

wellness programs

Through Chevron, you have access to comprehensive health and wellness programs and resources to stay safe and healthy. A focus on whole-person health (mind, body and spirit) can help you think and feel your best at work, at home and everywhere in between. These programs are free and don't require enrollment – only your willingness to participate. You'll hear more about these programs during the course of the year when you become eligible to participate starting **January 1**.

healthy you

Use **Healthy You** with WebMD to understand your health risks and take steps that can help maintain or improve overall wellness. Set goals, work with a coach, and use a variety of online tools that are personalized to you.



voluntary health questionnaire



health coaching



online goal setting tools



specialized support for weight loss



specialized support for tobacco cessation



personalized health information

commit to your health with chevron health rewards

When you commit to taking control of your health and improving your health habits, including participating in many of Chevron's wellness programs, you can earn points toward health rewards. **Health rewards** are Chevron's way of recognizing your personal commitment to get and stay healthy.

Here's how it works:



Complete qualifying wellness activities to accumulate points. In January 2023, when the new program year begins, you'll be eligible for Chevron benefits and can therefore start earning points.

1,000 points

If you accumulate the required **1,000** points by the 2023 deadline and meet all the program eligibility requirements, you can qualify for the **2024 Wellness Credit**.



At Chevron, the **Wellness Credit** is currently up to **\$750** in annual savings on your Chevron medical coverage premiums, from January 1, 2024 through December 31, 2024.

can I earn the wellness credit for 2023 chevron medical premiums?

According to Health Rewards eligibility rules, you must be eligible for Chevron health benefits to receive the Wellness Credit or participate in health rewards, including earning points. You are eligible for Chevron benefits starting January 1, 2023. For this reason, you aren't eligible to participate in Health Rewards in 2022.

The information in this newsletter applies to Pasadena Refinery represented employees who are eligible for Chevron U.S. benefits. This communication provides only certain highlights about changes of benefit provisions. It is not intended to be a complete explanation. If there are any discrepancies between this communication and the legal plan documents, the legal plan documents will prevail to the extent permitted by law. Oral statements about plan benefits are not binding on Chevron or the applicable plan. There are no vested rights with respect to Chevron health and welfare plans or any company contributions toward the cost of such health and welfare plans. Rather, Chevron Corporation reserves all rights, for any reason and at any time, to amend, change or terminate these plans or to change or eliminate the company contribution toward the cost of such plans. Such amendments, changes, terminations or eliminations may be applicable without regard to whether someone previously terminated employment with Chevron or previously was subject to a grandfathering provision. Some benefit plans and policies described in this document may be subject to collective bargaining.