



# KNOW YOUR NUMBERS

The First Step to Better Health

# STEPS TO A HEALTHIER YOU!

TEST	EXPLANATION	RECOMMENDATIONS	RESOURCES
<b>BMI</b>	BMI (Body Mass Index) is a tool that can help determine a healthy weight based on an individual's height.	Balanced physical activity and nutrition will help keep your BMI in check. 150 minutes of exercise each week is suggested, as well as nutrition changes that might include eating more fruits, vegetables, whole grains and low- no-fat dairy products. Keep in mind that pursuing weight loss in a healthy way is important and looks different for everyone. On average, healthy weight loss includes no more than 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/RDN to determine the best course of action for you.	Wellness/Registered Dietitian Nutritionist (RDN) Coaching, Virtual Fitness Classes, Wellness Online, On-Demand Fitness Classes, Weight Management Program
<b>BLOOD PRESSURE</b>	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 choices like sodium reductions, increasing aerobic activity to at least 30 minutes per day and limiting or avoiding alcohol and tobacco products.	Condition Management Services, Virtual Fitness Classes, Wellness Online, On-Demand Fitness Classes, Weight Management Program
<b>Total Cholesterol, HDL, LDL, Triglycerides</b>	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 health issues.	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.	Wellness/RDN Coaching, Virtual Fitness Classes, Wellness Online, On-Demand Fitness Classes, Weight Management Program
<b>A1C</b>	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.	To help keep your blood sugar at a healthy level, you should take the following into consideration: 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 (leafy green vegetables, tomatoes, cucumbers, squash, broccoli, etc.). Regular physical activities as well as moderating the amount of alcohol consumed are other factors that will help keep your blood sugar in check.	Condition Management Services, PreventT2 Program, RDN Coaching
<b>Tobacco Use</b>	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

Consult with your medical provider regularly to know your numbers.



*Additional support opportunities on back...*

## GET HEALTHIER WITH QUADMED

Check out these 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/BeWell](https://myquadmed.com/BeWell).**



### 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  
[www.myquadmed.com/hii](https://www.myquadmed.com/hii)  
757-327-4200

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.

### SIGNATURE WELLNESS PROGRAMS

#### Address Your Stress

Six-week program to manage stress and find balance.

#### 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.

#### Healthy Together

Four-week-long, virtual group coaching program to jump start your wellness journey. Set goals. Find your why. Make a plan to get healthy.

#### Heart of Steel

A nine-week, virtual group program focusing on the risk factors for heart disease and actionable steps you can take to lower your risk and improve heart health.

#### 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.

#### Shipyards 5K Event

Each year, a 5K will be hosted onsite for the shipyard employees, friends and family members. Join us for a fun run to raise money for a cause and celebrate being well, together!

### 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.

#### ManPower: Stay Strong. Live Long.

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

### 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.

### ADDITIONAL ONLINE RESOURCES

#### Fitness Classes

Sign up to receive updates about our rotating offering of virtual fitness classes brought to you via WebEx.

#### 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.

#### 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.

### IN-PERSON CONNECTIONS

#### BeWell-in-5 Events

We're coming to a location near you! Services include blood pressure screenings, body fat analysis and stretch breaks. To express interest in an on-site visit for your group, contact us at [HIIWellness@quadmedical.com](mailto:HIIWellness@quadmedical.com).

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