



MARCH 2022

WELLNESS ONLINE NAVIGATOR



COMING UP



Weigh Beyond: Empowering A Healthier You

11 a.m. | March 15 & 16

This 12-week program 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 your overall well-being. Register today at myquadmed.com/BeWell.



ManPower: Shipbuilder Health & Wellness – Meals For Men

11 a.m. | Wednesday, March 23

ManPower: Shipbuilder Health & Wellness 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. Join QuadMed as we discuss meals for men. Register today at myquadmed.com/BeWell.



Thriving through Cancer

4:30 p.m. | Wednesday, April 13

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. Register today at myquadmed.com/BeWell.



We've Got Your Back Program

11 a.m. CT | Tuesday, April 19

Whether you spend your workday sitting at a desk or working in the shipyard, back health is of utmost importance. The We've Got Your Back program is designed to help prevent and manage acute and chronic low back pain. Register today at myquadmed.com/BeWell.

TAKE ACTION

✓ Run For a Cause

For the safety of our shipbuilders and community participants, the 10th Annual 5K on the Causeway was postponed last September. The 5K is back! Register for the Ingalls 5k on the Causeway to benefit Special Olympics Mississippi. Join us on April 9th for family fun with free food & drinks, kids' game area, door prizes and more. Register at <http://ingalls.huntingtoningalls.com/ingalls-sevents/ingalls5k>.

✓ Complete the Know Your Numbers Program

Act now! You have until March 31, 2022 to complete your health screening and online wellness profile. 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.



HAPPENING NOW



Go The Extra Mile Challenge

Now through April 9

This challenge is a fun way to get fit as you prepare for the Ingalls 5K on the Causeway on April 9. You'll receive a weekly training plan, tips and additional support opportunities leading up to the event. Complete the challenge and you could win a FitBit! Registration is ongoing and you can join at any time. Register today at myquadmed.com/BeWell.



I'd Like to Make A Change But...

Overcoming Your Barriers. Improving Your Health.

Subscribe to the New Video Series Today!

This monthly information series takes barriers to healthy change head on! Subscribe and you'll receive helpful videos each month via email to learn how to overcome barriers in your life. You'll receive tips, tools and strategies for making changes for a healthier life. Visit myquadmed.com/BeWell to subscribe!



Plan Your Next Move

On-Demand Fitness Program

March 1 through May 31

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. Get moving anytime and anywhere. Start 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.

ONLINE & ON DEMAND RESOURCES



Virtual Exercise Classes

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 Activities section of myquadmed.com/BeWell to register today!

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.