



# WELLNESS ONLINE NAVIGATOR



## HAPPENING NOW



### Know Your Numbers

This is your last chance to complete your Know Your Numbers online wellness profile and health screening. If you do not complete both elements of the program by the March 31 deadline, you will lose your \$600 medical premium discount\* on your HII Anthem medical insurance plan, starting July 1. Visit [hiibenefits.com](http://hiibenefits.com) for details on how to complete the program.



### Prevent T2

PreventT2 is a group support program designed to prevent or delay type 2 diabetes for individuals with prediabetes or who are at risk of developing diabetes.



### Fresh Start

Quit smoking and save money on your medical premium with the Freshstart® tobacco cessation program. The eight-week program teaches you how to manage triggers and develop a plan to quit for good.



## TAKE ACTION

### ✓ Celebrate Five Years of Better Health

This month marks five years since the HII Family Health Center opened in Newport News, VA. In that time, the health center has seen 19,400 patients, completed 103,000 appointments and achieved a 97% patient satisfaction rate. Visit [hiibenefits.com](http://hiibenefits.com) to view a special anniversary video.



### ✓ Register for Nutrition Bytes

Every month, the team of Registered Dietitian Nutritionists from the HII Family Health Center put together helpful emails that provide valuable tips on how to eat healthier. Sign up today to receive Nutrition Bytes each month via email at [myquadmed.com/hii/nutritionbytes](http://myquadmed.com/hii/nutritionbytes).

### ✓ Visit Wellness Online

Want to check out the most current event information or some of the helpful wellness resources available to you? Log in to your MyChart account at [myquadmed.com/hii](http://myquadmed.com/hii) to begin.

For more information and eligibility details for the services listed above, visit [hiibenefits.com](http://hiibenefits.com). All personal information shared with the vendors above is confidential and not shared with HII.

BeWell for Life wellness services at the Family Health Center and via online video conferencing software are available to all employees on an HII medical plan.

\*Information related to employee benefits or participant costs or charges related to benefits is provided as directed by your benefits department and may be subject to change

# COMING UP



## Scale Back

March 16 & 17

Scale Back is a free 10-week program that can help you to lose excess weight through group support classes led by BeWell for Life wellness coordinators. You will learn realistic strategies for improving meals, movement, mindset and motivation. Register online at [myquadmed.com/BeWell](http://myquadmed.com/BeWell).



## Healthy Ergonomics

March 23

Join physical therapists from the HII Family Health Center for a healthy ergonomics webinar. If you work from home or at a desk all day, this is for you! You will learn valuable tips for improving your workspace to minimize fatigue and reduce pain and chances of injury. Register online at [myquadmed.com/BeWell](http://myquadmed.com/BeWell).

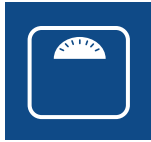


## Go the Extra Mile

Starts April 5

This challenge consists of tracking your miles on Wellness Online as you complete a 5K training plan and prepare for a 5K race at the end of the program in May. You'll receive group support and guidance from BeWell for Life wellness coordinators, nutritionists and physical therapists along the way. Register online at [myquadmed.com/BeWell](http://myquadmed.com/BeWell).

# ONLINE AND ON DEMAND RESOURCES



## Weight Management - Interactive Learning Program

From understanding proper nutrition to discovering exercise and movement alternatives to break a sweat, learn more about healthy weight management by completing Wellness Online's interactive learning program course today. Log in to your MyChart account at [myquadmed.com/hii](http://myquadmed.com/hii) to begin.



## Virtual Exercise Classes

Exercise from the comfort and convenience of your own home! Visit the [myquadmed.com/BeWell](http://myquadmed.com/BeWell) to see the current schedule of classes and to register.



## Learn and Connect Online

Check out QuadMed's health articles, videos and group challenges on Facebook (search for "QuadMed Well-being") and YouTube (search for "QuadMed"). As a reminder, employees should only access social media from personal devices.

# RESOURCES FOR YOU

## Wellness Online

Achieve your health goals with our helpful resources and program information.

Visit [hii.myquadwellness.com](http://hii.myquadwellness.com) to learn more.

## HII Family Health Center

Free preventive care and acute care for just \$15. Visit [myquadmedical.com/hii](http://myquadmedical.com/hii) or call (757) 327-4200.

## HII Family Vision Center

Quality eye care and eye wear. Call (757) 327-4188 for optometry appointments; walk in for retail.

## Onsite Dental

Exams, teeth cleanings, crowns and more.

Call (757) 707-7223.

## Teladoc

Talk to a doctor 24/7/365 or schedule a session with a therapist for just \$10. Visit [teladoc.com/hii](http://teladoc.com/hii) or call 1.800.TELADOC.

## SmartPath

Build your financial savvy and plan for the future by taking part in the informative financial planning webinars at [joinsmartpath.com/HII/classes](http://joinsmartpath.com/HII/classes).

## HERO: HII Employees Reach Out

Free confidential counseling when you need it most.

Call (855) 400-9185.

