



your health

NMA health rewards

From time to time, the **Healthy You** program provides rewards for participating in activities to support your health. Health rewards will vary based upon your location and may not consist of monetary or cash recognition. The current rewards period ends **November 30, 2022**. If you qualify for any health reward you will be notified by December 31, 2022.

For Chevron NMA domestic payroll employees only

Choose from a variety of activities and you could earn points toward health rewards. Accumulate 1,500 points by **November 30, 2022** and you could qualify for health rewards.

activities to earn points

points	activity description	take action
300 points	<p>complete the health assessment</p> <p>The Heart and Lifestyle survey is an online health assessment that is designed to assess your health across multiple areas of well-being. After you input your answers you will be provided with a heart age score and a lifestyle score along with recommendations for action. You can take the health assessment as many times as you like but you can only earn a maximum of 300 points for this activity.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Health page in your Healthy You account and look for the Health Assessment • Take the survey now
100 points	<p>complete the nicotine-free agreement</p> <p>The Nicotine-Free Agreement is an online agreement that you will remain nicotine-free for the 2022 year. This agreement can be completed by those who have never used nicotine and those who have already kicked the habit. Current nicotine users are encouraged to reduce their risk for preventable diseases by quitting nicotine and completing the Nicotine-Free Agreement.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Click on your Profile picture then visit the My Profile section in your Healthy You account • Look for the Nicotine-Free Agreement above the account settings section

points	activity description	take action
100 points per month	<p>participate in the monthly healthy habit challenge</p> <p>Complete the promoted* monthly healthy habit challenge for 5 out of the 7 days each month. How to complete this activity will vary. There will be a new system generated healthy habit each month, it will appear in the 2nd or 3rd week. If you are a registered user, you will receive an automatic notification that the challenge is about to begin. You must join and track the monthly habit during the time it is active for at least 5 days to earn points.</p> <p>*Promoted healthy habit challenges are system generated and are not individually created personal challenges.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Challenges page under the Social tab to see what challenges are active • Join the healthy habit challenge when it is available
100 points per month	<p>get some sleep</p> <p>Sleep 7 or more hours a night for at least 20 days in a calendar month. This activity is tracked automatically with a device or app and activity is tracked during the current month only. Your activity must show 20 days automatically tracked during a month to earn points for that month.</p> <p>You must sync a sleep tracking device or app to be able to track and earn points for this activity. Activity cannot be logged manually.</p>	<ul style="list-style-type: none"> • Login to Healthy You • You must connect a sleep tracking device for this activity • To connect your sleep tracker, click on your Profile picture then select Devices & apps • To check on your sleep tracked, visit the Tracking page in your Healthy You account
150 points per month	<p>track your steps</p> <p>Track your steps or active minutes for 20 days in a calendar month to earn points. Track your steps or active minutes automatically with a device or app. Or, steps can also be logged manually. Only one activity, either steps or active minutes, will count per day. You must track at least 20 days during a calendar month to earn points for that month.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Stats page under the Home tab to view or log steps manually, or • Connect your activity tracker or app to automatically track steps or active minutes
250 points	<p>participate in a team challenge</p> <p>Track at least once a week for all weeks of the team challenge. You will have two opportunities to participate in a team challenge. The team challenge will be announced when it becomes available.</p> <p>You must track at least once a week for each week of the challenge to earn points for this activity. You can earn a maximum of 500 points for this activity in a program year.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Challenges page under the Social tab to see what challenges are active • Join the team challenge when it is available

points	activity description	take action
100 points per month	<p>complete 10 daily cards</p> <p>Login to Healthy You and complete your daily cards. You will have the opportunity to read and complete 2 daily cards per day. You must read and complete 10 daily cards total in the month to earn 100 points.</p>	<ul style="list-style-type: none"> • Login to Healthy You • View your cards on the home screen
150 points	<p>complete a Journey</p> <p>Register and complete a self-guided Journey on a topic of your choice. Journeys take 10 to 20 days to complete. Once you have completed all the steps you will be awarded 150 points. You can earn points for Journeys each quarter, for a maximum of 600 points in a program year.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Health page to view the Journeys • Select a Journey and follow the prompts to complete it
100 points per month	<p>track healthy habits</p> <p>Choose your own healthy habits to track on a daily basis. Login to track the habits and earn points when you track habits 10 days in a month. You may track as many daily habits as you like but will only receive points for tracking at least one habit a day for 10 days in a calendar month.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Choose and track habits in the Healthy Habits page under the Home tab or track habits directly on the home screen
200 points	<p>participate in a local health event</p> <p>Participate in a local health event promoted by your local wellness or medical team. This event could be getting your flu shot, attending a webinar or in person event or another locally promoted health-based event. This is self-reported on the rewards page.</p>	<ul style="list-style-type: none"> • Login to Healthy You • Visit the Rewards page under the Home tab • Select participate in a local event and complete the form to earn credit
200 points	<p>complete at meQuilibrium assessment</p> <p>Log into the meQuilibrium program and take the assessment. The initial assessment can only be completed once. Points will be automatically awarded in the Healthy You program. Please allow 2 weeks for points to be reflected on your rewards page.</p>	<ul style="list-style-type: none"> • Go to the meQuilibrium page to find login details
150 points	<p>complete a meQuilibrium reassessment</p> <p>Log into the meQuilibrium program and take the assessment. The reassessment can be completed once per quarter, the initial assessment must be completed first. Points will be automatically awarded in the Healthy You program. Please allow 2 weeks for points to be reflected on your rewards page.</p>	<ul style="list-style-type: none"> • Go to the meQuilibrium page to find login details

points	activity description	take action
150 points	<p data-bbox="266 191 779 222">complete a Chevron member survey</p> <p data-bbox="266 239 1016 371">The Chevron member survey will be available on the Virgin Pulse website in 2022. Look for a communication on exact dates and details on how to complete the survey in the second quarter of 2022.</p>	<ul data-bbox="1057 205 1539 321" style="list-style-type: none"> <li data-bbox="1057 205 1357 237">• Login to Healthy You <li data-bbox="1057 258 1539 321">• Exact details will be communicated in the second quarter via email

2022 health rewards program for NMA.

Reach 1,500 points by November 30, 2022 to qualify for health rewards. You must meet all eligibility requirements to receive any reward. If you qualify for the health rewards you will be notified.

For additional information about **Healthy You**, visit hr2.chevron.com/hy/international.