



KNOW YOUR NUMBERS

The first step to better health



HEALTH SCREENINGS & FLU SHOTS

Appointments last just 20 minutes. Masks are required for all health screening appointments regardless of vaccination status. If you do not have a mask, one will be provided.

NEWPORT NEWS SCREENING SCHEDULE

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	LOCATION	DATE	TIME	ROOM
OCTOBER	HII Family Health Center	Every Tuesday	8 a.m. - 4 p.m.	
		Every Wednesday	8 a.m. - 4 p.m.	
		Every Thursday	8 a.m. - 4 p.m.	
		Every Friday	8 a.m. - 4 p.m.	
	B520	Tue, Oct 4	8 a.m. - 1 p.m.	4th Floor Large Conference Room
	Applebees	Wed, Oct 5	6 - 11 a.m.	Cafe Area
	Applebees	Thu, Oct 6	4:30 - 6:30 p.m.	Cafe Area
	B884	Fri, Oct 7	8 a.m. - 1 p.m.	Conference Room 102B
	Foundry	Mon, Oct 10	7 a.m. - Noon	Break Area
	B903	Wed, Oct 12	7 a.m. - Noon	Conference Room 129 A/B
	B600	Thu, Oct 13	7 a.m. - Noon	Conference Room C
	B160	Fri, Oct 14	7 a.m. - Noon	EOC
	B1744	Tue, Oct 18	7 a.m. - Noon	5th Floor Conference Room
	Pier 3	Wed, Oct 19	6 - 11 a.m.	Bent 23, Conference Room 245
	Pier 3	Thu, Oct 20	4:30 - 6:30 p.m.	Bent 23, Conference Room 245
	B60	Fri, Oct 21	8 a.m. - Noon	2nd Floor Training Room
	West Park	Mon, Oct 24	8 a.m. - 1 p.m.	2nd Floor Conference Room
	B103	Tue, Oct 25	8 a.m. - 1 p.m.	Kersage Room
	B872	Thu, Oct 27	8 a.m. - Noon	Conference Rooms 2-4
Net Center	Fri, Oct 28	7 a.m. - Noon	Suite 129, CC1	
CMAF	Mon, Oct 31	7 a.m. - Noon	1st Floor Break Area & Conference Room	

Here's how to schedule an appointment.

STEP 1: Visit myquadmed.com/hii to log in to or sign up for a MyChart account.

STEP 2: Once logged in, access **Wellness Online** to schedule your health screening.

Visit myquadmed.com/kyn for step-by-step instructions to complete the program.





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HEALTH SCREENING EVENTS NEAR YOU!

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NEWPORT NEWS SCREENING SCHEDULE				
	LOCATION	DATE	TIME	ROOM
NOVEMBER	HII Family Health Center	Every Tuesday	8 a.m. - 4 p.m.	
		Every Wednesday	8 a.m. - 4 p.m.	
		Every Thursday	8 a.m. - 4 p.m.	
		Every Friday	8 a.m. - 4 p.m.	
	B276	Tue, Nov 1	8 a.m. - Noon	2nd Floor Conference Room
	B888	Wed, Nov 2	8 a.m. - Noon	Conference Rooms 107-109
	B902	Thu, Nov 3	8 a.m. - Noon	VTC A/B
	B77-78	Mon, Nov 7	8 a.m. - Noon	Yard Operations Conference Room
	B4633	Tue, Nov 8	8 a.m. - Noon	3rd Floor Conference Room
	CRF	Wed, Nov 9	8 a.m. - Noon	3rd Floor Conference Room
	B86	Thu, Nov 10	8 a.m. - Noon	IMSE 2 & 3
	VASCIC	Mon, Nov 14	8 a.m. - Noon	Conference Room 219
	NNI Jefferson	Tue, Nov 15	8 a.m. - Noon	2nd Floor Training Room
	Enterprise Drive	Wed, Nov 16	8 a.m. - Noon	1st Floor Conference Room
	B600	Mon, Nov 21	8 a.m. - Noon	Executive Conference Room
	B79	Tue, Nov 22	8 a.m. - Noon	O27 Conference Room
SMOF	Tue, Nov 29	6 a.m. - Noon	5th Floor Conference Room	
SMOF	Wed, Nov 30	4:30 - 6:30 p.m.	5th Floor Conference Room	

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