

Chevron Health Rewards – 2025 Wellness Credit Tracker for legacy PDC Energy employees

		item	item points	Points Earned
Health Awareness		Be an advocate for workplace wellbeing	25	
Physical Health	Max points allowed toward goal: 825	Get Flu shot	50	
		Get COVID shot	50	
		Get a preventive exam	100	
		Spend time being active outdoors	25	
		Participate in a weight management program	50	
		Participate in a sports league or gym	50	
		Blood pressure in range	100	
		Cholesterol in range	100	
		Non-tobacco user	200	
		BMI in range	100	
Financial Wellness		Save for your Healthcare: Contribute to an HSA or a Health FSA	100	
		Use the Anthem Sydney Health app to estimate the cost of a service	50	
		Research your benefits on hr2.chevron.com/PDCEnergy	100	
Emotional Wellbeing	Max points allowed toward goal: 300	Complete an emotional wellbeing online assessment	50	
		Watch a Rethink video to learn more about services available Jan. 1	50	
		Visit with a mental health professional (e.g. an Employee Assistance Advisor or private practitioner) (50 points each, max 2 visits)	100	
		Attend a learning event hosted by the Global Substance Abuse Prevention Program.	50	
		Visit a drug education station	50	
Social Connectedness	Max points allowed toward goal: 400	Attending an employee network health related event (25 points each, max 4 events)	100	
		Volunteer in your community (50 points each, up to 200 points)	200	
		Participate in local wellness activity (i.e. health fair) (50 points, max 4 events)	200	
Total		Max points allowed toward goal: 1,750		

IMPORTANT – PLEASE READ

You must complete enough of the above qualifying activities above to earn **1,000** points by the special deadline of **November 12, 2024** to receive the [2025 Wellness Credit](#). In addition to earning the required points, you must *also* be enrolled in Chevron medical plan coverage on January 1, 2025. **This is a temporary process for PDC Employees for the 2025 Wellness Credit only due to your unique transition circumstances.** In 2025, you will be required to follow the normal health rewards process and deadlines, and complete/track your activities online. You must have completed any of the activities above between January 1 and November 12, 2024 to qualify for points. For the details or links needed to complete some of the activities above, visit the [Qualifying Activities](#) page. **Please note, PDC employees may only complete the activities listed on this document.** There are additional activities on the website that are not open to you because you cannot access the required plans, programs or tools until January 1. Submit your completed form to [Joni Hjelle](#) via email, no later than **November 12, 2024**.

I _____ certify that the information provided is accurate and complete, and I understand that purposely submitting false or misleading information on this worksheet may lead to a denial or removal of the 2025 Wellness Credit.

Employee Name (print)

Date

Employee Signature