

# Eating Healthy Pays Off

## Improve your diet. Improve your finances. Your Health.

We know you've heard it before: eat five servings of fruits and vegetables a day to reduce your risk of major illnesses such as heart disease and certain cancers. But, did you know, improving your diet can also reduce your expenses and improve your finances? Fruit and vegetable eaters typically enjoy:

- Fewer sick days.
- More productivity at work *and* at home.
- Fewer prescription medications.
- Fewer health complications.
- Lower risk of heart attack.

### Add one more.

In reality, it's a challenge for most of us to get our recommended daily servings of fruit and vegetables. To make a change, start by doing something *simple*. Forget about five a day. No matter how many servings you are currently eating, make the choice to **add one more** serving of fruit or vegetables to your daily diet. [Read our quick tips](#) for adding more fruits and vegetables to your diet.

### Achieve better nutrition and earn points toward health rewards.

Earn points toward [health rewards](#) with the nutrition activities below. 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.** The WebMD My Health Assistant interactive online tool allows you to create personalized weekly plans to help keep you motivated. Go to **Rewards Lobby** on the home page of the [WebMD website](#). Choose this activity under **Create and Track a Healthy Goal**.

**20+**  
POINTS

**Work with a Healthy Heart Program Health Coach.** Sign up for one-on-one phone conversations with a qualified health professional who can help you set nutrition goals and support you along the way. [Learn more or get started](#).

### Questions?

Email [wellness@chevron.com](mailto:wellness@chevron.com) or visit [hr2.chevron.com/wellness](http://hr2.chevron.com/wellness).

