



your health

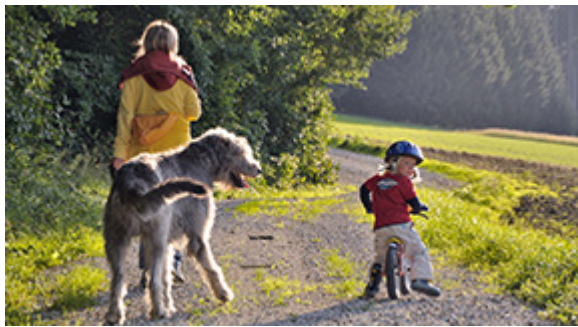
good for you, good for others

healthtrails 2017

human energy. yours.™

The HealthTrails activity challenge is back and even better. This year, when you participate, every 20 miles earned will be turned into a life-saving food packet and donated to children suffering from severe acute malnutrition.

There's still time to register to participate. 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



important dates

- **Registration** August 8 - September 1
- **Program start** August 22
- **Program end** October 2
- **Logging closes** October 3



health rewards for healthtrails

You can earn **250 points toward health rewards*** by logging your activities for 24 of the 42 days during the challenge (logging closes on October 3, 2017) and taking the evaluation by October 13, 2017. [Learn more about health rewards.](#)

get inspired and go social

Watch the [video for inspiration](#) and use **#HealthTrailsforgood** on your personal social media accounts to share your successes with others

who can participate

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



healthtrails for good

During HealthTrails, you'll be able to view Chevron's collective progress toward meal packet donations by visiting healthtrailsforgood.com. Up to 50,000 meal packets could be donated to children in need. How many miles will you earn for the good of others?

* Health rewards are only available to U.S.-payroll employees who are eligible for Chevron's health plans. In addition, you must still be an eligible employee and enrolled in a Chevron-sponsored medical plan on January 1, 2018, 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.