



# KNOW YOUR NUMBERS

The first step to better health

## HEALTH SCREENING EVENTS NEAR YOU!

**Appointments last just 20 minutes. Schedule your appointment today!**

INGALLS SCREENING SCHEDULE				
	LOCATION	DATE	TIME	ROOM
SEPTEMBER	HII Family Health Center	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin 1 (downstairs)	Wednesday, Sept 6	8 a.m. - Noon	ECR #2
	Admin 3 (downstairs)	Thursday, Sept 7	8 a.m. - Noon	Electrical Engineering #2
	Admin 2 (downstairs)	Wednesday, Sept 13	8 a.m. - Noon	FCR #2
	Admin 1 (upstairs)	Thursday, Sept 14	8 a.m. - Noon	Ralph Johnson
	Admin 2 (upstairs)	Wednesday, Sept 20	8 a.m. - Noon	New York Conference
	Admin 3 (upstairs)	Thursday, Sept 21	8 a.m. - Noon	John P Murtha
	HR	Wednesday, Sept 27	8 a.m. - 11 a.m.	Upstairs
	Admin Cafeteria	Thursday, Sept 28	8 a.m. - 11 a.m.	Admin Cafeteria

### Here's how to schedule an appointment.

**STEP 1:** Visit [myquadmed.com/hii](https://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](https://myquadmed.com/kyn) for step-by-step instructions to complete the program.



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INGALLS SCREENING SCHEDULE				
OCTOBER	LOCATION	DATE	TIME	ROOM
	HII Family Health Center	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin 1	Tues, Oct 3	8 a.m. - Noon	Tripoli Conference Room
	Admin 2	Wed, Oct 4	8 a.m. - Noon	FCR #1 Conference Room
	Admin 3	Thurs, Oct 5	8 a.m. - Noon	John P Murtha Conf. Room
	EDC	Tues, Oct 10	8 a.m. - Noon	Cole Conference Room
	HR	Wed, Oct 11	8 a.m. - 11 a.m.	Upstairs Conference Room
	Island #11	Thurs, Oct 12	8 a.m. - Noon	Downstairs Conference Room
	Island #10	Tues, Oct 17	8 a.m. - Noon	First Floor
	East Bank	Wed, Oct 18	8 a.m. - 11 a.m.	East Bank Conf. Room #1
	MTA & Cosal	Thurs, Oct 19	8 a.m. - 11 a.m.	2nd Floor, #2102 Conf. Room
	CSA III	Tues, Oct 24	8 a.m. - Noon	OCR #4 Conference Room
	Wet Dock	Wed, Oct 25	8 a.m. - Noon	North Conference Room
	IPD	Thurs, Oct 26	8 a.m. - 11 a.m.	IPD Conference Room
	Combined Shop	Tues, Oct 31	8 a.m. - 10 a.m.	Combined Shop Conf. Room

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**STEP 1:** Visit [myquadmed.com/hii](https://myquadmed.com/hii) to log in to or sign up for a MyChart account.

**STEP 2:** Once logged in to [MyChart](https://myquadmed.com/hii), click on Menu, then select Health Screenings.

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