



FEBRUARY 2022

WELLNESS ONLINE NAVIGATOR



BeWell FOR LIFE
Operated by
QuadMed

COMING UP



Plan Your Next Move On-demand Fitness Program

Mar. 1 through May 31

Physical activity is vital for good health. Sometimes it's difficult to fit it in during our busy days. Now there's a program to help you get and keep moving. Plan Your Next Move is an on-demand fitness program that allows you to exercise at your own pace. The three-step program gives you the tools and support necessary to make deliberate choices to move your way. And, it's convenient. Get moving anytime and anywhere. Get started by logging in to MyChart at myquadmed.com/hii to access Wellness Online and click the program link on the homepage to plan your first move today.



I'd Like to Make a Change, But...

Starts March 4

This monthly information series takes barriers to healthy change head on! Subscribe and you'll receive helpful videos each month via email. These videos will address common obstacles people face when making changes to improve their life and discuss how to overcome those barriers when they show up in your life. You'll also receive tips, tools and strategies for making changes for a healthier life. Visit myquadmed.com/BeWell to subscribe!



Eat, Drink & Be Well: Celebrate a World of Flavors

Wednesday, March 9 at Noon ET/11 a.m. CT

March is National Nutrition Month, and we're bringing you a flavor-filled cooking demo. Join our team of registered dietitians as they celebrate diverse flavors and introduce you to a Mexican dish that is healthy and simple to make. Register today at myquadmed.com/BeWell.



Weigh Beyond: Empowering a Healthier You

Begins Tuesday, March 15 & 16 at Noon ET/11 a.m. CT

When it comes to weight management, there is never a one-size-fits-all approach. Weigh Beyond: Empowering a Healthier You is a 12-week program that emphasizes positive behaviors and lifestyle strategies as a means for achieving and maintaining a healthy weight. We'll help you find your personal "why" as you learn skills and adopt healthy behaviors to support a healthy weight and your overall well-being. Join Weigh Beyond and be healthy from top to bottom, inside and out. Register today at myquadmed.com/BeWell.

TAKE ACTION

✓ Complete the Know Your Numbers Program

Time is running out! You have until March 31, 2022 to complete your health screening and online wellness profile. Act now and beat the rush! Visit myquadmed.com/kyn for step-by-step instructions to complete Know Your Numbers or visit hiibenefits.com for more information on the program.

✓ Get Your Flu Shot!

Free flu shots are available at the HII Family Health Center and Know Your Numbers health screening events. Appointments are preferred, but not required. Walk-ins are accepted. Masks and social distancing are required for all options. Onsite flu shots are available to all employees, regardless of medical plan and to dependents covered by an eligible HII health plan. To learn more and schedule an appointment, visit myquadmed.com/hii/flu.

✓ 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.

Looking for ways to get some exercise in during the day? There are a variety of classes to select from and you can sign up for one or all of them. Visit the Online Fitness Classes section of myquadmed.com/BeWell to register today!

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ManPower: Shipbuilder Health & Wellness – Meals for Men

Wednesday, March 23 at Noon ET/11 a.m. CT

ManPower is a virtual program that provides dialogue around various men’s health maintenance and improvement topics. Led by QuadMed professionals who are passionate about helping men achieve their best selves, participants will learn tips and tricks to improve overall wellness. Topics will address physical, mental and social well-being. Join us in March as we discuss Meals for Men. Register today at myquadmed.com/BeWell.



Thriving through Cancer

Begins Wednesday, April 13 at 5:30 p.m. ET/4:30 p.m. CT

Learn about the importance of positivity and resilience as well as the importance of diet and exercise in this five-week virtual support program intended to help you and your loved ones that have been touched by cancer. Whether you have been newly diagnosed, are currently receiving treatment, are a survivor or are supporting a loved one on their treatment journey, this class is for you. Register today at myquadmed.com/BeWell.

HAPPENING NOW



Go the Extra Mile Challenge

February 28 through April 9

The Go the Extra Mile challenge is a fun way to get fit as you prepare for the Ingalls 5K on the Causeway on Saturday, April 9. You’ll receive a training plan, weekly tips and additional support opportunities leading up to the event. Complete the challenge and you could win a FitBit! Learn more and register at myquadmed.com/BeWell.



Freedom From Smoking Program

Although the first steps can be hard, finding your path to a smoke-free life is easier with the right help. Freedom from Smoking is a proven program that can help you quit for good in just 8 weeks. Employees who complete the program can declare themselves “tobacco-free” and save \$660 annually on their HII medical insurance through the HII Tobacco Free Incentive Program.

LOOKING AHEAD



Run for a Cause

April 9

If you’re preparing for the run, make sure to sign up for the Ingalls 5k on the Causeway to benefit Special Olympics Mississippi. The run takes place on Saturday, April 9. Registration opens on February 14. Sign up today at <http://ingalls.huntingtoningalls.com/ingallsevents/ingalls5k>.

RESOURCES FOR YOU

High-quality, confidential health and wellness care options are available for you and your family.

Wellness Online

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

Visit hii.myquadwellness.com to learn more.

HII Family Health Center

Free preventive care and acute care for just \$15. Visit myquadmed.com/hii or call (228) 205-7700.

HII Family Vision Center

Quality eye care and eye wear. Call (228) 205-7761 for optometry appointments; walk in for retail.

Onsite Dental

Exams, teeth cleanings, crowns and more. Call (228) 355-4532.

Teladoc

Talk to a doctor 24/7/365 or schedule a session with a therapist. Visit 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.

HERO: HII Employees Reach Out

Free confidential counseling when you need it most. Call (855) 400-9185.

For more information and eligibility details for the services listed above, visit hiibenefits.com. All personal information shared with the vendors above is confidential and not shared with HII.

BeWell for Life wellness services at your worksite, at the Ingalls FitCenter, and via online video conferencing software are available to all non-represented HII employees, regardless of medical coverage, and represented 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.