



HEALTHY BODY | HEALTHY WALLET | HEALTHY MIND September 2021

**UPCOMING EVENTS AND UPDATES**

**HERO WEBINAR: THE NEW NORMAL**

*Thursday, Sept. 7*

Beginning to adjust to a post-pandemic world can be overwhelming and raise many questions. When will the pandemic be officially over? How will things be different? How will I adapt to the new normal? [Register](#) for HERO's webinar at noon EDT on Tuesday, Sept. 7 to learn how you can prepare for the post-pandemic world from previous global crises. Can't participate in the live webinar? Don't worry! Register anyway, and HERO will email you a recording of the session.

**SMARTPATH WEBINAR: RETIREMENT READINESS PART 2**

*Wednesday, Sept. 15*

In Retirement Readiness 2.0, follow a simple plan to help determine if you are ready for retirement and what changes you can make to improve your situation. [Register](#) for the SmartPath webinar at noon EDT on Sept. 15 to take a deeper look into your retirement forecast. Can't participate in the live webinar? Don't worry! Register anyway, and SmartPath will email you a recording of the session.

**HERO WEBINAR: KEEPING IT COOL WHEN IT COUNTS**

*Thursday, Sept. 23*

Keeping it cool in sticky situations can be difficult. [Register](#) for HERO's webinar at noon EDT on Thursday, Sept. 23 to learn strategies and techniques on how to identify strong emotions, as well as how to manage and better control them. Can't participate in the live webinar? Don't worry! Register anyway, and HERO will email you a recording of the session.

**KNOCK OUT YOUR HEALTH SCREENING FOR THE KNOW YOUR NUMBERS PROGRAM**

The 2021-2022 cycle of the Know Your Numbers program has begun. Technical Solutions employees can participate in the program and complete a health screening and wellness profile on a voluntary basis for a chance to win quarterly giveaways.

QuadMed is now offering onsite health screenings at Newport News Shipbuilding as well as health screenings by appointment at the HII Family Health Centers. Please note that masks are required for all health screening appointments regardless of vaccination status. If you do not have a mask, one will be provided.

Employees can also complete the health screening with their personal care provider. Visit [myquadmed.com/kyn](http://myquadmed.com/kyn) for step-by-step instructions to complete the program.

*For more information regarding the Know Your Numbers program, visit [www.hiibenefits.com](http://www.hiibenefits.com).*

**MEAL PREP ON A BUDGET WITH HELP FROM VIDA**

Cooking at home is a great way to eat healthy, balanced meals, but if you're wary of meal prep and grocery shopping, help is here. Follow these tips on ways to meal prep on a budget so you can eat well without breaking the bank:

- Make a plan before you go shopping. This way, you'll only buy ingredients you need and avoid impulse purchases.
- Make extra portions to save and eat later for lunch and dinner.
- Use less expensive cuts of meat. Crockpots and instantpots are perfect ways to cook delicious, inexpensive meat.
- Cook with what's in season. Food that is in season is typically fresher and less expensive.

For more tips on ways to eat healthy and live a balanced lifestyle, connect with a Vida health coach. Vida Health is a new, no-cost wellness benefit available to employees and their dependents enrolled in an HII Anthem plan. Visit [www.vida.com/hii](http://www.vida.com/hii) for details.



## UPCOMING WELLNESS OFFERINGS

### HOW TO PRIORITIZE YOUR FINANCIAL GOALS

*Tuesday, Sept. 14*

Learning how to prioritize your financial goals can be difficult. From getting out of debt and saving for retirement, to learning how to budget and save for your child's college, the list can feel like it goes on forever. Luckily, QuadMed and SmartPath have teamed up to offer a course that will teach you how to prioritize your financial goals effectively through SmartPath's seven-step system. Register today at [myquadmed.com/BeWell](http://myquadmed.com/BeWell).

### SCALE BACK

*Begins Tuesday, Sept. 21*

Get help losing excess weight through this free 10-week program led by BeWell for Life wellness coordinators. This program will teach realistic strategies for improving meals, movement, mindset and motivation. Register today at [myquadmed.com/BeWell](http://myquadmed.com/BeWell).

### BEWELL STRESS AND MINDFULNESS PROGRAM

*Now through Oct. 31*

Learn how to be mindful about stress through this program's three tiers of challenges that will motivate you to manage stress more effectively. Track your progress through Wellness Online to receive prizes such as essential oil diffusers and neck massage pillows for every tier you complete. Get started by logging in to MyChart at [myquadmed.com/hii](http://myquadmed.com/hii) to access Wellness Online and click the program link on the homepage to create a plan.

### BEWELL IN 5 STRETCH BREAKS

*Tuesday, Wednesday & Thursday Mornings*

When is the last time you got up and stretched? Take part in regular stretch sessions via WebEx from your desk in the office or at home. Visit [myquadmed.com/BeWell](http://myquadmed.com/BeWell) to access the online fitness classes page and register.



### GET FOOD FOR THOUGHT WITH NUTRITION BYTES

Looking for ways to eat healthy?

[Sign up](#) for monthly nutrition tips emailed from registered dietitian nutritionists at the HII Family Health Center.

## MONTHLY FEATURES AND UPDATES

### WORLDWIDE SUICIDE PREVENTION DAY

Friday, Sept. 10 is Worldwide Suicide Prevention Day, dedicated to sharing mental health importance and awareness. If you or a family member are struggling with mental health issues and need help, [HERO: HII Employees Reach Out](#) offers free support and counseling, and is 100% free and confidential.

### GET YOUR FAMILY READY FOR BACK-TO-SCHOOL

#### *Back-to-school anxiety*

Is your child nervous about the new school year? Back-to-school stress is normal, but with the added disruptions due to COVID-19, it's easy to feel overwhelmed. Check out these tips to help ease your child's back-to-school anxiety:

- Check in with your child regularly and listen to their concerns. Make sure to validate their emotions, letting them know that their feelings are understandable.
- Help your child focus on what they can control in the fight against the pandemic, such as hand washing, wearing a face mask and practicing social distancing.
- Ensure your child is getting enough sleep, being physically active and eating healthy food to support a healthy body and mind.
- Encourage your child to do more of what they enjoy most, whether it's reading, being outside or playing sports.

*Looking for additional support? Turn to [HERO: HII Employees Reach Out](#).*

### **COVID-19 vaccines available for children**

Children 12 years of age and older are now eligible to receive a COVID-19 vaccination. Find where you can schedule an appointment for your child to receive the COVID-19 vaccine by visiting the [COVID-19 Vaccine Information](#) page.

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.