



# I'm scheduled. Are You?

## Schedule your preventive care for this year.

### Your Health.

Preventive care is an investment in your health. When you spot a disease or illness early through preventive care, the outcomes may be improved and the cost for treatment may be reduced. And in some situations, early detection and lifestyle changes can prevent the disease entirely.



### Earn points toward health rewards

By scheduling and completing a preventive care visit - dental cleaning, eye exam, physical exam, immunizations or recommended screenings based on your age and gender – you can earn points towards the health reward.\* Go to the [Health Rewards page](#) and look under **Participate in Healthy Events** and **Know Your Numbers** for opportunities to earn from **150** to up to **750** points when you get your preventive care and track your numbers online.

### Your benefits have you covered.

Your Chevron medical, dental and vision plans cover a variety of important preventive screenings and services. All plans include **100 percent coverage** with no copayment, coinsurance or deductible for certain preventive care services, as specified by the Affordable Care Act, when you see a **network provider**. [Learn more about preventive care benefits.](#)

- [Online network provider search tools](#)
- Anthem (Medical PPO, HDHP and HDHP Basic) 1-844-627-1632
- Dental PPO 1-800-228-0513 (415-972-8300 outside the U.S.)
- Dental HMO 1-800-422-4234
- VSP 1-800-877-7195 (916-851-5000 outside the U.S.)
- Cigna (Global Choice Plan) 1-800-828-5822 (U.S. and Canada) or call collect 1-302-797-3871

### Get your dental preventive care, save money on your dental premium

We know dental exams — like many other preventive care exams — are not exactly fun. But there's a reason they are covered by your plan: they are important to good health. Your Chevron dental plans already cover at least two preventive dental cleanings per year, and that will continue in 2017. If you are 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, 2017. If you do not participate in this preventive care measure in 2017, you will pay \$120 more for your annual dental plan premium in 2018. It's still your choice to receive a cleaning or not, but if you choose to participate, you'll save money in 2018, you can earn points toward health rewards, and you'll be doing something good for your health.

\* 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, 2018, 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.

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