chevron global health and medical  volume 4  issue 1  summer 2018

health matters

human energy
Health Matters is a publication of Chevron Global Health and Medical.

Do you have a health story? Tell us. You could be featured in an upcoming issue.

Send your story, questions or comments to wellness@chevron.com or visit go.chevron.com/healthmatters.
health matters is about you ...
and how you stay healthy for work, travel and life

When we started producing this issue of Health Matters, we asked you to share stories about your health challenges and successes.
• How do you take control of your health?
• What do you do to stay healthy?
• Have you improved your health or wellbeing with the support of Chevron programs and resources?

We hoped to receive a few personal stories to feature alongside our regular articles, but you gave us inspiration and so much more. Your amazing personal stories, quotes and words of wellness wisdom appear throughout this issue. We hope you enjoy reading them as much as we enjoyed hearing and collecting them. Your stories are a testament to how much health truly matters to all of us.

Be well,
The editorial team
Summer 2018
take control. take care. take five.

The best way to ensure your future health is to take care of yourself, today. Take five minutes to schedule your recommended preventive care. Then, find ways to take five to reduce stress, be active or refuel your body. Take five to stay fit for work, travel and life.

**take 5 to ...**

- **improve your mindset**
  - just five minutes of exercise can reverse your body’s reaction to stress

- **take care of your body**
  - five minutes of bodyweight exercises each day can improve your flexibility and strength - no equipment needed

- **boost your power supply**
  - getting five servings of fruits and vegetables is the best way to fuel your body, get through your shift and have energy left to enjoy life – be sure to add water, too

- **take a picture**
  - send your picture to wellness@chevron.com and you could be featured in a future campaign
global health and medical (GHM) – your strategic partner for the health of the business

celebrate good works with global health and medical

**serving others**

- **29,508** people receiving health care from chevron-supported nigerian river boat clinic
- **18** communities in Nigeria served by chevron-supported river boat clinic
- **1,528** babies delivered by chevron Nigeria clinics 2007–2017

**going for the good during hurricanes and wildfires**

- **50,000** food packets earned and distributed to malnourished children during healthtrails
- **806,518** healthtrails miles earned in the face of hurricane harvey and california wildfires

**keeping travelers healthy**

- **357** international business travel tickets purchased
- **339** clinic travel health consultations
- **42** referrals for travel fitness center consultations

**staying fit**

- **2,933** 2017 U.S. fitness center members
- **34,927** group exercise participants

**committing to excellence**

- **7** health awards received by GHM in 2017

**winner of the**

**allan fels AO mental health in the workplace award**

for the systematic focus on mental health by chevron Australia's individual and organizational human resources

**educating the future**

- **497** new and renewed international REACH scholarship recipients in 2017
- **6** continents
- **24** countries represented by REACH recipients
- **68 of 122** new STEM REACH scholars are women

* Houston Clinic and Fitness Center Joint Pilot Program - Travel Fitness Consultation. January–February 2018

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good health begins with a healthy heart

When you understand how healthy your heart is, you can take actions that can ultimately improve your overall wellness. That’s why Chevron has partnered with WebMD to offer the Healthy Heart Program.

this video has heart

Eager to share their healthy heart stories, several employees of the Canada Business Unit (CBU) created a video to share at an upcoming CBU town hall. After viewing the video, CBUers broke out into applause and started asking each other, “I’m scheduled, are you?”

> watch the video

i’m scheduled

“After attending a Chevron wellbeing event, I made changes to my diet and physical activity. I have lost a total of 36 kg (80 lb) and my health has much improved. I strongly encourage my co-workers and family members to keep active and maintain a healthy lifestyle.”

- Jaz Chana
  Network Engineer

see if there’s a healthy heart program in your region

> healthy heart

kudos for chevron’s healthy heart program

listen >
I just called to say

tell us your healthy heart story

email >
wellness@chevron.com

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taking control – healthy heart

leading with our hearts

Chevron leaders demonstrate their commitment to health.

“I remind my friends and colleagues about the importance of heart health in honor of my mother who passed from a heart attack. And I prioritize my health by being creative in how I exercise and by encouraging others to join me.”

– Glenda Valero de Silano
Human Resources Manager
Americas Manufacturing
San Ramon, California U.S.A.

“Taking care of myself allows me to be successful at work and have the energy to go the extra mile. It also allows me to have the ability to do all the things I love to do outside of work. My mission is to dance at my grandchildren’s weddings and I don’t have any grandchildren, yet.”

– Dave Payne
Vice President
Health Environment and Safety
Houston, Texas U.S.A.

We asked, why do you stay healthy? You said > watch this

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taking control – healthy heart

exercise is an important part of my life ...

and it keeps my entire body healthy

My primary goal is to remain active well into my senior years. Exercise is an important part of my life, and it’s something I hope to do for the rest of my life as a key to enjoying a good quality of life. I follow the simple motto, use it or lose it, and the belief that a lack of exercise accelerates aging.

My goal is to exercise for about an hour a day, six days a week. Although my schedule does not always allow me to achieve this, having this goal encourages me to try to squeeze in a workout whenever possible. I not only look forward to my one-hour workout, but it makes me feel better, reduces my stress levels and helps me sleep better.

advice from the heart

I have some thoughts for people who struggle to incorporate exercise into their busy schedules:

Just show up. The only commitment you need to make is to **dedicate the time for exercise.** Then, give yourself positive reinforcement for doing any form of exercise.

Don’t judge yourself on the intensity of your workout or your progress. If you make exercise a long-term lifestyle, the results will come.

Don’t compare your abilities with other people. This is not a competition. You are doing this for you.

Refrain from pushing yourself too hard. Don’t negate the whole reason you’re exercising in the first place – to stay healthy.

**Mix things up** for a full body workout. Participate in many of the different types of exercise classes offered at your gym. Try new things.

**Never stop learning.**

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SASBU employees pledged to practice wellness for five weeks in 2016 to fight heart disease and to recognize world heart day on September 29.

“Many thanks for promoting this program. We look forward to more programs that will help us promote a healthier way of life.”

- Dario de Brito
IT Business Engagement Manager, Angola

“I've never seen so many people using the stairs instead of the elevators, which consequently has helped us all reduce stress.”

- Camila Lopes Puati
Medical Executive Assistant, Angola

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In 2016, the TTA HES team faced the stress of upcoming organizational changes head on with a challenge to walk the distance from Bakersfield, California, to Disney World in Orlando, Florida.

The ambitious year-long fitness challenge
- Made participants more aware of their daily physical activity
- Provided a needed release from mental stress
- Encouraged healthy competition among TTA HES participants
- Focused on sustainable lifestyle changes
- Included boost challenges that kept interest high
- Led to an all-in-good-fun team vs. team competition with SJVBU HES to put the health back into Health, Environment and Safety

Going forward, TTA HES elevated the competition to include monthly challenges that encouraged healthy eating habits and featured different types of exercise to support simple, lasting lifestyle changes.
Using the slogan, You Are Your Own Health Hero, the Philippine health and medical team, along with two artists, created a role playing game with collectible cards to educate and encourage participation in their 2017 wellness initiatives. The result was Health Heroes, a one-week program focused on nutrition, mental health, family, chronic health conditions and heart health.

Each program day was referred to as an episode. Each episode highlighted a hero of the day and linked to one of the program’s focus areas. Participants could power up and enlist in all the activities or they could pick and choose. The more activities they participated in, the more collectible cards they qualified to receive.

To become a true health hero, participants needed to collect a card from each day. In addition to the regular cards for each episode, participants also had a chance to win limited edition or rare cards with special heroes or wellness items.

Each card displays the full image of the hero, background, power bar and special abilities.

In partnership with Policy, Government and Public Affairs, Chevron committed to donating to the Shelter of Hope for attendance in the learning sessions, workshops and activities. Shelter of Hope or “Silungan ng Pag-as” is a facility that provides a temporary home for children with cancer from far-flung provinces. Each learning session was worth one point, or $1 and the workshops and activities were worth two to three points or $2–$3.

Plans are already underway to bring Health Heroes week back.

<table>
<thead>
<tr>
<th>Episode 1 nutrition</th>
<th>Episode 2 mental resilience</th>
<th>Episode 3 family matters</th>
<th>Episode 4 health conditions</th>
<th>Episode 5 heart health</th>
</tr>
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<tbody>
<tr>
<td>Sigmum</td>
<td>Yogasastra</td>
<td>Jia and Ting</td>
<td>Pakar</td>
<td>Hato</td>
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A hero’s diet is varied, balanced and moderate. Resilience is a hero’s inner strength that helps you bounce back after stressful situations. It is essential to have time for family in order to fulfill your hero duties. A hero is proactive in seeking medical advice to prevent health conditions. A hero is heart-healthy.

Activities:
- Child nutrition lecture
- Diet consultation
- BMI and body fat analysis

Activities:
- Yoga class
- Calligraphy 101
- Relaxation workshops

Activities:
- Infertility and egg freezing lecture
- Mom 101
- Child psychology
- Modern family

Activities:
- Eye health talk
- Voice health talk
- Hearing and balance talk
- Skin care talk
- Merchant hall – visit with merchants and vendors

Activities:
- Cardio forum
- Cardio martial arts class
- Merchant hall – visit with merchants and vendors

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World Diabetes Day, held annually on November 14, raises global awareness and support for diabetes.

On November 12, 2016, 18 employees and family members from Chevron’s Belle Chasse Oak Point plant traveled to New Orleans to participate in the Juvenile Diabetes Research Foundation’s One Walk. They took this picture of themselves forming a blue support circle, an activity encouraged by the World Diabetes Federation.

In memoriam: Pictured in the center of the blue circle is Dale Hinyup, employee of Chevron Oronite since 1989. Dale passed away February 17, 2018.
taking control – promoting a healthy and safe workplace

addressing health risks in the field, in the office and during travel

global health and medical works across locations and business units to protect and support chevron’s most important asset – our people
In partnership with Global Health and Medical, Chevron’s peer health educators (PHEs) positively affect the health and safety of the workforce and the communities they serve through health education, training and knowledge transfer.

In 2016 and 2017, the Nigerian peer health educators shared their experiences and best practices with other peer health educators in Angola. As the health of their local populations change, both groups are moving beyond a communicable disease focus to address noncommunicable diseases, like diabetes, heart disease and cancer. Both groups hope to improve the way they gather metrics and expand training and reporting opportunities.

In addition to the PHEs in Nigeria and Angola, there are PHEs serving in Indonesia and the United Kingdom.

interested in learning more about the PHE program?

Visit the PHE website (intranet)

“Being part of the peer health educator program is to be part of The Chevron Way.”

- Rosa Gomes
Luanda, Angola
Medical fitness for duty is defined as a state of health, strength and endurance that permits an employee to safely perform the physical, physiological and emotional requirements of the job without risk to self, others or the environment.

Did you know that this standard applies to physically strenuous training classes, too?

Physically strenuous training may cause significant physical exertion, physical and/or emotional stress, and the potential for an elevated heart rate. That’s why medical clearance, provided by Global Health and Medical, is required before participating in all physically strenuous training classes.

learn more >
go.chievron.com/am-i-fit
Did you know that mild discomfort is an early indicator that you’re at increased risk of developing a repetitive stress injury (RSI)? You may not be aware that if you work in an office-based job, your risk for an RSI is increased.

Help is available through the Rapid Response program. Rapid Response offers a framework for improving discomfort through equipment modifications, posture improvement, body mechanics, and stretching and exercise programs.

When the signs and symptoms of computer-related discomfort first appear, call Rapid Response.

U.S. employees: 1-866-722-5323
Non U.S.-based employees contact your local regional medical director or safety specialist.

Get the care you need. go.chevron.com/rapidresponse

2017 United States RSI program results

- 19,695 eligible employees
- 2,165 at moderate to high risk for repetitive stress injuries
- 616 enter the rapid response program
- 470 resolve discomfort during preventative phase of rapid response
- 52 unable to resolve discomfort through rapid response program
- 2 total reportable repetitive stress injuries
- 0 days away from work repetitive stress injury
taking control – promoting a healthy and safe workplace

create your own mosquito-bite prevention pack

protect against zika, west nile, chikungunya, dengue, malaria and more ...

clothes
- Use long-sleeved shirts, long pants, shoes and socks to keep mosquitoes from landing and biting
- Consider a hat, cover your neck and avoid sandals

bed nets
- Use bed nets to keep mosquitoes away from you wherever you sleep
- Add a net for your infant carrier if traveling with a baby

permethrin spray
- Repel and kill mosquitoes with permethrin spray before they can bite
- Spray your clothing and gear or purchase clothing with permethrin-treated fabric*

condoms
Use condoms during and after a trip to Zika-endemic areas to keep from transmitting Zika through sexual activity, women for eight weeks, men for six months.

If you’re traveling on business to a Zika-endemic area and planning a pregnancy or are pregnant, consult with your local Chevron medical clinic. Visit go.chvron.com/clinics

insect repellent
- Use an effective EPA-registered insect repellent
- Don’t spray repellent under your clothing
- Apply sunscreen first, insect repellent second

get the buzz
- Download this bite-prevention brochure
- Take the preventing mosquito-borne illness training (COURSE 1216003)
- Listen to a malaria podcast
- Get your malaria hotline wallet card
- Consult your local travel clinic

* Permethrin reduces the flame-retardant properties of some fabrics. Consult your local travel clinic before spraying permethrin or other insect repellent on flame-retardant materials.

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taking control – healthy communities

“we believe health is key to unlocking potential in our communities”

- Huma Abbasi
General Manager
Global Health and Medical
In many communities where Chevron operates, access to medical care within the communities is limited. To provide preventive, primary and urgent care, Global Health and Medical (GHM) works closely with Policy, Government and Public Affairs (PGPA) to bridge the gap.

In Nigeria, the River Boat Clinics (RBCs) are an example of one such successful initiative. Chevron provides the vessels and supplies, ranging from prescription medications, mosquito netting and condoms to essential vaccinations. The Delta State Government (DTSG) provides health practitioners. The clinics have received recognition and awards from industry and governmental organizations for their transformational impact since the first RBC launched in 2001.

The second RBC launched in 2003; and, at their height, the clinics served 33 communities along the Escravos and Benin Rivers. In 2016, the RBCs recorded 29,508 direct beneficiaries and 20,300 indirect beneficiaries.

The RBCs have endured a range of obstacles, including the two-year cessation of one clinic in 2003 during a period of ethnic violence. Despite this setback, Chevron has continued to support access to health care. In addition to the RBCs, Chevron is working to rebuild some of the country’s cottage hospitals that were destroyed during the violence in 2003.

Together, Chevron and the DTSG help educate the surrounding community regarding the prevention of mosquito-borne illnesses and HIV/AIDS; provide deworming medications for school children and immunizations to children under five; treat minor ailments; and perform minor surgical procedures.

The preventive health education initiated by the medical crew has significantly contributed to the reduction of medical cases with no recorded case of infant and maternal mortality in the RBCs coverage communities. The longevity of these programs and the expansion of maternal and child health services demonstrate the company’s long-haul commitment to healthy communities. Sixteen years after the launch of the first RBC, the clinics continue to expand their capabilities.

RBC snapshot

| 2 boats | 29,508 people treated annually |
| 16 years | 10 medical staff on each boat |

The map shows the locations of the River Boat Clinics. The map includes the following cities: Benin City, Enugu, Onitsha, Mberubu, Abakaliki, Aba, Umuahia, Calabar, Opobo, Port Harcourt, Benin River, Escravos River, Warri, Niger Delta, Cameroon, Benin River, Cross River, and more.

awards

Health Sector Award
2012 Sustainability, Enterprise, and Responsibility Report and Awards (SERAS)

Corporate Responsibility Award
2011 Annual Nigeria Oil and Gas Conference and Exhibition (NOG)

Corporate Excellence
2003 U.S. Secretary of State
A severely underweight newborn girl, born three months early, was the first patient to arrive at the Chevron medical clinic in Warri, Nigeria, in 1998. The hospital had just set up resources for neonatal patients, and the staff was determined that their tiny new patient would survive and thrive.

Today, Blossom Atotuhmah, is a healthy 20-year-old living in Canada. She and her mother believe their story might be very different if not for the resources and care provided by Chevron and the Warri clinic’s employees.

Blossom was the first patient and the first baby delivered in the Warri clinic in Warri, Nigeria.
In 2013, after a brief work attachment in the United Kingdom, a Chevron Nigeria Limited (CNL) chief nursing officer conceived of the CNL Nurses Competency Framework. The framework defines the knowledge and skills needed by CNL nurses to function at specified levels and uses multimodal learning – instructor-led training, job assessments, and review of nursing care plans, nursing notes and observations – to improve nursing care. It incorporates professional regulatory requirements with elements of lifelong learning from the Nursing and Midwifery Council of Nigeria.

The program launched in 2014 and continues to have a positive effect.

“Good Morning Ma, I was at the Lekki clinic recently. All the nurses I saw introduced themselves FIRST before starting a discussion. That feels cool and good. Very professional and calming. Please keep it up. Thanks, Yomi”

NMA nursing leadership created an e-learning initiative that keeps nursing staff up-to-date on trends in nursing care. The program’s online modules focus on emerging medical conditions and other topics vital to patient care and treatment outcomes.

The e-learning initiative provides a mobile learning environment that engages the nurses and inspires a continuous, self-paced learning culture. The program has been enthusiastically embraced by the nurses since it was created in 2015. With excellent uptake and positive feedback, the program will continue and grow with added modules and topic areas.

In some facilities where Chevron operates, it’s difficult or impossible for an ambulance to reach the scene of a medical emergency. The further out the operation, the more self-sustaining it needs to be.

To make sure help is available during a medical emergency, NMA and other Chevron business units use non-medical employees – platform operators, supply chain managers, warehouse workers and others – as emergency medical responders. These employees are trained with the skills necessary to sustain life, reduce pain and minimize injury until higher-level help arrives.

In NMA, emergency medical responders have current certifications and sustain their skills through monthly in-house training and drills. There are more than 450 first responders across NMA. They are vital links in the emergency response chain.
As a part of Chevron’s commitment to sustaining a mentally healthy workplace, ABU participated in R U OK? Day on September 14, 2017. The event was sponsored by Peter Fairclough, ABU PGPA General Manager, and hosted by Julian Pace, “R U OK?” Ambassador and Founder of the Happiness Co.

R U OK? is a suicide prevention charity that aims to start life-changing conversations and envisions a world where everyone is connected and protected from suicide. R U OK?’s mission is to inspire and empower everyone to meaningfully connect with those around them and support anyone struggling with life.

During their R U OK? Day, ABU participants learned that you don’t need to be an expert to help someone dealing with difficult emotions, you just need to be willing to listen.

Start a connection with R U OK?
• View a short movie about R U OK? and suicide prevention
• Download the conversation or practical guide
• Watch the animation

Visit us at ruok.org.au
The nearest village to TCO operations is a 1.5-hour drive on roads that can be impassable during the winter. Temperatures are extreme – reaching −40°C (−4°F) in winter and up to 50°C (122°F) in summer. The oil from Tengiz field comes out of the ground very hot, at high pressure and with a large amount of H₂S gas. The gas is an environmental risk factor to the health of the TCO workforce. To limit exposure to the gas, workforce accommodations are located 30 km (18.6 miles) from industrial activity. There were no H₂S gas exposures requiring medical attention in 2016.

Even though the Tengiz workforce is unusually tough from living and working in a harsh and remote environment, celebrating 60 million man hours without a day-away-from-work injury is an amazing accomplishment. It’s a prime example of the Chevron workforce succeeding where others fear to tread.

TCO celebrates a record
60 million man hours
without a
day-away-from-work injury
January 2017
taking control – psychological wellbeing

feel like there’s not enough time in the day?

As a Chevron employee, you and your immediate family have access to Chevron’s EAP worklife services. Whether your challenges are family, personal or work-related, there’s confidential, no-cost help available. Get connected and see how a little expert help can make everyday life feel better.

who needs EAP and worklife services?

- an employee still feeling emotionally affected by hurricane harvey
- a leader unable to find the right caregiver for his elderly father
- a mother afraid to acknowledge post-partum depression
- an employee who thinks drug or alcohol problems are affecting a colleague
- a supervisor struggling with upcoming organizational changes
- an employee feeling fatigued from the demands of working and caring for a terminally ill spouse
- an employee’s child who feels anxious and depressed and can’t say why
- an employee struggling with balancing both work and life and setting boundaries

“I encourage you to use the resources available and to contact employee assistance and worklife services for emotional and wellbeing support.”

- Huma Abbasi
  General Manager
  Global Health and Medical

did you know?

EAP WorkLife advisors provide onsite counseling after emergency situations, serious injuries or fatalities.

chevron contractors

Ask if your employer makes an EAP available to you. EAP services can help make life better.

EAP worklife services

- CTN 842 3333
- +1 925 842 3333
- +1 800 860 8205

email > EAPWLSV@chevron.com
visit > go.chevron.com/EAP_WLS

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taking control – healthy happenings

chevron employees make health happen

safeguarding and protecting the health of the workforce and the health of the business
Sudden cardiac arrest (SCA) is a condition in which the heart suddenly stops beating. A person having an SCA needs to be treated with a device that shocks the heart, a defibrillator, right away.

For every minute of a sudden cardiac arrest, the chance of survival is reduced by 10 percent. What happens if there’s no trained personnel to help?

In South Korea, Global Health and Medical works to increase the odds of survival for SCA by conducting onsite AED training on a voluntary and regular basis.

**AEDs**
- Are small, portable and lightweight
- Use automated voice instructions to guide use, including when and if a shock should be delivered
- Do not require training
- Save lives

Many Chevron worksites are equipped with AEDs. Be prepared. **Find yours.** Attend a local training session if available. If someone is having an SCA and no trained personnel is available, grab the nearest AED, activate it and follow the instructions.

“For sure, most people in an emergency would panic and not know what to do other than to call an ambulance. This training was useful for understanding how to use AEDs and the importance of using them as soon as possible, rather than waiting for the EMT to arrive. It was quite simple – just follow the built-in audio instructions.”

- David Merritt
  AED Trainee
  Fabrication Procurement and Materials Lead

Christina Park, South Korea Global Health and Medical, instructs an AED class.
Bangladesh is a remote work location with limited knowledge of fitness for duty (FFD) among contractor companies and few trained occupational health professionals. Challenges can arise if someone needs medical attention during work.

To close the gap, the entire HM team has received FFD and functional capacity evaluation (FCE) training. These actions are increasing workforce safety and wellness in Bangladesh by:

- Ensuring quality physical exams and prompt service delivery.
- Optimizing and increasing the capabilities of in-house staff.
- Creating the opportunity to lower costs.
- Detecting health risks early.
- Identifying the physical, psychological and cognitive requirements associated with job functions and work environment.

The increased capabilities mean employees in Bangladesh have more people looking out for their health and wellbeing. And that’s consistent with The Chevron Way.
leading the global fight against HIV/AIDS

for more than 30 years, Chevron has been a leader in the fight against HIV/AIDS and continues to engage communities around the world in HIV/AIDS education, prevention and management

our recent accomplishments

Africa
Partnered with Pact to reduce the number of HIV infections and increase economic resources in Nigeria.

United States
Launched a mobile HIV testing unit in partnership with the California Prevention and Education Project. The unit tests and counsels people who may not otherwise have access to services.

you can help fight HIV/AIDS

• Increase your awareness by taking Chevron’s HIV/AIDS training.
• Know your status. Use voluntary confidential counseling and testing services. Information is available through your local Human Resources business partner and Global Health and Medical staff.
• Share this article on social media and with your friends and family.
• Use this file to save the date for December 1, 2018, and plan to observe World AIDS Day.

Chevron received the prestigious 2017 San Francisco AIDS Foundation Corporate Pillar Award for HIV/AIDS work.

Huma Abbasi (center), general manager of Global Health and Medical, accepts the SFAF Corporate Pillar Award on behalf of Chevron.
taking control – responding to emergencies

what’s the recipe for an effective hurricane response?

many cooks and a variety of spices
Ask Stephen Frangos, Regional Medical Manager – Americas for Global Health and Medical, what it takes to mount an effective disaster response and he’ll tell you, “It takes many cooks contributing a variety of spices to the recipe.” In other words, success depends on cognitive diversity and cooperation across Chevron and the community where the response occurs.

what can you tell us about the role GHM plays for the business?

GHM is an integrated work team providing cross-functional expertise as the strategic partner for the health of the business. GHM is like an orchestra with many instruments making the music. Occupational Health serves to make sure that the workforce is healthy and safe to work and that the workplace doesn’t adversely affect the health of the workers. Our Center of Excellence establishes standards and protocols. Health and Productivity works to improve the health and wellness of our workforce and our wellness and safety of our business and our workforce. And, we absolutely play a role in emergency or crisis response.

what is the role of GHM during a crisis?

Our response is integrated with Chevron’s crisis management and emergency preparedness and response efforts. The Houston Regional Crisis Management Committee (HRCMC) was activated for Harvey. There are regional and BU-specific crisis management committees that have Global Health and Medical staff integrated and working alongside the businesses. Regional Crisis Management Committees (CMC) provide leadership and coordination in managing significant events such as hurricanes, earthquakes, H1N1 Pandemic Influenza (2009) and Ebola (2014) affecting the company’s management, business operations and the workforce. Processes and procedures are outlined in a Core Plan that has four specific objectives:

- Describe the organizations covered
- Describe the recommended procedures to be used during a crisis
- Define the roles and responsibilities of the respective CMC members
- Provide CMC members with the tools needed during a crisis

And, we look beyond the response needed for the current threat to how GHM can develop broader plans.

what role did GHM play during Harvey?

Hurricane Harvey made initial U.S. landfall on August 26, 2017. In total, more than 50 inches of rain fell over a four-day period resulting in widespread flooding and damage to personal property and business operations across the Greater Houston area. Houston office closures lasted five working days, and the storm impacted most of the company’s 8,000 plus Houston workforce. GHM occupational health and wellness programs were an integral part of the Hurricane Harvey preparedness and response.

I represent GHM as the Health and Medical Advisor (HMA) for the HRCMC serving as principal health and medical advisor to the Crisis Manager and identifying needs for Employee Assistance program, additional company Health and Medical support staff, and external medical assistance, as necessary. The HRCMC has many cooks that bring different spices or talents to the response operation. The committee has a crisis manager and various advisors, including as many as 20 advisors from many disciplines including: facilities, CBRES, HES, PGPA, security, logistics and IT.

GHM helps ensure that Chevron is ready to defend against whatever crisis may be heading our way.

> there’s more to this story at go.chevron.com/GHM-Harvey

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a big storm requires a big response

In the face of a foe the size of Hurricane Harvey, how do you respond to safeguard and restore the people and operations of a company the size of Chevron? Small steps, giant leaps, many hands and lots of cooperation across disciplines ...

Make an assessment
• The crisis management screening committee assesses the Harvey situation.
• Harvey is officially recognized as a crisis.

Activate the resources
• The full crisis management committee is activated by the screening committee.
• GHM personnel and resources are activated alongside many other departments and disciplines.
• Human resources (HR) joins efforts and works their own response plan while participating in the management committee response.
• The Chevron emergency employee lines (CEEL) are activated, enabling HR and the committee to monitor and respond to more than 7,000 area employees at the individual level.

Communicate with public officials, response groups and the workforce
• PGPA creates communication for the workforce.
• Facilities and GHM speak to Houston and Harris County health departments and civil response authorities, including U.S. Coast Guard.
• EAP is activated, participates with HR to hear specific requests for medical and EAP assistance from affected business units.
• HR posts hurricane response information on HR2 outside the intranet so employees can reach needed resources. GHM and EAP also provide information.

Report and recover
• Individual business units report their operational needs and the recovery phase begins.
• The Houston crisis management committee stands down, and individual business units activate their continuity plans and local crisis management teams.

Review response, share knowledge and implement best practices
• Recovery continues, crisis management protocols, continuity and recovery plans are reviewed.
• Chevron GHM cosponsors the Houston Health Forum with The University of Texas School of Public Health to review hurricane response with the Houston Health department, BP and Exxon Mobil.
When most of us think about emergency evacuations, our thoughts invariably go to natural disasters and accidents, like Hurricane Harvey. So, it’s a bit of a surprise to learn that from 2010 through 2015, 39 percent of offshore emergency evacuations in Angola were for cardiovascular or diabetes-related, nonwork emergencies. That’s more than one in three emergency evacuations.

Companywide, evacuations for nonwork-related reasons represent an opportunity for preventive health interventions and possible cost savings. In addition to the obvious cost savings that may be achieved by avoiding medical evacuations, workplace health and wellness can also improve employee health and lead to additional cost savings.

Angola evacuations at-a-glance

- **112** total emergency evacuations
- **24** work-related evacuations
- **44** nonwork cardiovascular or diabetes
- **44** nonwork all other causes
- **1¾ hours** average helicopter mobilization and flight time for one emergency evacuation
- **$5,000** average cost per hour
- **$8,750** average cost per evacuation
- **$385,000* total cost for nonwork-, cardiovascular- or diabetes-related evacuations

When most of us think about emergency evacuations, our thoughts invariably go to natural disasters and accidents, like Hurricane Harvey. So, it’s a bit of a surprise to learn that from 2010 through 2015, 39 percent of offshore emergency evacuations in Angola were for cardiovascular or diabetes-related, nonwork emergencies. That’s more than one in three emergency evacuations.

Companywide, evacuations for nonwork-related reasons represent an opportunity for preventive health interventions and possible cost savings. In addition to the obvious cost savings that may be achieved by avoiding medical evacuations, workplace health and wellness can also improve employee health and lead to additional cost savings.

GHM has resources to help you stay fit for work, fit for travel and fit for life. Learn more. 
email > wellness@chevron.com or visit > hr2.chevron.com/wellness

Healthier employees are safer, more likely to stay in their jobs, less likely to be absent and have lower health care costs.

* Number does not include cost of care, lost productivity and job replacement

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The man in the picture is exhibiting several ergonomic behaviors that could lead to discomfort if he doesn’t correct them. How many can you list?

Answers:
1. Man is perched forward in chair with no support to back; 2. Shoulders are rounded; 3. Forward head posture; 4. Desk is too high; possibly creating pressure points on forearm; 5. Shoulders, elbows, and wrists do not create a 90 degree angle; 6. Armrests are too high; 7. Monitor is too low; lying parallel to horizontal plane; 8. Chair placement is too far from desk causing reach; 9. Seat pan is too low, feet cannot reach floor; 10. Feet are placed forward in chair with no support to back;
I’ve been asked to share a few thoughts about balancing health and work. Here are a few things that work for me.

**put family first**

Even when we are on opposite sides of the globe, my wife Georgeann and I talk every day. I also correspond with my kids every day via text and send them a photograph from our history every night before I go to sleep. And, while I believe my family values these things, to be clear, I do them for me to feel close to them. My father reminds me that it’s important to tell those we love how we feel about them early and often, because you never know when it will be too late.

**stay fit**

I’ve learned that 20–30 minutes of aerobic exercise six days a week keeps me feeling healthy and allows me to keep doing the physical things I enjoy. I swim 1,500 yards in the evening on my way home from the office (when my schedule allows) and every Saturday and Sunday morning. If I can’t swim, I substitute 30 minutes on the elliptical at home. I try to watch what I eat. I take my lunch to work, in part because I often only have 10 minutes for lunch, but also to help control my diet.

**work hard, play hard**

In my job, there is never a convenient time for vacation. I’ve learned that a vacation with email and conference calls is much better than no vacation at all. I love to dive, ski and sail, and I’m on a mission to keep doing all three until I’m 80. Right now, diving dominates, as Indonesia is the best place on the planet for it. During my time in San Ramon, I spent more time sailing and skiing. In Nigeria, it was water skiing. The point is, find something you are passionate about and embrace it.

Chuck Taylor
IBU Managing Director
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