



HEALTH RESOURCES FOR YOU

As an HII employee, high-quality, confidential health and wellness care options are available for you and your family.*



HII Family Health Center

Free preventive care and acute care for just \$15. Visit myquadmed.com/BeWell 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.



TakeControl Condition Management Program

One-on-one support that empowers you to manage asthma, COPD, diabetes and hypertension. Call (228) 205-7667 to speak with an educator.



Wellness Online

Achieve your health goals with our helpful resources and program information. Visit myquadmed.com/hii to learn more.



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.

**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.*

