



your health

healthy you program - canada

2023 activities to earn points toward health rewards

From time to time, Chevron provides [rewards for your participation](#) in qualifying wellness activities. The current rewards period is January 1, 2023 to October 27, 2023. The information featured here is for Canada-payroll employees who are eligible for Chevron's health plans. **All requirements must be completed by October 27, 2023.** This year's reward is a \$250 [Wellness Credit](#) added to your Health Spending Account (HSA). HSA deposits for those that qualify will be made by November 30, 2023. You can receive an early bird deposit by June 30, 2023 if all requirements are met by May 31, 2023.

While the voluntary health questionnaire provides an opportunity to understand health risks and earn points, it is not required to be eligible for health rewards. **To receive the reward, you must accumulate 1,000 qualifying points by October 27, 2023.** You earn points each time you complete any of the wellness events or activities listed below. There are multiple activities to choose from and points vary per activity. You may complete as many activities as you like, but the 1,000 points required to earn health rewards must be accumulated across a combination of activities in five health categories: health awareness, physical, financial, emotional, and social connection. Each category has a maximum allowable point limit that counts toward the 1,000 points. Activities must be completed (and reported, if applicable) between January 1 and October 27, 2023.

Health awareness

You have an opportunity to earn a maximum of 350 qualifying points from health awareness activities.

Points	Activity description	Take action
50 points	Complete the health questionnaire by June 30, 2023 This is an online assessment that can help you know your health risks. You will be asked to provide certain health-related numbers when you take the questionnaire. You can answer 'don't know,' and still receive meaningful results and satisfy the completion requirement. These points are not available if you complete the health questionnaire after June 30, 2023.	<ul style="list-style-type: none">• The health questionnaire is completely voluntary, but you are required to take it between January 1 and October 27, 2023, if you want to qualify for the current health reward.• Take the questionnaire now.

Points	Activity description	Take action
50 points	<p>Complete the health questionnaire and show an improved health score</p> <p>As you make healthy choices and participate in healthy activities, be sure to view your results and update your voluntary health questionnaire each year and even update it throughout the year as often as you like. If your score improves at any time in 2023, you'll receive points.</p> <p>Note: After you take the health questionnaire in 2023, points will be awarded if, at any time since 2014, you already took the health questionnaire and your score showed an improvement.</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • Take the health questionnaire. • Or, go to your results page and click on the blue Update Score button.
25 points each, up to 75 points	<p>Start a Daily Habits plan</p> <p>Daily Habits uses behavioral science to help you improve your well-being. It's fun and easy to use. It can help you stay motivated, achieve real results and be confident that your health is headed in the right direction—all from the convenience of a desktop or mobile device.</p> <p>Start a daily habit plan today to help reach your goals in a wide range of topics. Depending on the habit you choose, programs range from a few weeks to months. To help balance your commitments and allow for focus on the goal, you can work on up to 3 topics at time.</p> <p>When you start one Daily Habits plan between January 1 and October 27, 2023, you will automatically receive 25 points for this activity.</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • Next, navigate to the Daily Habits page and record your daily activity. • You can view and participate in up to three active Daily Habit plans at a time. This means that if you already have three active Daily Habit plans you may need to discard a plan to start a new one.
25 points each, up to 75 points	<p>Complete a Daily Habits plan</p> <p>After you start a Daily Habits plan, follow the prompts to complete the activity for points.</p> <p>Through weekly, daily and one-time activities, you will have learned how to better care for yourself and find balance and wellbeing.</p> <p>No matter the habit you are tracking, be sure to login daily (programs range from a few weeks to months) to check your status, see what activities are due, and enter your responses. If you miss a few days, you have a chance to use the weekly calendar to get back on track for unlogged activities. If you miss too many days, you may need to reset your plan from day one.</p> <p>When you complete all activities for a Daily Habits plan between January 1 and October 27, 2023, you will automatically receive 25 points for this activity.</p> <p>Note: This activity requires advanced planning and scheduling to complete. You can view and participate in up to three active Daily Habit plans at a time. This means that if you already have three active Daily Habit plans you may need to discard a plan to participate in</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • Next, navigate to the Daily Habits page and record your daily activity. • You can view and participate in up to three active Daily Habit plans at a time. This means that if you already have three active Daily Habit plans you may need to start a new one.

this one. If you intend to complete this activity, please start it months in advance of the final deadline.

25 points

Be an advocate for workplace wellbeing

Being an advocate for workplace wellbeing means taking care of yourself and encouraging others to do the same. Rewardable actions for this activity are:

- Share a health moment to start a meeting. Access health moments and other sharable wellness resources [here](#).
- Have a meaningful conversation about work-life balance within your team.
- Role model best practices to achieve work-life balance (e.g., scheduling vacation and planning coverage in advance).
- Block time on your calendar for focused work to manage stress.

While you're encouraged to be a workplace wellbeing advocate through all of these ways – and others not listed here - you can only earn a maximum of 25 points for this wellness activity.

If you want to learn more about wellness resources at Chevron, connect with your Wellness & Productivity advisor at wellness@chevron.com.

- Complete this activity.
- Next, [go to the WebMD website](#).
- From the **Rewards** page, click on the **I Did This** button on this activity and complete the required fields to receive points.

Physical health

You have an opportunity to earn a maximum of 700 qualifying points from physical health activities.

Points	Activity Description	Take Action
50 points	<p>Get a flu shot</p> <p>Get your flu shot between November 1, 2022 and October 27, 2023. Next, return to this page, click the “I Did This” button and complete the required fields to receive points for this activity.</p> <p>If completed in 2022 enter 1/1/2023 in the date field.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website. <p>From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.</p>

50 points	<p>Get a covid shot</p> <p>Get at least one COVID-19 vaccine dose (any brand) or booster between November 1, 2022 and October 27, 2023. Click the “I Did This” button and complete the required fields to receive points for this activity.</p> <p>If completed in 2022 enter 1/1/2023 in the date field.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. <p>From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.</p>
50 points	<p>Participate in a weight management program</p> <p>Participate in a weight management program of your choice to earn points. For example, you could participate in local structured meetings for support.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.
50 points	<p>Participate in a health club or sports league</p> <p>Participate in a health club or participate in a sports league to earn points. For example, you could utilize the lifestyle center.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.
50 points	<p>Get a preventive exam</p> <p>When you spot a disease or illness early through preventive care, the outcomes may be improved and the cost for treatment may be reduced. Complete any one of the preventive care activities listed below between January 1, 2023 and October 27, 2023. Keep in mind that not all of the screenings listed may be right for you. The screenings that are appropriate for you depend on personal factors such as your age, gender and family history. Be sure to ask your doctor about which exam you may need and the appropriate frequency.</p> <ul style="list-style-type: none"> • Annual physical exam (Any age or gender). • Annual well woman exam. • Breast cancer screening. • Prostate cancer screening. • Colon cancer screening. • Dental exam. • Annual comprehensive eye exam. 	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.

Points	Activity Description	Take Action
100 points	<p>Participate in a Chevron activity challenge</p> <p>To receive points, you will be required to participate in a Chevron Activity Challenge during the dates of the challenge and meet the specified goals. A Chevron Activity Challenge is not yet open but watch for communications about a challenge opportunity later this year.</p>	<ul style="list-style-type: none"> • Watch for communications about a challenge opportunity later this year. • If you qualify for points, your points will appear on this site approximately two weeks after the challenge concludes.
50 points	<p>Complete and log your Chevron annual online RSIGuard Office Ergonomics Training/Self-Assessment</p> <p>Completing the training/self-assessment will help you take preventative actions to reduce your ergonomic risks. Access your RSIP dashboard to complete the training/self-assessment. You must complete this by June 30, 2023 to earn points.</p>	<ul style="list-style-type: none"> • Go to the RSIP Dashboard to complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.
100 points	<p>Complete the health questionnaire or use a tracker to enter in blood pressure values in range</p> <p>An in-range Blood Pressure is anything from 90 to 120 mmHg systolic and anything from 60 to 80 mmHg diastolic.</p> <p>Get your blood pressure measured and record your values.</p> <p>If both systolic and diastolic numbers are in a healthy range, you'll automatically earn points.</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • When you take the health questionnaire you will be prompted to enter your blood pressure values. If you enter all values that are in-range then your points will automatically be applied, or • Click the Do It button from the Rewards page and enter all your values into the blood pressure tracker.
100 points	<p>Complete the health questionnaire or use a tracker to enter in cholesterol values in range</p> <p>An in-range HDL Cholesterol Level is anything above 2.8 mmol/L for women and anything above 2.2 mmol/L for men, LDL is anything above 5.6 mmol/L and Total is anything below 11.1 mmol/L.</p> <p>Get your cholesterol measured and record the values. If all 3 of your values are in range, you'll automatically earn points.</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • When you take the health questionnaire you will be prompted to enter your cholesterol. If you enter all values that are in-range then your points will automatically be applied, or • Click the Do It button from the Rewards page and enter your values into the cholesterol tracker.

Points	Activity Description	Take Action
50 points (for 1 st session) and 75 points (each for 2 nd and 3 rd session)	<p>Coach for Me: Work with a Health Coach</p> <p>Work with a WebMD health coach between January 1, 2023 and October 27, 2023 and receive points. To qualify for points, work with your coach by phone or, using online or in-app messaging. Receive 50 points the first coaching session, 75 points for the second session, and 75 points for the third session.</p> <p>A coaching phone call equals one coaching session. A coaching conversation through online or in-app messaging equals one coaching session.</p> <p>You can contact a coach without an appointment by calling directly at any time. You must complete (or update) the voluntary health questionnaire in 2023 to participate in this coaching. Specialty coaching for tobacco cessation or weight management will not be reflected in this activity.</p> <p>Please note that this activity requires advanced planning and scheduling to complete. If you intend to complete this activity, please start it months in advance of the final deadline.</p> <p>You can only earn a maximum of 200 points for this wellness activity.</p>	<ul style="list-style-type: none"> • Contact WebMD to begin. • Each time you complete a coaching call or a conversation through online or in-app messaging, your points are automatically applied to the WebMD Rewards page. (Note that it might take up to 24 hours for updates to appear.) • Reach a health coach at 1-888-321-1544, or call 925-842-8346 from outside the U.S. or Canada during the following available hours: <p>Monday-Thursday: 7 AM-9:30 PM Central time</p> <p>Friday: 7 AM-6 PM Central time</p> <p>Saturday: 7:30 AM-4 PM Central time</p> <p>Sunday: 11 AM-9:30 PM Central time</p>

Points	Activity description	Take action
100 points or 250 points	<p>Complete the health questionnaire to record a body mass index (BMI) under 30 for 100 points or complete 4 weight management coaching session for 100 points, and 4 more sessions for 150 additional points</p> <p>When you take the health questionnaire you will be prompted to enter your height and weight to calculate your BMI. If the BMI calculated is 29.9 or below the first time you completed the health questionnaire in 2023, you will automatically receive points.</p> <p>What if my BMI is 30 or above? You can still earn points when you complete a weight management specialty coaching program. This is similar to standard health coaching, but with specialized assistance to work toward a healthy BMI. This service is only available to those that qualify. The total number of your coaching sessions may vary according to your interest in engaging in the program, but a minimum of 8 session with a weight management coach must be completed between January 1, 2023 to October 27, 2023 to automatically receive all points available for this activity. When you complete four qualifying sessions, 100 points are automatically applied to this activity. Complete four more qualifying sessions, and an additional 150 points are automatically applied to this activity.</p> <p>A coaching phone call equals one coaching session. A coaching conversation through online or in-app messaging equals one coaching session.</p> <p>Please note that this activity requires advanced planning and scheduling to complete. If you intend to complete this activity, please start it months in advance of the final deadline.</p> <p>Note: Your original answer to this question the first time you take the health questionnaire in 2023 is used to determine your qualification for Weight Management coaching and for purposes of earning points toward health rewards. If you have questions, please contact WebMD at 1-888-321-1544.</p>	<ul style="list-style-type: none"> • Go to the WebMD website. • When you take the health questionnaire you will be prompted to calculate your BMI. If your BMI value is in-range, your points will be automatically applied, or • Complete 8 Weight Management coaching sessions this year to receive all points. • A coaching phone call equals one coaching session. A coaching conversation through online or in-app messaging equals one coaching session.

200 points

Complete the health questionnaire to record you are tobacco free or complete 3rd tobacco coaching session for 200 points

If you are currently tobacco-free and reported this status the first time you completed the health questionnaire in 2023, you will automatically receive points.

What if I'm a tobacco user? You can still earn points when you complete a tobacco cessation specialty coaching program. This is similar to standard health coaching, but with specialized assistance to work to quit. This coaching is available to all participants. The total number of your coaching sessions may vary according to your interest in engaging in the program. You have multiple opportunities to enroll in a tobacco cessation 12-week program, but a minimum of 3 sessions with a tobacco cessation coach must be completed in the same attempt to quit program and between January 1, 2023 to October 27, 2023 to automatically receive points. You can work with your coach by phone or through online or in-app messages to qualify for points.

A coaching phone call equals one coaching session. A coaching conversation through online or in-app messaging equals one coaching session.

Being tobacco-free is important, so you can call and enroll in a tobacco cessation program directly at any time without first taking the health questionnaire, if desired.

Please note that this activity requires advanced planning and scheduling to complete. If you intend to complete this activity, please start it months in advance of the deadline.

Note: Your original answer to this question the first time you take the health questionnaire in 2023 is used to determine your qualification for tobacco cessation coaching and for purposes of earning points toward health rewards. If you have questions, please contact WebMD at 1-888-321-1544.

- [Go to the WebMD website.](#)
- When you take the health questionnaire you will be prompted to enter your tobacco status. If you are currently tobacco-free your points will be automatically applied, or
- You have multiple opportunities to enroll in a tobacco cessation 12-week program, but a minimum of 3 sessions with a tobacco cessation coach must be completed in the same attempt to quit program
- A coaching phone call equals one coaching session. A coaching conversation through online or in-app messaging equals one coaching session.

Financial health

You have an opportunity to earn a maximum of 250 qualifying points from financial health activities.

Points	Activity description	Take action
50 points each (150 maximum)	<p>Use Sun Life Financial educational resources</p> <p>Visit the Sun Life Financial website and utilize their online “Learn & Play” resources for points. There are many resources for you to choose from such as reading an article, watching a video, or using one of the tools & calculators. You can utilize as many resources as you need. However, only three resources can be logged for points.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.
100 points	<p>Attend a Sun Life Financial ‘my money @ work’ webinar</p> <p>Sun Life Financial is offering free, on-going monthly webinars geared towards helping you reach your financial and retirement goals. These webinars are live, up to 1 hour in length and hosted by Sun Life’s Senior Education Consultants, who work with employers across the country to educate employees about their workplace savings plans and how to make the most of them.</p> <p>Please visit Benefits news for available dates and times. You can also view topics and register at www.sunlife.ca/mymoney.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.

Emotional wellbeing

You have an opportunity to earn a maximum of 200 qualifying points from emotional wellbeing activities.

Points	Activity description	Take action
50 points each (100 maximum)	<p>Complete a skill to earn a badge using MeQ</p> <p>meQuilibrium (meQ) is a private and confidential online resilience program that can teach healthful skills to help you navigate stress, overcome negative thinking and build greater resilience to stressful thoughts or situations that are part of daily life. To receive points for this activity, complete a skill as part of your meQ journey - each skill contains interactive lessons, activities and readings that are designed to create new habits and way of thinking. For completing the skill, you'll also earn a badge in meQ. This voluntary program is open to all Chevron employees. Sign up or access by visiting go.chevron.com/meq (intranet only). Use your Chevron email address to register and create a secure password.</p> <p>While you're encouraged to complete all the skills on your meQ journey, you can only earn a maximum of 50 points for this wellness activity.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.

50 points

Complete an emotional wellbeing assessment

Complete an emotional wellbeing assessment using either *one* of the online resources listed below. Next, return to this page, click the “I Did This” button and complete the required fields to receive points for this activity.

Choose from either one of the following assessment resources:

Complete an assessment using the [mental health screening tool](#), provided by Chevron’s Employee Assistance and Worklife Services. This is a completely confidential and anonymous screening tool that is available 24 hours a day, to you and your family members. Three screenings are available, including depression, alcohol and an eating disorders screening.

Complete an assessment when you sign up for the meQuilibrium (meQ) program or retake the assessment if you’ve already signed up. This private and confidential online resilience program, provided by Chevron can help you improve your well-being, build a growth mindset and enhance your focus by teaching you how to navigate stress and overcome negative thinking.. This voluntary program is open to all Chevron employees. Sign up or access by visiting go.chevron.com/meq (intranet only). Use your Chevron email address to register and create a secure password.

- Complete this activity.
- Next, [go to the WebMD website](#).
- From the **Rewards** page, click on the **I Did This** button on this activity and complete the required fields to receive points.

Points	Activity description	Take action
25 points each (50 maximum)	<p>Visit with a mental health professional</p> <p>There's always someone available to help you – 24 hours a day, seven days a week.</p> <p>Chevron Employee Assistance and WorkLife Services (EAP-WorkLife - intranet) is an internal consulting service that is staffed with licensed, certified mental health professionals who are familiar with Chevron policies and culture. Reach an EAP Advisor day or night at CTN 842-3333, 1-925-842-3333 or 1-800-860-8205.</p> <p>Morneau Shepell LifeWorks is also available. Visit EAP to learn more about EAP support and confidential e-counseling.</p> <p>Visit with a mental health professional of your choice – through Chevron EAP-WorkLife, Morneau Shepell LifeWorks or a private practitioner.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.

Social connection

You have an opportunity to earn a maximum of 325 qualifying points from social connection activities.

Points	Activity description	Take action
50 points each (200 maximum)	<p>Volunteer in your community</p> <p>By volunteering and giving back to your community and neighbors you can build relationships and fulfill your purpose - two things that are known to increase your overall wellbeing.</p> <p>Earn 50 points for each volunteer event or session you attend, up to a maximum of 200 points.</p> <p>Participate in a People Making a Difference (PMAD) event or volunteer in your community. To learn more about CBU volunteer opportunities, visit People Making a Difference.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.
25 points each (100 maximum)	<p>Attend employee network events</p> <p>Strong social connection can help you improve and maintain your health and well-being. Chevron offers various opportunities for employees to connect and engage with others. Attend up to 4 employee network events and log them here for 25 points each. While you can attend as many events as you like, you can only log 4 events for a maximum of 100 points.</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. • From the Rewards page, click on the I Did This button on this activity and complete the required fields to receive points.

50 points
each (200
maximum)

Participate in local wellness activities

Attend up to 4 local wellness activities and log them here for 25 points each. While you can attend as many activities as you like, you can only log 4 activities here for a maximum of 200 points.

- Complete this activity.
- Next, [go to the WebMD website](#).
- From the **Rewards** page, click on the **I Did This** button on this activity and complete the required fields to receive points.

Want examples of how to earn rewards?

A health coach can help, call [1-888-321-1544](tel:1-888-321-1544).