



# Choices Worth Repeating

## Understanding Your Health Risks and Earning Health Rewards

### Your Health.



### Take the voluntary health questionnaire again.

Year after year, our lives and our health risks change. Taking the voluntary health questionnaire each year is one way to assess those risks and changes.

- The questionnaire is **confidential**.\*
- It takes less than **15 minutes**.
- You may complete it from your **computer or smartphone**.
- If you want to **qualify for health rewards**, you must complete the voluntary health questionnaire.

### Earn points toward health rewards.

If you want to earn points towards [health rewards](#) in 2015, you must complete the voluntary health questionnaire first.\* Once you take the questionnaire, you can complete other qualifying wellness activities to earn points toward health rewards. Accumulate 250 points by October 31, 2015, to qualify for health rewards. In 2015, health rewards include a \$250 Wellness Credit added to your Health Care Spending Account on January 1, 2016,\*\* and entry into a drawing for a chance to win free medical premiums for all of 2016 for you and your eligible dependents.

Act fast and you can quick-start your points toward health rewards.

- Earn **50 points** for taking the voluntary health questionnaire early, by March 31, 2015.
- Earn **20 points** for taking the voluntary health questionnaire for the first time, ever.
- Earn **20 points** if you've taken the questionnaire before and your wellness score improves over your prior year's score.

Go to [hr2.chevron.com/wellness](http://hr2.chevron.com/wellness) to get started or to learn more about health rewards including eligibility rules and a list of qualifying activities.

\*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, 2016, to receive the health rewards. The health questionnaire is completely voluntary, but if you want to earn health rewards, you're required to take the questionnaire before you can start earning points. 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.

\*\*If you enroll in the High Deductible Health Plan (HDHP) and you meet the requirements to qualify for health rewards, your Wellness Credit will be deposited into a Limited Purpose Health Care Spending Account (LHCSA) on January 1, as long as you're still eligible. The LHCSA may only be used to pay for eligible dental and vision expenses you incur between January 1 and December 31, 2016.