

# What can I do to stay healthy?

## resources for U.S.-payroll employees



Your Chevron benefits provide access to virtual health services (or telehealth) for non-emergencies for covered participants. [Learn more.](#)



Visit the [disease and prevention COVID-19 website](#) to browse a library of helpful information and resources for symptoms, transmission, prevention and treatment.

Making healthy lifestyle choices can help safeguard your physical and emotional well-being. It can also help prevent illness, or may help you feel better faster if you do get sick.



Chevron's [wellness programs](#), such as the Healthy Heart program, can help you create and maintain healthy habits, even when situations are not ideal.



[meQuilibrium](#) is an app-based program that can teach simple skills to help you navigate stress and build greater resilience to times of challenge and change.



The [Fatigue Management](#) site includes awareness training and skill development exercises to help you understand the physical and psychological factors that impact human performance.

