



# Time to Check Up on Your Points for Health Rewards

## Your Health.

You may have already taken the [voluntary health questionnaire](#) and started earning points for health rewards. If so, it's time to finish off your remaining points and earn your health rewards. If you haven't, you still have time, but you need to act quickly. **Time runs out on October 28, 2016.**

## Here's what you need to know.

The health questionnaire is voluntary, but you automatically receive points toward health rewards\* when you complete it. In 2016, the health reward is a \$250 [Wellness Credit](#) added to your [Health Care Spending Account](#) on January 1, 2017.\*\*

50

Earn **50** points if you took the voluntary health questionnaire in 2015 and you take it again in 2016.

25

Earn **25** points when you take the voluntary health questionnaire for the first time.

Then, keep earning points until you have a total of 250. **You must accumulate 250 points by October 28, 2016**, to qualify for health rewards. There are many ways to earn. Here are a few of them:

### Earn Up to a Point a Day: Use a Health Tracker.

Use the results of your health questionnaire to choose a tracker that's right for you. Then, follow your progress practicing healthy behaviors as you enter your numbers for your weight, food choices or exercise – for one point per day. And remember, the total number of points you can earn goes down as time goes by, so it pays to start now.

### Earn up to 120 Points: Set Goals with My Health Assistant.

When you create and track goals with My Health Assistant, you will earn 30 points per goal, up to 120 points. Start by creating personalized weekly plans and customizing them by liking or disliking activities from a broad range of choices. You can even set up text messaging alerts as reminders. Try setting goals to stress less, eat better, exercise or feel happier and watch your points add up.

### Get 25 Points: Participate in a Local Health Event or Program.

Participate in a local health event or program to earn points. For example, you could participate in an onsite health screening, clinic, health fair or Chevron Fitness Center challenge (where available).

### Pick Up 50 Points: Participate in the HealthTrails Activity Challenge.

Participate in [HealthTrails](#) by registering between August 1 and September 1 and participating from August 19 to September 29. Meet the program goals and earn 50 points.

Choose health, starting today. 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](#). Then visit the WebMD [Healthy Heart Program](#) website to track your points and activities.

\*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 on January 1, 2017, to receive the health rewards. 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. 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.

\*\*If you enroll in the High Deductible Health Plan (HDHP) and you meet the requirements to qualify for health rewards, your Wellness Credit will be deposited into a Limited Purpose Health Care Spending Account (LHCSA) on January 1, 2017, as long as you're still eligible. The LHCSA may only be used to pay for eligible dental and vision expenses you incur between January 1 and December 31, 2017.