



your health

your health rewards start here

human energy. yours.™

January 11, 2018

U.S.-payroll employees who are eligible for Chevron health benefits

**“with the healthy heart program,
i’m taking control and improving my health
habits as I earn points toward health rewards”**

Earn points in 2018 to qualify for reduced medical premiums in 2019.

It’s time to explore [health rewards](#) and new qualifying activities for 2018.** This year, [wellness activities](#) span the full spectrum of well-being. You’ll earn points when you complete a combination of physical, emotional, social, financial and general health awareness activities. Accumulate **1,000** points by **October 26, 2018**, to qualify for the [2019 Wellness Credit](#). The 2019 Wellness Credit is a premium reduction of up to \$750 annually on qualifying Chevron-sponsored medical coverage premiums from January 1, 2019 through December 31, 2019.



simple
take the voluntary health questionnaire (HQ)*

The best way to start is to take the [voluntary health questionnaire](#).* Take the HQ and in minutes receive a personalized wellness score with a plan of action to improve your health habits.

- Complete the HQ early, by **June 30, 2018**, for **50 points**.
- If you have an **improved score** over previous years, get an added **50 points**.



good

help protect the health of someone in need

Complete the [voluntary HQ](#) and your action to take control of your health will potentially benefit the health of someone in need. For each of the first **2,500** health questionnaires completed by **March 31, 2018**, Chevron will donate a health screening to a community-based organization that provides them.



better

explore more activities to help you take control of your health

Go one better for your health. Explore more ways to improve your health habits in 2018 *and* earn points toward a reduced medical premium in 2019 by reviewing the full [health rewards](#) program details online.

* The health questionnaire is completely voluntary. Only you, WebMD, Chevron health care plans, and certain third party health care plan vendors will have access to your individual health questionnaire results.

** U.S.-payroll employees who are eligible for Chevron's health plans can qualify for health rewards. In addition, you must still be an eligible employee and enrolled in a Chevron-sponsored medical plan on January 1, 2019, to receive the health reward. Go to hr2.chevron.com/wellness for details about health rewards including eligibility rules and a list of qualifying activities.