



AUGUST 2022

# WELLNESS ONLINE NAVIGATOR



**BeWell** FOR LIFE  
Operated by  
**QuadMed**

## COMING UP



### **Weigh Beyond: Empowering a Healthier You**

*Begins September 6 & 7*

Weight management is never one size fits all. So let's find what works best for YOU. This 12-week virtual program helps you discover your personal "why" and teaches you skills that you can use to achieve and maintain a healthy weight – not just now, but for the rest of your life. Join Weigh Beyond and be healthy from top to bottom, inside and out. Two virtual session options are available – starting Tuesdays, Sept 6th at Noon ET/11 a.m. CT or Wednesdays, Sept 7th at Noon ET/11 a.m. CT.

Register [today](https://myquadmed.com/BeWell) at [myquadmed.com/BeWell](https://myquadmed.com/BeWell) then view Classes and Events.



### **Eat, Drink & Be Well: Eat the Rainbow**

*Noon ET/11 a.m. CT | Wednesday, September 14*

September is National Fruits & Veggies Month and this year's theme is "Eat the Rainbow!" Join QuadMed Registered Dietitian Nutritionists to learn creative ideas to incorporate a colorful and flavorful mix of fruits and vegetables into your daily routine.

Register [today](https://myquadmed.com/BeWell) at [myquadmed.com/BeWell](https://myquadmed.com/BeWell) then view Classes and Events.



### **ManPower: Stay Strong. Live Long. – Reset with Rest**

*Noon ET/11 a.m. CT | Wednesday, September 28*

Is a lack of rest impacting your health? Struggling to recover from today and be ready for tomorrow? Join us and learn how to relax and reset so you'll be energized and ready for the day ahead! All are welcome to attend. If you are unable to attend, programs can be viewed on demand.

Register [today](https://myquadmed.com/BeWell) at [myquadmed.com/BeWell](https://myquadmed.com/BeWell) then view Classes and Events.

## TAKE ACTION

### **Register for Nutrition Bytes**

✓ Get bite size tips and strategies for healthy eating from our team of Registered Dietitian Nutritionists. Sign up today to receive Nutrition Bytes each month via email at [myquadmed.com/hii/nutritionbytes](https://myquadmed.com/hii/nutritionbytes).

### **I Want to Make a Change, But... Overcoming Your Barriers. Improving Your Health.**

*Subscribe to the Educational Video Series Today!*

✓ Want to make a change but something's standing in your way? This monthly information series takes barriers to healthy change head on! Subscribe now and receive helpful videos with tips, tools and strategies for making changes for a healthier life. Subscribe today at [myquadmed.com/hii/change](https://myquadmed.com/hii/change)

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# HAPPENING NOW



It's time for Know Your Numbers and taking the next step toward a healthier you! The 2022-2023 program has begun. Salaried Corporate and Newport News Shipbuilding, Mission Technologies, and Ingalls Shipbuilding employees enrolled in an HII Anthem medical plan must complete the two program requirements, a health screening and a wellness profile, by March 31, 2023 to secure savings of \$600 on their medical premiums. QuadMed is now offering onsite health screenings at Newport News Shipbuilding and Ingalls Shipbuilding, as well as health screenings at the HII Family Health Center. Employees can also complete the health screening with their personal care provider. Visit [myquadmed.com/kyn](https://myquadmed.com/kyn) for step-by-step instructions, onsite screening schedules, and FAQs.

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

## ONLINE & ON DEMAND RESOURCES

### Virtual Exercise Classes



Want to move? Join QuadMed for a variety of fitness activities – live virtual fitness classes offered through Zoom and live stretch breaks offered through WebEx plus on-demand programs available whenever you are.

#### BeWell in 5 Stretch Breaks (Live)

9 a.m. ET/8 a.m. CT | Tuesdays, Wednesdays & Thursdays

Take time to move as you begin your day. These quick and easy stretches will help get your blood flowing and increase your energy

#### Yoga (Live) Wednesdays

Join fitness instructor Holly Siedlecki for weekly online yoga classes that can be used to increase movement and flexibility and help you practice mindfulness.

**Sun Sal Yoga Flow (6 a.m. ET/5 a.m. CT)** allows you to start your day grounded, focused and limber with yoga sequences that flow with the breath.

**Vinyasa Flow Yoga (5:10 p.m. ET/4:10 p.m. CT)** links body movements with the breath and can improve posture, flexibility, balance and strength while calming your mind.

**Les Mills Programs (On-demand)** – Exercise with trainers across the globe via Les Mills fitness activities. Enjoy everything from strength, cardio, yoga, kickboxing, and more. On-demand videos are available for all fitness levels and taught by certified Les Mills instructors ready to get your body moving and in better shape.

Visit the Online Fitness Activities section of our website at [myquadmed.com/BeWell](https://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](https://hii.myquadwellness.com) to learn more.

### HII Family Health Center

Free preventive care and acute care for just \$15.

Visit [myquadmed.com/hii](https://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 (Newport News only)

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](https://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](https://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](https://hiibenefits.com). All personal information shared with the vendors above is confidential and not shared with HII.*

**Mission Technologies/Newport News Shipbuilding:** BeWell for Life wellness services at the Family Health Center and online via WebEx are available to all employees on an HII medical plan.

**Ingalls Shipbuilding:** BeWell for Life wellness services at your worksite, at the Ingalls FitCenter, and online via WebEx 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.*