

What's New With Know Your Numbers!



We are excited for you to get started with this program year of Know Your Numbers. First, there are a few updates to make you aware of so completing the components will be a smoother process.

New scheduling via MyChart for Family Health Center and Onsite Events

- Once you are inside MyChart, go to the menu on the left and look for Wellness in the drop down menu. Under Wellness, click on Health Screening to view the options for scheduling at the HII Family Health Center or at an onsite event.

Note: Please ensure you are only scheduling your biometric health screening appointment under Health Screenings. Do not click the Schedule an Appointment option or you will be making an appointment with a provider NOT a Know Your Numbers appointment.

QuadMed Wellness Online is now powered by Virgin Pulse.

That means that you will need to log in via MyChart. When you click on the Wellness Online button after July 1, 2023, you will need to create a new account on the new Wellness Online platform. It will look different than previous years but there are so many helpful tools to improve your health and wellness.

Terminology

- Wellness profile (online health risk questionnaire) is now called a Health Check Survey.
- Health screening is now Biometric Health Screening.

Screening start dates

- Family Health Center appointments are available starting August 1
- Onsite events will be available September through March
- For more information, read the BeWell Bulletin to find out when screenings begin and for the calendar of dates.