

Digital Health Coach

Your Health.

Is it difficult for you to commit to telephone health coaching appointments right now, but you still want to stay on track with your health goals? Then a digital health coach that goes *with you* might be a good solution to try. The WebMD **My Health Assistant** interactive online tool, available through the Healthy Heart Program, is ready to help you achieve your health goals on your time and your terms.

How it Works

Choose your goal.

Eat better, enjoy exercise, conquer stress, quit tobacco or simply feel happier. Get help with the health goals *you* choose.

Create a Personalized Weekly Plan.

Choose small, daily activities that appeal to your lifestyle, interests and schedule. Customize your plan by liking or disliking activities from a range of choices.

Track Your Progress.

You can even get support for your health goals by signing up for personalized text messages.

How to Get Started

- Login to the WebMD [Healthy Heart Program](#) website.
- Go to the **Rewards Lobby** (in the top navigation).
- Scroll to find **Create and Track a Healthy Goal**. Choose a goal and click the **Do It** button.
- The My Health Assistant is also available from your mobile device.

Work toward your health goals and earn points.

If you create and track one or more of the healthy goals listed below, you could earn points towards [health rewards](#). Your points will automatically update in the WebMD rewards system upon completion. Don't forget to take the voluntary health questionnaire on the [WebMD website](#); it's required if you want to receive health rewards.

- 15 POINTS** Create a Goal to Eat Better
- 15 POINTS** Create a Goal to Enjoy Exercise
- 15 POINTS** Create a Goal to Conquer Stress
- 15 POINTS** Create a Goal to Feel Happier

Questions?

Email wellness@chevron.com or visit hr2.chevron.com/wellness.

