



your life

# do you have a child with a learning or behavioral challenge?

human energy. yours.™

April 26, 2018

For U.S.-payroll employees eligible for Chevron health and welfare benefits.

**Rethink** is a new service now available to all U.S.-payroll employees eligible for Chevron health and welfare benefits. Parents caring for children with developmental disabilities or learning and behavior challenges can receive free, **live tele-consultations** with behavior experts to answer questions, provide guidance and share resources. Additionally, Rethink provides parents with over 1,500 **easy-to-follow videos** depicting behavior experts and educators teaching children skills such as language, socialization, self-help, academics, vocational, and more. **Printable materials** as well as on-demand **web-based training** complement these tools as parents support their children in reaching their top potential.

## flexibility to address unique needs

There are a variety of ways to use Rethink. Use the service to get started on basic solutions at home while you wait for a diagnosis. You could also use Rethink to support and complement formal treatment – like Applied Behavior Analysis (ABA) therapy. Or perhaps use Rethink to simply support your child in an isolated time of challenge. How you use Rethink's suite of tools and services is up to you. Meet **Jack**, **Maria** and **Shanice** to learn about the unique ways Rethink can support you and your child.



**jack**

Jack is struggling to start and stay focused on homework after school. [Read more.](#)



**maria**

Maria, is diagnosed with Intellectual Disability and her mother, Kristy, isn't sure where to begin. [Read more.](#)



**shanice**

Shanice has recently been diagnosed with Autism Spectrum Disorder (ASD). [Read more.](#)

## learn more, get started



### webinar: getting started with rethink

May 15, 2018

9 a.m. Pacific time (11 a.m. Central time)

Rethink will introduce their services and provide an overview of the tools and resources available to eligible Chevron employees.

- [Register here.](#)
- A recording of this webinar will also be made available on [hr2.chevron.com](http://hr2.chevron.com).



### recording: your applied behavior analysis (ABA) coverage

On March 13, Beacon Health Options discussed the ABA coverage available under the Chevron Mental Health and Substance Abuse Plan, including how to request pre-certification to start receiving benefits. If you missed the live webinar, [a recording is now available online.](#)



### start using rethink services

[chevron.rethinkbenefits.com](http://chevron.rethinkbenefits.com)

Fill out the profile on the home page to get started.

The sign-up code is: **ChevronRethink**

1-800-714-9285

6 a.m. - 2 p.m. Pacific time (8 a.m. – 4 p.m. Central time)

[support@rethinkbenefits.com](mailto:support@rethinkbenefits.com)



### watch a video

In this [two-minute video](#) presented by Rethink, learn about the services and tools available through this new service.\*



### read more

- Learn more about the [Rethink service](#).
- Learn about [ABA treatment](#) under the Chevron Mental Health and Substance Abuse Plan.

**50**  
points

\* Watch the Rethink video above to earn 50 points toward the 2019 Wellness Credit. Next, record completion of this activity by going to the **Rewards** page on the [WebMD Healthy Heart Program website](#). Locate the **Rethink video** activity on the page, click the **I Did This** button, and complete the required fields to receive points for this activity. [Learn more about health rewards.](#)