



KNOW YOUR NUMBERS

The first step to better health

HEALTH SCREENING EVENTS NEAR YOU!

Appointments last just 20 minutes. Schedule your appointment today!

NEWPORT NEWS SCREENING SCHEDULE				
	LOCATION	DATE	TIME	ROOM
SEPTEMBER	HII Family Health Center	Every Tuesday	8 a.m. - Noon	2nd Floor, Pod C
		Every Wednesday	Noon - 4 p.m.	2nd Floor, Pod C
		Every Thursday	Noon - 4 p.m.	2nd Floor, Pod C
		Every Friday	8 a.m. - Noon	2nd Floor, Pod C
	B884	Tues, Sept 5	8 a.m. - Noon	Conference Room 102A
	B902	Thurs, Sept 7	8 a.m. - Noon	VTC A & B
	B86	Tues, Sept 12	8 a.m. - Noon	IMSE Conference Room 5
	Pier 3	Fri, Sept 15	8 a.m. - Noon	Bent 19, Conference Room 247
	B903	Mon, Sept 18	8 a.m. - Noon	Conference Room 714 A & B
	B520	Thurs, Sept 21	8 a.m. - Noon	Executive Dining Room
B1744	Tues, Sept 26	8 a.m. - Noon	5th Floor Conference Room	
B4633	Thurs, Sept 28	8 a.m. - Noon	3rd Floor HME Room	

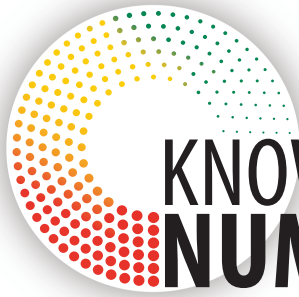
Here's how to schedule an appointment.

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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NEWPORT NEWS SCREENING SCHEDULE				
	LOCATION	DATE	TIME	ROOM
OCTOBER	HII Family Health Center	Every Tuesday	8 a.m. - Noon	2nd Floor, Pod C
		Every Wednesday	Noon - 4 p.m.	
		Every Thursday	Noon - 4 p.m.	
		Every Friday	8 a.m. - Noon	
	B600	Tues, Oct 3	7 a.m. - Noon	Conference Room C
	B103	Wed, Oct 4	7 a.m. - Noon	Louisiana Conference Room
	VASCIC	Thurs, Oct 5	7 a.m. - Noon	Conference Room 222
	B7	Fri, Oct 6	8 a.m. - Noon	2nd Floor Large Conference Room
	Foundry	Mon, Oct 9	7 a.m. - Noon	Break Area
	Applebees (B227)	Tues, Oct 10	6 a.m. - 11 a.m.	Cafe Area
	B888	Wed, Oct 11	8 a.m. - Noon	Conference Rooms 107-109
	B250	Thurs, Oct 12	7 a.m. - Noon	2nd Floor Conference Room
	B903	Tues, Oct 17	7 a.m. - Noon	Conference Room 129 A & B
	B60	Wed, Oct 18	8 a.m. - Noon	2nd Floor Training Room
	B872	Thurs, Oct 19	8 a.m. - Noon	Conference Rooms 2 - 4
	West Park	Fri, Oct 20	8 a.m. - Noon	2nd Floor Conference Room
	Pier 3	Mon, Oct 23	6 a.m. - 11 a.m.	Bent 23, Conference Room 245
	Net Center	Tues, Oct 24	8 a.m. - Noon	Suite 129, Conference Center 1
B520	Wed, Oct 25	8 a.m. - Noon	Executive Dining Room	
B902	Thurs, Oct 26	8 a.m. - Noon	VTC A & B	
B77/78	Tues, Oct 31	7 a.m. - Noon	Operations 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 to [MyChart](#), click on Menu, then select Health Screenings.

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

