



HEALTH SCREENING EVENTS NEAR YOU!

Appointments last just 20 minutes. Schedule your appointment today!

INGALLS SCREENING SCHEDULE

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	LOCATION	DATE	TIME	ROOM
MARCH	HII Family Health Center	Mon, Tues & Thurs	7 a.m. - 5 p.m.	Biometrics
	Admin 3	Tues, March 5	8 a.m. - Noon	Electrical Engineering Conference Room 2
	Admin 2	Wed, March 6	8 a.m. - Noon	FCR #1 Conference Room
	Admin 1	Thurs, March 7	8 a.m. - Noon	DCR 3 Conference Room
	EDC	Tues, March 12	8 a.m. - Noon	Cole Conference Room
	LBTf	Wed, March 13	8 a.m. - Noon	Planning Conference Room
	CSA III	Thurs, March 14	8 a.m. - Noon	OCR #3
	Facilities	Tues, March 19	8 a.m. - 11 a.m.	Facilities Conference Room
	WET DOCK	Wed, March 20	8 a.m. - Noon	North Conference Room
	Admin Cafeteria	Thurs, March 21	8 a.m. - 11 a.m.	Admin Cafeteria
	HII Family Health Center	Wed, March 27	7 a.m. - 5 p.m.	Biometrics
	HII Family Health Center	Fri, March 29	7 a.m. - 5 p.m.	Biometrics

For the 2023-2024 Know Your Numbers program, ALL participants must create a NEW account in Wellness Online on a desktop or laptop, not a cell phone or iPad.

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.

Scan the QR code or visit myquadmed.com/kyn for step-by-step instructions to complete the program.

