KNOW YOUR NUMBERS
The first step to better health

HEALTH SCREENING EVENTS NEAR YOU!

NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
MARCH	HII Family Health Center	Every Mon - Fri	7 a.m. - 5 p.m.	POD C
	Employee Appreciation Event	Fri, March 1	5 a.m. - 5 p.m.	HII Family Health Center, POD C
	Net Center	Mon, March 4	8 a.m. - Noon	Suite 129, Conference Center 2
	B520	Tues, March 5	8 a.m. - Noon	Executive Dining Room
	B888	Wed, March 6	8 a.m. - Noon	Conference Rooms 107-109
	B903	Thurs, March 7	7 a.m. - Noon	Conference Room 129A/B
	B160/161	Fri, March 8	7 a.m. - 11 a.m.	Engineering OPS Conference Room
	B902	Mon, March 11	7 a.m. - Noon	VTC A/B
	B86	Tues, March 12	8 a.m. - Noon	IMSE Conference Room 5, B86/2
	B4911	Wed, March 13	7 a.m. - 10 a.m.	1st Floor Conference Room
	B600	Fri, March 15	7 a.m. - Noon	Conference Room C
	Applebees	Mon, March 18	6 a.m. - 11 a.m.	Cafe Area
	Assembly Hall	Tues, March 19	7 a.m. - 11 a.m.	1st Floor Cafe Area
	VASCIC	Wed, March 20	8 a.m. - Noon	Conference Room 215/217
	B872	Thurs, March 21	8 a.m. - Noon	Conference Rooms 2-4
	SMOF	Fri, March 22	7 a.m. - 11 a.m.	4th Floor Conference Room
	B884	Mon, March 25	8 a.m. - Noon	Conference Room 102A
	B903	Tue, March 26	7 a.m. - Noon	Conference Room 129 A/B
	B4633	Wed, March 27	7 a.m. - 11 a.m.	3rd Floor HME Room
	B1744	Thurs, March 28	8 a.m. - Noon	5th Floor Conference Room
	B600	Fri, March 29	8 a.m. - Noon	Conference Room C

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.

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