



# CPChem Employee Wellness Program 2024

CPChem wants to help you on your journey to achieving and maintaining physical, mental and financial well-being. By participating in the wellness program, you can earn up to **\$250** in rewards each year. **You can choose which of the activities outlined in the chart below you wish to complete in order to earn incentives, to a maximum reward of \$250 total.**

Routine dental exam and teeth cleaning — <b>\$25</b>	If you earn rewards for all of the activities below, consider completing two of these four activities to earn the \$250 maximum reward.
Financial coaching call with PwC or watch a live or on-demand financial webinar — <b>\$25</b>	
Complete the CPChem step challenge in May or September through Virgin Pulse — <b>\$25</b>	
View a mental health video in LMS — <b>\$25</b>	
Free biometric screening at designated CPChem locations or a Quest Patient Service Center — <b>\$50</b>	
In-range metabolic syndrome* and clean nicotine/tobacco screening or three telephonic coaching calls and/or online group coaching sessions** — <b>\$50</b>	
Wellness check-up with your health care provider — <b>\$100</b>	

\* In-range metabolic syndrome requires at least three of the following are in normal range: blood pressure (less than 130/85), glucose/blood sugar (less than 100 mg/dL), triglycerides (less than 150 mg/dL), HDL cholesterol (40 mg/dL or greater for men; 50 mg/dL or greater for women) and waist circumference (40 inches or less for men; 35 inches or less for women).

\*\* If you test positive for nicotine/tobacco AND have three or more metabolic syndrome risk indicators out-of-range, you only need to complete a total of three telephonic coaching calls and/or online group coaching sessions (not six) with ActiveHealth to earn this wellness incentive for 2024. There is a required seven-day wait time between coaching calls or online sessions.



Wellness program incentives are paid as a digital gift card only once per year. You must redeem online by December 8, 2024 to receive a digital gift card. Eligible registered ActiveHealth participants who do not claim a reward by December 8, 2024 will be mailed a Mastercard gift card by April 2025.

## Tracking Your Wellness Activities

BlueCross BlueShield, Aetna, Quest Diagnostics and PwC will notify our wellness provider, ActiveHealth, when you have completed qualifying wellness program activities — no action is required by you. **If you are not enrolled in CPChem's U.S. medical or dental plans, or if you are an active employee enrolled as a spouse or dependent, you can still get credit by e-mailing [CPCRABenefits@cpchem.com](mailto:CPCRABenefits@cpchem.com).**

## Begin Your Journey To Wellness Today!

Log on to the MyActiveHealth website to verify your rewards progress, find a Quest Patient Service Center for your biometric screening, and more.



[www.myactivehealth.com/cpchem](http://www.myactivehealth.com/cpchem)

<https://my.questforhealth.com>

(to register for a biometric screening at a Quest Patient Service Center on or after February 1, 2024 — use Registration Key: **CPChem** and add leading zeros to your Employee ID as needed to make it 8 digits)

[cpchem.investcloud.com](http://cpchem.investcloud.com)

(to view PwC's financial on-demand videos and/or live webinars)

**Access CPChem's MySphere**

(to view a mental health video in CPChem's Learning Management System, you can watch 1) **OPENSESAME\_10016002** = Understanding Good Mental Health or 2) **OPENSESAME\_10017032** = Why we all need to practice emotional first aid TED Talk)



**ActiveHealth: 1-877-489-9398**

**Quest: 1-855-623-9355**

**PwC: 1-844-922-1021**

### Notice to Participants

This Chevron Phillips Chemical Benefits flyer is not intended to constitute a promise or contractual commitment by the Company or a right to benefits under any of its employee benefit plans. The Company reserves the right to unilaterally change or terminate any or all of its employee benefit plans at any time and without prior notice. Also, modifications may be necessary to comply with applicable legal requirements. In the event of any inconsistency between a statement contained in this flyer and the relevant plan document, the plan document will control. Employees covered by collective bargaining agreements will also be subject to the benefit plan provisions contained in the applicable collective bargaining agreements.

