



KNOW YOUR NUMBERS

The First Step to Better Health

ARE YOU AT RISK?

If so, here's what you can do about it.

TEST	EXPLANATION	RECOMMENDATIONS	RESOURCES
BMI	BMI (Body Mass Index) is a tool that can help determine a healthy weight based on an individual's height.	Regular physical activity can help improve this number by participating in at least 150 minutes per week of moderate activity. Weight loss can be achieved through exercise and proper nutrition changes. Pursuing weight loss in a healthy way is important and looks different for everyone. On average, a healthy weight loss includes seeing a 1-2 lbs loss per week (through regular physical activity and healthy eating). Contact the Hill Family Health Center today to meet with a Wellness Coordinator to determine the best course of action for you.	Wellness/Registered Dietitian (RDN) Coaching, Virtual Fitness Classes, Wellness Online (Les Mills) On-Demand Fitness Classes, Weight Management Program
BLOOD PRESSURE	When left untreated, high blood pressure can lead to serious health complications including stroke, heart attack and kidney damage.	The good news is that a combination of lifestyle changes and possible medications can help keep blood pressure managed. Lifestyle changes include improving dietary and nutrition choices, increasing aerobic activity to at least 30 minutes per day and limiting or avoiding alcohol and tobacco products. Consult with your medical provider regularly to know your numbers.	Condition Management Services, Virtual Fitness Classes, Wellness Online (Les Mills) On-Demand Fitness Classes, Weight Management Program
Total Cholesterol, HDL, LDL, Triglycerides	Cholesterol is made in your liver and has many important functions like hormone production and cellular maintenance. However, too much cholesterol or cholesterol of the wrong type can create problems.	Follow these tips to help increase your HDL cholesterol and decrease your LDL cholesterol: improve nutrition choices by including heart healthy fats (avocado, fatty fish, nuts, olive oil) and reducing saturated fats (fried foods, full-fat dairy products, red meats). You should also increase aerobic exercise and avoid tobacco products. Consult with your medical provider regularly to know your numbers.	Wellness/RDN Coaching, Wellness/RDN Coaching, Virtual Fitness Classes, Wellness Online (Les Mills) On-Demand Fitness Classes, Weight Management Program
A1C	An A1C test provides an average of your blood sugar readings for the past three months which provides a good idea of how effective your blood sugar control has been over time. Results of an A1C test can be used to screen for prediabetes and diabetes.	The following tips can help keep A1C in control. If your A1C is elevated, consult with your medical provider right away. Eat more vegetables, always pair your carbohydrate snack with a protein (i.e. fruit with nuts or cheese with crackers), avoid skipping meals, drink plenty of water, limit sugary drinks and make half your plate non-starchy vegetables, including leafy green vegetables, tomatoes, cucumbers, squash, or broccoli, etc. Consult with your medical provider regularly to know your numbers.	Condition Management Services, Prevent2 Program, RDN Coaching
Tobacco Use	The use of nicotine can be harmful to your health. Tobacco use in any form has been shown to impact vitamin and mineral absorption, blood pressure, cholesterol and increase risk for diabetes. In addition, tobacco use increases your chance of heart disease, stroke and cancer.	There are different ways to approach cessation — “cold turkey” and NRTs (nicotine replacement therapy) that include prescription medication, nicotine patches, nicotine gum and nicotine lozenges. Contact the Hill Family Health Center today to meet with a Wellness Coordinator to determine the best course of action for you.	Freedom From Smoking Tobacco Cessation Program, Wellness Coaching

Additional support opportunities on back...

READY TO TAKE THE NEXT STEP?

Here's a list of additional QuadMed resources available to assist you on your health journey. Please consult with a member of your wellness team to discuss which of the following might benefit you. To access the online resources, visit myquadmed.com/hii.



HII Family Health Center

4500 Washington Ave., Newport News
Hours: Mon – Fri from 7 a.m. to 6 p.m.
Sat from 8 a.m. to noon

The HII Family Health Center is designed to provide convenient, high-quality health care for HII employees and their families at a lower cost. Full primary care services include adult and pediatric immunizations, treatment of non-occupational illness and injuries, X-ray, lab and rehabilitation services for non-occupational injuries – all for just \$15 per visit. Annual physicals are free. Call 757-327-4200 or visit myquadmed.com/hii to make an appointment.

SIGNATURE WELLNESS PROGRAMS

Eat, Drink & Be Well

Monthly lunch and learn series covering a variety of health and wellness topics.

Freedom From Smoking

Eight-week-long American Lung Association program for tobacco users who are ready to quit.

ManPower

This virtual program is designed to empower individuals to achieve their best selves.

Prevent T2

12-month-long, CDC-recognized lifestyle change program designed to help people who are pre-diabetic cut their risk in half for developing Type 2 diabetes.

Weigh Beyond

12-week-long program to help you build the skills needed to achieve and maintain an ideal weight through leading a healthier lifestyle.

SUBSCRIPTION PROGRAMS

Nutrition Bytes

Monthly newsletter subscription with insight from registered dietitians.

I Want to Make a Change But...

Monthly video subscription series with tips for overcoming barriers to making healthy changes.

IN-PERSON AND GROUP COACHING

Wellness Coaching

Registered Dietitian Nutrition Coaching

Work one-on-one with a certified coaching professional to achieve your health and fitness goals.

Healthy Together

Four-week-long group coaching program to jump start your wellness journey.

WELLNESS ONLINE RESOURCES

(LOG IN VIA MYCHART)

Health Achievement Programs

Custom on-demand programs to help you take the steps to achieve your health goals.

Recipe Library

Indulge your tastebuds with over 10,000 healthy recipes for you to try.

Health Information Library

Powered by Healthwise, you'll find articles, videos and tools to increase your knowledge and help you make informed decisions about your wellbeing.

Interactive Learning Programs

Educate yourself about a condition or a wellness goal and take steps toward building a long-lasting healthy habit with these accredited programs.



For more information on the services listed, visit myquadmed.com/hii. Your participation in BeWell programs is always confidential and is not shared with other parties without your consent.