



your health

canada healthy you program

2024 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, 2024 to October 25, 2024. The information featured here is for Canada-payroll employees who are eligible for Chevron’s health plans. **All requirements must be completed by October 25, 2024.** 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, 2024. You can receive an early bird deposit by June 30, 2024 if all requirements are met by May 31, 2024.

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 25, 2024.** 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 25, 2024.

Health awareness

You have an opportunity to earn a maximum of 325 qualifying points from health awareness activities.

Points	Activity description	Take action
25 points	<p>Complete the health questionnaire</p> <p>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.</p> <p>25 points are available if you complete the health questionnaire before October 25, 2024</p>	<ul style="list-style-type: none"> • Take the questionnaire now.
25 additional points on or before 3/31	<p>Bonus Points! Complete the health questionnaire by March 31, 2024</p> <p>25 additional points are available if you complete (or update) the health questionnaire before March 31, 2024</p>	

Health awareness (continued)

Points	Activity description	Take action
<p>25 points to start a plan</p> <p>25 points for 25%, 50%, and 75% completion</p> <p>50 points for 100% completion</p>	<p>Participate in 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>Participate in 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.</p>	<ul style="list-style-type: none">• Go to the WebMD website.• Next, navigate to the Daily Habits page and record your daily activity. <p>Max 150 points for this activity</p>
25 points	<p>Be an advocate for workplace wellbeing</p> <p>Being an advocate for workplace wellbeing means taking care of yourself and encouraging others to do the same. Rewardable actions for this activity are:</p> <ul style="list-style-type: none">• 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. <p>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.</p> <p>If you want to learn more about wellness resources at Chevron, connect with your Wellness & Productivity advisor at wellness@chevron.com.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the Report Completion 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	Get a flu shot Get your flu shot between November 1, 2023 and October 25, 2024.	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.
50 points	Get a covid shot Get at least one COVID-19 vaccine dose (any brand) or booster between November 1, 2023 and October 25, 2024.	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.
25 points	Spend time being active outdoors Activities like nature walks, biking to work, and gardening are great for your physical health which also adds up to better emotional wellbeing and stress management. Minimum 1 hour of activity.	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.
50 points	Participate in a weight management program Participate in a weight management program of your choice to earn points. For example, you could participate in local structured meetings for support.	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.

Physical Health (continued)

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 <i>The Summit (CBU's fitness center)</i>.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for 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, 2024 and October 27, 2024. 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 activity, then click on Report Completion button for this activity and complete the required fields to receive points.
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, 2024 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 activity, then click on Report Completion button for this activity and complete the required fields to receive points.

Physical Health (continued)		
Points	Activity Description	Take Action
100 points	<p>Record in range blood pressure values</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 on this activity from the Rewards page and enter all your values into the blood pressure tracker.
100 points	<p>Record in range cholesterol values</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 on this activity from the Rewards page and enter your values into the cholesterol tracker.

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Physical Health (continued)

Points	Activity Description	Take Action
50 points for 1 st session and 75 points each for 2 nd , 3 rd , and 4 th sessions	<p>Work with a Health Coach</p> <p>Work with a WebMD health coach between January 1, 2024 and October 27, 2024 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 each for the second, third, and fourth sessions.</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 2024 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: Monday-Thursday: 7 AM-9:30 PM Central time Friday: 7 AM-6 PM Central time Saturday: 7:30 AM-4 PM Central time Sunday: 11 AM-9:30 PM Central time

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Physical Health (continued)

Points	Activity description	Take action
100 points or 250 points	<p>Record a body mass index (BMI) of less than 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 2024, 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, 2024 to October 27, 2024 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 2024 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.

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Physical Health (continued)

Points	Activity description	Take action
200 points	<p>Record you are tobacco free or complete 3rd tobacco coaching session for 200 points</p> <p>If you are currently tobacco-free and reported this status the first time you completed the health questionnaire in 2024, you will automatically receive points.</p> <p>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, 2024 to October 27, 2024 to automatically receive points. You can work with your coach by phone or through online or in-app messages to qualify for points.</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>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.</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 deadline.</p> <p>Note: Your original answer to this question the first time you take the health questionnaire in 2024 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.</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 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 activity, then click on Report Completion button for 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 activity, then click on Report Completion button for this activity and complete the required fields to receive points.

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Emotional wellbeing

You have an opportunity to earn a maximum of 250 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 activity, then click on Report Completion button for this activity and complete the required fields to receive points.

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Emotional Wellbeing (continued)

Points	Activity description	Take action
50 points	<p>Complete an emotional wellbeing assessment</p> <p>Complete an emotional wellbeing assessment using either <i>one</i> 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.</p> <p>Choose from either one of the following assessment resources:</p> <p>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.</p> <p>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.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.

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Emotional Wellbeing (continued)

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>Visit CBU's EAP homepage to learn more about EAP support and confidential e-counseling with Lumino Virtual Health Care.</p> <p>Visit with a mental health professional of your choice – through Chevron EAP-WorkLife, Lumino or a private practitioner.</p> <p>Mental Health coaching is also available through Cloud MD.</p>	<ul style="list-style-type: none">• Complete this activity.• Next, go to the WebMD website.• From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.

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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 activity, then click on Report Completion button for 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 activity, then click on Report Completion button for this activity and complete the required fields to receive points.
50 points each (200 maximum)	<p>Participate in local wellness activities</p> <p>Attend up to 4 local wellness activities and log them here for 50 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. (Examples include: Chevron Mindfulness Club, Mindfulness Toolbox sessions or health fairs)</p>	<ul style="list-style-type: none"> • Complete this activity. • Next, go to the WebMD website. <p>From the Rewards page, click on the activity, then click on Report Completion button for this activity and complete the required fields to receive points.</p>

Want examples of how to earn rewards?

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