Chevron’s Corp Health and Medical

Our Vision
Consistently deliver world-class global health expertise and resources for individuals and the business to enhance safety and optimize Human Energy.

Our Departments
Global Public Health
Occupational Medicine
Center of Excellence
Wellness Resources
– Health and Productivity
– EAP, WorkLife and Drug/Alcohol
– Disability Management
Worksite Wellness: Why

People
• Positively impact health and wellness where we operate. We are part of the community
• Healthy people = healthy labor pools.

Partnership
• Collaborate with national health programs and partners.
• Build employee volunteer programs.
• Leverage proven successes (HIV/AIDS)

Performance
• Support safe operations
• Decrease costs while enhancing productivity.
Focus on Prevention

- Assist and sustain employees where they are along the health continuum.

- Keep the well well; prevent the risk from happening
- Attend to the walking wounded; Reduce the risk
- Acute/Chronic Conditions; manage the conditions

<table>
<thead>
<tr>
<th>Health Promotion / Awareness</th>
<th>Health Risk Management</th>
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<td>Nutrition</td>
<td>Self care/ prevention</td>
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<td>Know your numbers</td>
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<td>Weight loss</td>
<td>Organizational/Workplace support</td>
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<td>Resilience</td>
<td>What is CV disease</td>
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<td>Stress management/relaxation training</td>
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<td>Health risk appraisals</td>
<td>EAP/WorkLife</td>
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<td>Aggressively treat underlying conditions:</td>
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<td>Depression/anxiety</td>
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<td>High blood pressure</td>
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<td>Address risk factors - lifestyle/behavior change</td>
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<td>Smoking</td>
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<td>Lack of exercise</td>
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<td>Stress</td>
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- Chevron’s “Wellness Stewards” are a core group of Health and Productivity, WorkLife, EAP, Disability Management professionals brokering services with our local Occupational Medicine partners.
Overall Goal: Decrease disease risk; keep the healthy – healthy; impact safety through health

Focus on prevention through assessment, awareness, education, action

- Global Public Health – HIV/AIDS/TB and Malaria
- Occupational Medicine – Travel Medicine and flu shots
- Repetitive Stress Injury Prevention Program:
- Fitness Center Programs (US)
- Stress Management and Resilience
- Disability Management that expedites recovery and return to work (US)
- Psychological/Chemical Dependency resources
- Cardiovascular Health

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Case Study
Chevron Cardiovascular Health Program

Business Case
• Cardiovascular diseases (CVDs) are the number one cause of death globally: more people die annually from CVDs than from any other cause.
• Low- and middle-income countries are disproportionately affected and death rates are similar in men and women.
• CVDs have significant impact in countries where Chevron does business.
Case Study
Chevron Cardiovascular Health Program

Overview:

• “Know Your Numbers”
• Online or paper risk assessment
• Employees have access to self-help materials and coaching to decrease their risk or maintain their low risk
• Dependent access is encouraged
• The program targets lifestyle-related factors that increase risk:
  • Blood pressure and cholesterol
  • Weight management and nutrition
  • Smoking
  • Stress
  • Sleep
  • Diabetes
Cardiovascular Health Program
Wellness - Focus on People

- **Highlights our must valuable resource**
- Holistic – Physical AND Mental Health
- Engagement Issue
  - Focus on wellness is a competitive advantage
- Opportunities for Cardiovascular Health Program:
  - Work/Life Balance
  - Support Groups e.g. Diversity Networks
Cardiovascular Health Program
Wellness is Partnership

- **Global Public Health**
  - Learnings from HIV/AIDS
    - Developed and refined the Cardiovascular Health Program
    - Model for community engagement

- **Occupational Health**
  - Referral source during fitness for duty and physical exams

- **Wellness Function**
  - EAP: Stress Management Modules and Coaching Process
  - WorkLife: new opportunity to encourage behavior change
  - Integrated into overall wellness program e.g. Physical activity programs
Cardiovascular Health Program
Wellness is Partnership

- **Environment and Culture**
  - Food Service program features heart healthy food items
  - Strategic Marketing/Communication Plan to drive behavior change
  - Wellness community of practice to provide synergies between Cardiovascular Health Program and local efforts

- **US Benefits**
  - Nurse Advisor Program for disease management:
    - Referrals to and from Cardiovascular Health Program
Cardiovascular Health Program
Healthier Employees = Safer, more productive workplaces

- Chronic disease (obesity, cardiovascular disease etc.) impact on productivity and safety:
  - Presenteeism
  - Absenteeism
  - Other Indirect cause

- 65% of Chevron employees’ jobs are safety sensitive. Improved health – physical, cognitive, social – influences employees’ abilities to perform safely and productively
Our Vision: Human Energy

We are only as successful as the communities where we operate.

Our commitment to global employee health enhances the human energy of our people while making us a successful company delivering energy to our world.