health & wellness in remote populations

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chevron in the deepwater
our journey

- Large remote population
- Focus on Fitness for Duty
- Built individual skills
  - Health screenings
  - Education
- Embedded culture change
  - Leadership
  - Contracts
- Results of programs
Taking Action: The Detailed Shaping Curve

Note that the details of this shaping curve will likely change over time based on real-time, short-cycle planning.
individual skills

- Health and Wellness Moments (leader led discussion)
- Onsite health screenings and consults
- Lunch and learn and webcasts
- Increased health literacy
- Provided quality reference information
- Provided additional information on larger corporate programs
- Goal to increase dialogue on health
culture change
50% healthy options

Required part of food service contract

• Criteria
  – Lean meat
  – Whole grain
  – Non-starchy vegetable
  – No heavy gravy/cream sauces
  – Nothing fried
• Cooks submit hotline audits (18/month)
• H&W team determine adherence with requirement and provided feedback
• Conduct monthly training calls with cooks
• Travel to location to train annually
I’m scheduled. Are you?
Schedule an annual physical for a healthier life.

“When I was an expat, my family and I were required to take comprehensive annual physicals. We learned there are many more medical indicators to health than just basic blood pressure, cholesterol, etc. So participating in the annual physical is an important aspect of monitoring my health. In fact, at my last physical, one of my blood tests showed an anomaly, so I will be watching that closely.”

Steve Dehmer
General Manager, HES
Greater GOM

I’m scheduled. Are you?
Schedule an annual physical for a healthier life.

“My highest priority is taking care of my family and loved ones, so in my opinion, monitoring my health and keeping healthy are selfless actions. I make sure to schedule a physical each year and review my health status so that I can continue to support the most important people in my life.”

Sue Park
Lean Sigma Advisor

I’m scheduled. Are you?
Schedule an annual physical for a healthier life.

During an annual physical at the age of 27, I was diagnosed with a health condition. Thankfully it was caught early but it is critical for me to stay on top of my overall health which is why I make sure I schedule regular doctor visits. I strongly encourage my offshore crew to take advantage of the free Chevron screenings offered and to get an annual physical.

Justin Achord
Bay Marchand
Operations Supervisor

I’m scheduled. Are you?
Schedule an annual physical for a healthier life.

“I choose to get an annual physical so I can build a relationship with my physician. By having a relationship, we can work together to create a safe and sustainable exercise routine. I want to be here for my great-great grandchildren.”

Leonard Wiggins
Subsea Systems Engineer
How often do you consume healthy main meal options and snacks on your work location?

- Metrics provided H&W ability to show value
- Started with survey results and participation numbers
- Ended with health plan outcomes

64% of respondents consume healthy meals on most or every day during their hitch offshore.
Cholesterol Trend
Chevron GOM and Louisiana Public Health

Cholesterol trend reduction in contrast to increasing trend in the Louisiana population

Chevron GOM Source: Aggregate data from biannual biometric screening


Chevron GOM Source: Aggregate data from biannual biometric screening


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Hypertension Trend
Chevron GOM and Louisiana Public Health

Hypertension trend reduction in contrast to increasing trend in the Louisiana population

Chevron GOM Source: Aggregate data from biannual biometric screening
Emergency Transports and Medical Cases due to Cardiovascular Events

Helicopter Emergency Transport
Due to Cardiac Symptoms

Cardiac Cases
as a % of Total Medical Cases
Managed by GOM Medical

Downward trend in both measures

Source: GOM Emergency Medical Management
Health Outcomes – Continued risk reduction in 2015

GOM screening data from Ochsner indicates:

- % of population with 2 or fewer risk factors has continued to improve
- % of population with 3 or more risk factors has continued to decrease

A positive trend shift in the GOM risk profile
Gulf Of Mexico
Chronic Conditions Dashboard – Employee PPO

- Journey to have access to US based data
- Chronic conditions for GOM are similar to the larger US based population
- Preventive usages exceeds the benchmarks. Data does not include Influenza vaccinations sponsored by Chevron

<table>
<thead>
<tr>
<th>Employees</th>
<th>US Based</th>
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<tbody>
<tr>
<td>Total Enrolled</td>
<td>1,013</td>
</tr>
<tr>
<td>Age</td>
<td>44.3</td>
</tr>
<tr>
<td>Gender</td>
<td>75.9% male</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Preventive Screening</th>
<th>GOM Compliance</th>
<th>US Based Compliance</th>
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</thead>
<tbody>
<tr>
<td>Breast cancer screening</td>
<td>✓ 62%</td>
<td>43%</td>
</tr>
<tr>
<td>Influenza vaccination</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>Adult Physician Exams**</td>
<td>✓ 80%</td>
<td>69%</td>
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<table>
<thead>
<tr>
<th>Prevalent Chronic Conditions</th>
<th>Related Practice Category</th>
<th>GOM % Employee</th>
<th>US Based% Employee</th>
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</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>Cardiology</td>
<td>✓ 14%</td>
<td>21%</td>
</tr>
<tr>
<td>Hyperlipidemia</td>
<td>Endocrinology</td>
<td>✓ 10%</td>
<td>16%</td>
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