



# There's Safety in Numbers. Know Yours. Your Health.

It's a new year and time to consider scheduling preventive care and getting to know your numbers – blood pressure, blood sugar, cholesterol, triglycerides, waist circumference and body mass index (BMI). Chevron provides several options for you to get to know your numbers. Here are some ideas:

- **Use your medical plan preventive care benefit.** Your health plans cover a variety of important preventive screenings and services. All plans include 100 percent coverage with no deductible for certain [preventive care services](#) as specified by the Affordable Care Act when you see a network provider. (For the Medical PPO, HDHP and Global Choice Plans coverage includes 100 percent of allowable charges for an out-of-network provider.) In general, preventive care visits usually include a blood test to screen your cholesterol and glucose levels. These visits usually include blood pressure monitoring as well.
- **Visit a Chevron health clinic, health station, or fitness center.** If your Chevron worksite has a health clinic, a [health station](#), or a fitness center, you can visit them to get a blood pressure reading and body weight measurements. These locations can provide blood pressure readings, body weight and BMI only; they cannot provide blood tests or other screenings.
- **Attend an onsite screening.** Some Chevron locations, but not all, sponsor screening events that provide you with the opportunity to get screened on-site. Screenings in some locations start soon so [get the schedule and register](#).
- **Taking the health questionnaire?** When you take the voluntary [health questionnaire](#) in 2016, you'll be asked to provide your personal numbers, including your lab tests, so it's a good idea to have them ready. If you don't know your numbers, you can provide them later. Remember, you don't need all of your numbers to take the health questionnaire, but you'll receive a more accurate result if you do.

Protect your health and safety. Know your numbers.

Web: [hr2.chevron.com/wellness](http://hr2.chevron.com/wellness)

Email: [wellness@chevron.com](mailto:wellness@chevron.com)