



Digital Health Tools

Use online tools to stay on track.
Earn points toward health rewards.

Your Health.

Choose health by using a digital health coach and health trackers from the [WebMD Healthy Heart Program website](#) and you maximize your points toward [health rewards](#) at the same time.*

My Health Assistant – Your Digital Health Coach

The **My Health Assistant** is like a digital health coach in your pocket. Try making a goal to stress less, eat better, exercise or feel happier. This interactive online tool allows you to:

- Create personalized weekly plans to help keep you motivated.
- Customize your plan by liking or disliking activities from a broad range of choices.
- Set up text messaging alerts as reminders to achieve and track your health goals.

120

Earn **30 points per goal** you create and track, up to **120 points**.

Health Trackers – Track Your Progress

Track your progress toward your goals using **Health Trackers**. Track your weight, food choices or exercise. You may also sync some of the trackers with your Fitbit for seamless tracking.

150

Earn 1 point per day across all trackers you're using, up to a maximum total of **150 points**.

Get Started Today.

Go to the [WebMD Healthy Heart Program website](#) from your desktop or mobile device and then:

My Health Assistant

- Click **My Health Assistant**.
- Go to the **Healthy Living** tab.
- Look for the **blue Manage My Goals button**.

Health Trackers

- **Healthy Living** tab on the top navigation.
- Look for the **Health Trackers** link.

*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 for details about health rewards including eligibility rules and a list of qualifying activities.