



# october 28 deadline for health rewards

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Act quickly. You have until **Friday, October 28, 2016** to accumulate **250 points** to qualify for this year's health reward.\* This year the reward is a **\$250 Wellness Credit**, to be added to your Health Care Spending Account (HCSA) on January 1, 2017.\*\*

[Read about the qualifying wellness activities](#) you can do to earn points, and then get started. There's no limit to the combination of activities you can complete; it's up to you. If you're looking for ways to pick up points, be sure to attend your local [health fair](#). And if you haven't taken the [voluntary health questionnaire](#), it's also a quick way to add points to your total:

- **25 points** for taking it for the first time
- **50** if you've taken the health questionnaire in a prior year

Here's an example of how you can earn points by the deadline, *if you start right away*.

Qualifying Activity	Points Available
Take the <a href="#">voluntary health questionnaire</a> for the first time. <i>Repeat takers collect 50 points.</i>	25
Attend a local <a href="#">health event</a> such as a health fair or flu shot clinic. <i>Remember: To receive points, you'll need to report completion of this activity in the WebMD reward system. Go to the <b>Rewards</b> page on the <a href="#">WebMD Healthy Heart Program website</a>. Choose this activity. Click the <b>I Did This</b> button.</i>	25
Complete three <a href="#">health coaching</a> sessions.	60
Set four goals with <b>My Health Assistant</b> : eat better, exercise, feel happier, stress less. <i>To get started, go to the <b>Rewards</b> page on the <a href="#">WebMD website</a>. Choose this activity under <b>Use My Health Assistant to Create and Work Toward a Healthy Goal</b>. Choose a goal and click the <b>Do It</b> button to begin.</i>	120
Use a Health Tracker to chart your weight, exercise or healthy diet goals for 20 days. <i>To get started, go to the <b>Rewards</b> page on the <a href="#">WebMD website</a>. Choose this activity under <b>Use a Health Tracker to Chart Your Healthy Behaviors</b>. Choose a goal and click the <b>Do It</b> button to begin.</i>	20
<b>Total points</b>	<b>250</b>

Don't delay. Many of the activities require advance scheduling and time to complete, so be sure to allow plenty of time to accumulate the required points before the deadline.

Visit [hr2.chevron.com/wellness/rewards.asp](http://hr2.chevron.com/wellness/rewards.asp)

\*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 reward. 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.

\*\*Note: If you're enrolled in the Chevron High Deductible Health Plan (HDHP) or the Chevron High Deductible Health Plan Basic (HDHP Basic), the Wellness Credit will be deposited into a Limited Purpose Health Care Spending Account (LHCSA) on January 1, 2017. The LHCSA may be used to pay for eligible dental and vision expenses only.