



your health

simple. good. better.

i'm taking control

human energy. yours.™

earn points toward health rewards*

Simple. Take the voluntary health questionnaire (HQ).**

Take the HQ and in minutes receive a personalized wellness score with a plan of action to improve your health.

- Complete the HQ early, by June 30, 2018, for 50 points towards health rewards.
- Get an improved score over previous years for 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. Schedule preventive care.

Go one better for your health. Get your recommended preventive care, then log your visit and any health numbers in your Healthy Heart program account. Accurately knowing your numbers and getting your preventive care helps you protect your health for today and tomorrow. These actions can also help you earn up to 250 points toward health rewards.

- 50 points for preventive care
- 100 points for blood pressure in range
- 100 for total cholesterol level in range



explore new qualifying wellness activities

For 2018, qualifying wellness activities span the full spectrum of total well-being. You'll earn points when you complete a **combination of qualifying physical, emotional, social, financial and general health awareness activities**. Accumulate 1,000 points by October 26, 2018, to qualify for health rewards. In 2018, health rewards are a premium reduction of up to \$750 annually on qualifying Chevron-sponsored medical coverage premiums from January 1, 2019, through December 31, 2019.



learn about qualifying activities and the 2018 health rewards program



* 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.