



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.



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 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.

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. 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.

*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.