultations before business travel to understand local health risks and confirm immunizations (local health risk).

The EHI demonstrates Chevron's dedication to organizational health, as evidenced by annual health promotion and leadership involvement. Chevron Health & Medical's Wellness and Productivity Advisors work closely with business units to create plans for improving their groups scores, ultimately driving up the enterprise scores.

As shown on our 2022 operational excellence [dashboard](#), real change is happening. Our numbers are trending in the right direction for the robust culture of health we all want.

supporting our communities

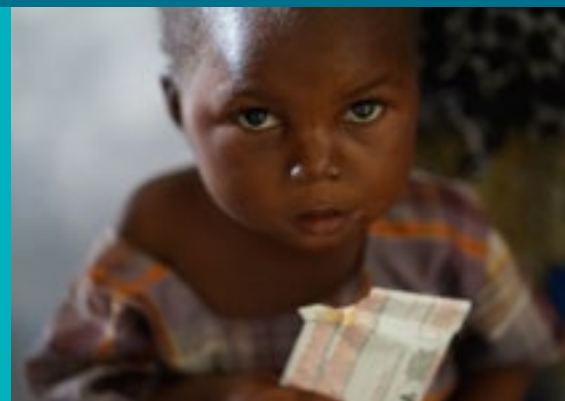
**healthy communities benefit everyone,
we exercise our citizenship by investing
in partnerships that address health and
well-being in communities where
we operate**



partnering to fight malnutrition in children

a 6 to 8 week feeding program
permanently eliminates severe
acute malnutrition (SAM) for

95%
of those treated



Chevron first learned about [Active for Good](#) (AFG) at an “Employer Health Innovation Roundtable” event in 2017. Our team was drawn to the nonprofit’s mission: to inspire people to help malnourished kids by getting active. So we decided to link the program with our annual activity challenge. As Chevron employees tracked health behaviors like steps and sleep, they unlocked life-saving meal packets for kids suffering from Severe Acute Malnutrition (SAM).

generating results with a life-saving impact

Over the seven years of the partnership between AFG and Chevron’s Global Public Health and Wellness and Productivity teams, a total of 350,000 life-saving meal packets were donated – averaging 50,000 packets each year.

Chevron’s annual activity challenge has carried different names over the years: HealthTrails, Worldwide Wellness and Feel Like a Million. Participants have joined from countries around the world: United States, Canada, United Kingdom, Venezuela, Colombia, Argentina, Mexico, El Salvador, Panama, Guatemala, Honduras and the Philippines. With a range of 2,200 to over 4,000 participants per year, the people of Chevron, while working to better their own health, have created a ripple effect by helping over 2,500 children.

The life-saving meal packets, called ready-to-use therapeutic food or RUTF, are provided to children suffering from SAM over a course of six-to-eight weeks. In the developing world, more than 17 million children under the age of 5 suffer from SAM, which is the most dangerous form of malnutrition. SAM causes more than 3.5 million deaths annually. According to AFG, with each year’s program, Chevron’s donation, earned by the participants who diligently tracked their health behaviors, saved between 300 to 400 kids from this fatal condition. Even more powerfully, 95% of those treated will never return to a state of SAM. Over our seven-year partnership, around 2,500 children were saved from severe acute malnutrition.

changing the lives of those who took the challenge

Additionally, the annual activity challenge impacted the health of participants. Self-reported data following each year’s challenge shows participants now have better habits when it comes to nutrition, exercise and sleep. And even more importantly, participants reported having more energy to do the things they want to and a better ability to cope with life’s stressors.

350,000

life-saving meal packets
donated from 2017–2022

2017
South Sudan

2018
Burundi

2020–2021
Nigeria

2019, 2022
Angola



last mile schools in Philippines

volunteering



MSSC chose schools in geographically remote areas, serving communities of indigenous peoples in dire need of learning resources. Where the most help is needed, the biggest impact can be made.



Supporting the community where we live and work is part of The Chevron Way, and it's always been important for the Manila Shared Services Center (MSSC). For the past two years, our main form of support has involved partnering with and volunteering in selected local schools to help address learning gaps resulting from the prolonged COVID-19 pandemic.

MSSC chose schools in geographically remote areas, serving communities of indigenous peoples in dire need of learning resources. Where the most help is needed, the biggest impact can be made.

Our volunteers travel to several of these schools to distribute much-needed school supplies, books, solar lamps and sanitation kits. The volunteers are often met by teachers, students, parents and community leaders who are both extremely grateful and

pleasantly surprised that Chevron supports their schools and communities in such a hands-on way.

Aside from delivering donations, volunteers have story time with primary school students. During this time, they encourage the young students to read books, particularly stories that impart life lessons.

Since 2022, MSSC has reached 12 schools in various provinces in the Philippines and has impacted the lives of thousands of students. Our goal is to continue to volunteer at these schools and use our resources to make a difference in the communities in which we operate. We work to make the world a better place. Our partnerships and investments in the education of our children is one of the ways we can advance progress.



serving charity as one team

“Recently, a friend of mine asked if I would be interested in going on a mission trip to Cambodia. As I am all for helping the less fortunate, I was eager to sign on. A split second later, however, I thanked my friend for the opportunity but politely declined the invitation. I explained that it was not that I was heartless and uncaring, but that I felt I would rather spend my time, energy and resources in helping people closer to home.”

— Vivien Seow, Administrative Assistant, Asia Pacific Regional Medical



In Singapore, charity associations are constantly in need of volunteers or funds. Monetary donations to charities are generous, but also rewarding is the act of physical giving.

Very proudly, the Singapore Health and Medical Team went as one team to take a few beneficiaries from the Cerebral Palsy Association of Singapore (CPAS) to the Sea Aquarium last November. Each person signed up as volunteers on their own accord, so it was a pleasant surprise when they found that they had all volunteered for the same event. Great minds thinking alike? Absolutely, this was a case of one team thinking alike.

Vivien Seow shared the following reflection: “I must admit that I initially had reservations about volunteering, but in retrospect, I am glad that I did. The time spent with these remarkable individuals was extremely rewarding; the excitement and happiness from the CPAS beneficiaries came through their body language and the special sparkle in their eyes. Seeing that was truly heartwarming. This, coupled with the camaraderie amongst volunteers, made the event even more memorable. I am fortunate to belong to a company that is proactive in its social responsibility outreach.”

terminal buenaventura



“An event that fills my heart with joy – which makes my eyes shed tears of happiness by evidencing the value, unity, work in team, love, kindness and mercy when joining a cause without belonging to it.”

— Karla Garcia Mogollon



Like she does on most weekdays, Karla Garcia Mogollon, operations assistant, began her commute to Colombia's Buenaventura Terminal on December 20, 2022. It was an ordinary day, or so she thought, until she arrived at the final leg of her commute and found the pedestrian bridge between the main road and the terminal had been blocked off. As she searched for the cause, she found a woman being lifted onto a stretcher, a small bundle in her arms. It was then that she recognized the familiar faces, her colleagues ushering traffic, working with local paramedics and providing comfort and support to the new mother.

Karla describes the events of that day: “A mother who with difficulty tried to reach the hospital but lacked strength. As she was walking, she screamed in pain. This alerted our colleagues, who promptly took action when they realized that it was a woman giving birth on the pedestrian bridge across from the Terminal. They hurriedly came to provide first aid and by the greatest of luck received a new life in their arms. A little girl had been born, and the miracle of life manifested in all those who came together to help.”



supporting community health

5,000

Angolan health workers have
received specialized training



500,000

newborns in Luanda and
Cabinda have been screened
for sickle cell

Chevron's social investments and partnerships support people and prosperity to strengthen the communities where we operate. Social investments that target HIV/AIDS prevention and sickle cell disease programs in Nigeria (NMA) and Angola (SASBU) have proven to be very impactful.

In 2011, Chevron SASBU, along with the Angola Ministry of Health, Baylor College of Medicine and Texas Children's Hospital formed the Angola Sickle Cell Initiative (ASCI). ASCI provides sickle cell screening, diagnosis and treatment for children with the disease. ACSI has also expanded community mobilization efforts, provisions for research and health professional training. Sickle cell management centers were also established within local hospitals to provide treatment and prevention services for existing sickle cell patients. To date, more than 5,000 Angolan health workers have received specialized training, and nearly 500,000 newborns in Luanda and Cabinda have been screened for sickle cell.

In Nigeria, the NNPC/Chevron Joint Venture has greatly contributed to health access for those in need of a sickle cell cure by presenting the Sickle Cell Foundation Nigeria with a flow cytometer. The flow cytometer is essentially a machine used to detect sickle cells by measuring cell characteristics and identifying the type of cells in a

blood or bone marrow sample. It is a vital tool in the overall process of a stem cell or bone marrow transplant, which is the only cure for sickle cell disease.

Additionally, Chevron supports Prevention of Mother-to-Child Transmission programs in both Angola and Nigeria where Chevron clinicians educate employees about HIV/AIDS testing, treatment, stigma, and comprehensive medical care for employees and their qualified dependents. The program's success lies in the results – there have been zero reports of new infections in the last 15 years.

Watch the short video to hear from Dr. Ana Ruth Luis, Regional Public Health and Special Projects Manager at SASBU, Angola and Dr. Annette Akinsete, National Director & CEO of Sickle Cell Foundation Nigeria on their experiences with managing HIV/AIDS prevention and sickle cell efforts in their regions.





our culture of health

we put people at the
center of everything we do