

BENEFITS COMMITTEE UPDATE

Included in this article:

- Transition of Benefits Committee Chair
- Organizing your Health: A guide to maintaining your family's most important health records

Transition of Benefits Committee Chair

This is my last Benefits Corner as the Chair, CRA Benefits Committee. I am “passing the Chair baton” so to speak to Jim Bonwell, a current CRA Benefits Committee member, who has agreed to step up and has been appointed to the position effective July 1, 2023 by the Association President, Brad McCullough. Jim retired from Chevron in December, 2020, became a CRA member and, in March, 2021, volunteered to serve on the CRA Benefits Committee. Jim has served as a valuable resource on the Committee due to his continued voluntary work with ChevRec’s BenefitHub and that he communicates frequently with Chevron retirees on the use of and questions about the BenefitHub website.

To assist Jim in his transition to the Chair position, I will be continuing to serve on the CRA Benefits Committee at least through the end of 2023. Please join me in welcoming Jim to his new role. Jim’s contact information is: Email: jbonwell@pacbell.net Phone: 925-997-6072

Organizing *Your Health* - A guide to maintain your family’s most important health records. *

There is nothing more important than your health and the health of your family, including your pets. However, it can be overwhelming to keep track of everything: appointments, copays, medications, deductibles, allergies, blood types, etc. The list goes on.

That’s why organizing your household’s health is so vital. To play a more active role in managing your family’s and pet’s well-being, you should keep an up-to-date medical history and appointment schedule for both. Use these tips to help keep your health information organized.

The full text of this article can be read at this link. [Benefits Corner](#)