



your health

# get your dental cleaning today, save money tomorrow

human energy. yours.™

We know dental exams — like many other preventive care exams — aren't exactly fun. But there's a reason they are covered by your plan: they are important to good health *and* they can save lives.

**If you're enrolled in the Chevron Dental PPO Plan or the Chevron Dental HMO Plan, you're encouraged to take steps to protect your health and receive at least one preventive dental cleaning\* between January 1 and December 31, 2018. If you do not receive a preventive dental cleaning in 2018, you will pay \$120 more for your annual Chevron dental plan premium in 2019.** It's still your choice to receive a cleaning or not, but if you choose to, you'll save money in 2019 and you'll be doing something good for your health. Go to the [Dental PPO](#) or [Dental HMO](#) page online for more detailed information about the **2019 Dental Surcharge**, including the dental cleaning procedure codes that will satisfy the cleaning requirement to avoid the dental surcharge.

The Dental PPO and Dental HMO Plans already cover at least **two preventive** dental cleanings per year. Covered preventive dental services are 100 percent paid by your plan, with no deductible or copayment when you use a [network provider](#).

*\* For participants with dentures, receive at least one oral exam in lieu of a cleaning.*



## Earn points toward health rewards

**By scheduling and completing a preventive care visit – including a dental cleaning – you can earn points 50 points towards the health reward for 2019.\***

The current health rewards period started January 1, 2018. To participate, you must be an [eligible employee](#) and complete all requirements by October 26, 2018. Each time you complete and log one of the qualifying activities [listed online](#) – such as getting a dental cleaning – you'll earn points. Accumulate 1,000 points by October 26, 2018 to qualify for a [Wellness Credit](#). The 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. Go to the [health rewards page](#), **Physical Health** category and read the **Get a Preventive Exam** activity for more information.

## your teeth are connected to your ... heart?

Many people aren't aware of the connection between good **oral health** and serious health conditions like cancer, heart disease, diabetes or stroke. Studies show that people with serious gum disease – or periodontitis – were 40 percent more likely to have a chronic condition such as diabetes or stroke. Inflammation from periodontitis can contribute to problems in the rest of the body. It's possible to have gum disease and have no warning signs. That is one reason why simple regular dental checkups and periodontal examinations are very important.

\* 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](http://hr2.chevron.com/wellness) for details about health rewards including eligibility rules and a list of qualifying activities.