



your health

# the healthtrails activity challenge starts in august

human energy. yours.™

Mark your calendars. It's almost time for the HealthTrails activity challenge – your chance to do something good for your health while also doing something good for others. For every 20 miles you earn, a lifesaving food packet will be donated to help save children suffering from severe acute malnutrition.

Registration begins Monday, August 6 at [chevron.healthtrails.com](http://chevron.healthtrails.com).



## earn miles daily by

- Walking at least **7,000** steps
- Sleeping at least **seven** hours
- Consuming **five** servings of produce
- Answering the **daily tip test** correctly

You can earn **100 points toward Health Rewards\*** by logging your activities for 24 of the 42 days during the challenge (logging closes on October 3, 2018) and **taking the evaluation by October 12, 2018**.



## important dates

- **Registration:** August 6 - 31
- **Program start:** August 22
- **Program end:** October 2
- **Logging closes:** October 3

## who can participate

HealthTrails is open to all U.S. and Canada based employees. You can participate individually or with a team of four to six people. U.S. and Canada based contractors can gain access to the program by emailing [chevron@hesonline.com](mailto:chevron@hesonline.com) and paying a \$15 fee when registering.

## get inspired and go social

Watch the [HealthTrails video](#) for inspiration and use **#HealthTrailsforgood** on your personal social media accounts to share your successes. And don't forget use the Trail Talk feature in the **HealthTrails** website to encourage others.

Have you participated in HealthTrails before and have a story to tell? Did your team have fun last year? Did you come up with some unique ways to earn miles? Let us know. Email [wellness@chevron.com](mailto:wellness@chevron.com).

## healthtrails for good

Chevron has partnered with [Active For Good](#), a non-profit organization, to send lifesaving meal packets to children suffering from severe acute malnourishment.

To see Chevron's collective progress toward donating meal packets, visit [healthtrailsforgood.com](http://healthtrailsforgood.com). Donations are capped at the million-mile mark – that means that up to 50,000 meal packets could be donated to children in need.

How many miles can you earn for the good of others? Register starting Monday, August 6 at [chevron.healthtrails.com](http://chevron.healthtrails.com).

\*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.