



BeWell Bulletin | MARCH 2024

Only days left to complete the Know Your Numbers program! Don't lose \$600!
Take action now before the **March 31** deadline.

FEATURES & UPDATES

Save The Date: Annual Enrollment will take place April 22 – May 3

The Virtual Benefits Fair will be held April 15 – May 25, with special live presentations held on April 24 and 25.



The Know Your Numbers Program Deadline is This Month

You must complete your Know Your Numbers Biometric Health Screening and Health Check Survey by Sunday, March 31, 2024, or you will lose your \$600 medical premium incentive. To make sure that doesn't happen, schedule an appointment at an upcoming Know Your Numbers health screening event, at the HII Family Health Center, or with your primary care provider. Space is becoming limited so act now! Remember, Friday, March 29th is Good Friday and some provider offices may be closed. The HII Family Health Center is open with regular hours.

- **Health Check Survey:** Access Wellness Online via MyChart to complete the survey.
- **Biometric Health Screenings:** View upcoming onsite health screening events at the end of the BeWell Bulletin and online. Make an appointment at the HII Family Health Center or with your primary care provider.
- **General Instructions, FAQs, and More**
Visit myquadmed.com/kyn for step-by-step instructions on how to complete the program and to view eligibility requirements.

- **Need help?** Email: hiiwellness@quadmedical.com or call **757.327.4169**

Spring Forward and Still Sleep Great with Sleepio

Daylight savings time shifts the clock ahead by one hour, which means more time for evening walks, outdoor time, or simply soaking up the sun. It also means that you lose an hour of sleep when we spring forward – but thanks to your HII benefit Sleepio, you can ensure that you still get a good full night's rest.

Sleepio is an online sleep improvement benefit proven to

help you clear your mind, improve your sleep and have better days in just six weeks. Whether you need a few basic tips or require more detailed guidance on how to improve your sleep, Sleepio can help by working with you on falling asleep faster, spending less time awake at night and functioning better the next day.

Get started by visiting sleepio.com/hii or by downloading the Sleepio app onto your mobile device from your preferred app store.



GET FOOD FOR THOUGHT WITH NUTRITION BYTES

Looking for ways to eat healthy? Sign up for monthly nutrition tips emailed from registered dietitian nutritionists at the HII Family Health Center.

A RECIPE FOR SUCCESS - CUSTOMIZE YOUR OWN NUTRITION GUIDE

With Wellness Online, you can make selections about your eating style and use the Nutrition Guide to help you fine tune your nutrition and chart your progress.

Eating Healthy Is Simpler Than Ever.

When it comes to your eating style, would you like to be more of a meal planner? Or a balanced eater? Tell us what changes you want to make - to how you eat - and you'll receive tools, personalized tips and great recipes from Foodsmart—just for you. It's everything you need to stay on track with your nutrition goals.



There's More Than One Way To Eat Healthier.

The Nutrition Guide helps you make smart food choices by providing tips and recipes based on your food preferences. To access the Nutrition Guide, hover over Health in the top navigation menu. In the drop-down menu that appears, select Nutrition Guide. Next, select what kind of eater you are or "change your profile" to get started with your Nutrition Profile.

Need a Health Boost This Month?

Personalize your Wellness Online experience with one of these nutrition-focused journeys:

- Fit in More Fruit
- How to Support Gut Health
- More Veggies in No Time

Using the Virgin Pulse App

Your MyChart and Virgin Pulse/Wellness Online accounts may have been set up using different emails. To ensure that you can log on to the Virgin Pulse app, you must use the same email address that you used to create your Virgin Pulse/Wellness Online account on the internet browser.

Please Note:

Your MyChart email and user ID are NOT tied to Wellness Online/Virgin Pulse. After signing in to Wellness Online for the first time, the sign-on process is simplified with a single sign-on and you will automatically be directed to Wellness Online/Virgin Pulse via MyChart.

When you go to log in again, the default email shown in the MyChart box is your work email, which isn't necessarily what you used to register for Wellness Online/Virgin Pulse. However, because of the single sign-on, you don't need to use this to log in.



KNOW YOUR NUMBERS SHOUT OUT

"I participated in the Know Your Numbers program because it is a convenient way to get important health screenings. I incorporated lifestyle changes based on last year's results, so it was great to see improvements in this year's numbers. I encourage others to participate because the screening is free, quick, and easy!"

LINDSAY WHITLEY, NEWPORT NEWS SHIPBUILDING

Getting Started

- Access Wellness Online at myquadmed.com/bewell or via MyChart.
- If you're logging in for the first time, [review these steps](#).
- Once registered, you can access Wellness Online via desktop or mobile app, whichever you prefer.

Visit the REWARDS page to see how you can earn points to win prizes by engaging with Wellness Online throughout the year.

UPCOMING EVENTS

HERO Webinar: Sticking with It

Virtual | Thursday, March 14 | Noon ET / 11 a.m. CT

We all have goals and aspirations we hope to achieve in our lifetimes that can sometimes feel out of reach. [Register](#) for HERO's webinar to learn the best practices to turn those dreams into reality by creating action plans, identifying barriers and obstacles, being flexible and resilient, and to keep perspective in moving forward.



RETHINKCARE WEBINAR: A Behavioral Approach to Neuro-Inclusivity in the Workplace

Virtual | Thursday, March 21 | Noon ET / 11 a.m. CT

Our actions lay the foundation for shaping workplace culture and relationships. [Register](#) for RethinkCare's webinar to learn what neuro-inclusivity is, as well as to explore how our behaviors, even more than our attitudes or beliefs, have enduring effects on our environment.

UPCOMING EVENTS

SmartPath Class: Demystifying Your Retirement

The SS Exchequer, Admin 1 | Wed, March 20 | 11 a.m. CT

Join your HII financial benefit SmartPath for an in-person class hosted by SmartPath's CEO Alok Deshpande that will help you to understand your retirement plan, choose the right long-term saving strategies and learn what steps you can take to improve your retirement plan. Register by emailing BeWell@hii-co.com.



SMARTPATH WEBINAR: MAXIMIZING ANNUAL ENROLLMENT FROM A FINANCIAL PERSPECTIVE

Virtual | Wednesday, March 13 | Noon ET / 11 a.m. CT

On average, employees spend 18 minutes enrolling in benefits. To put that in context, major financial decisions are made in about the same time it takes to get an oil change. Benefits options can be confusing, but you don't want to leave money on the table. [Register](#) for SmartPath's webinar to explore the value of your HII financial benefits such as SmartPath, as well as other important annual enrollment factors including your 401(k).

EAT, DRINK & BE WELL

Virtual | 2nd Wednesday of the month | Noon ET / 11 a.m. CT

Eat, Drink & Be Well is a monthly webinar series led by HII Family Health Center providers and wellness experts. Topics will range from prevention, nutrition, mental health, stress, goal setting, and more. Sessions are recorded so you can watch on your schedule as well. You'll have a chance to win a prize each month as well as earn Wellness Online points. Register at myquadmed.com/bewell.

March 13: Let's Get Cooking! — Learn a new recipe, including nutritional benefits and ingredient substitutions.

April 10: Take Control with Exercise — Gain tips for using physical activity to manage chronic conditions. (Qualifies for TakeControl 2024 Wellness Activity)

WEIGH BEYOND

Virtual | Tuesdays, March 26 – May 28 | 4 p.m. ET / 3 p.m. CT

A healthy weight is about more than just a number on a scale: being overweight can impact your life from increased risk for diabetes, cholesterol problems, sleep apnea, arthritis, and more. Plus, it can affect your mood and mental health, too. If you're ready to learn the skills you need to reach and maintain your ideal weight, join our 10-week virtual program, Weigh Beyond. Register at myquadmed.com/bewell.

For eligibility information, visit HIIBenefits.com.

THRIVE THROUGH CANCER

On-Demand | Wednesdays, April 3 – May 29

Dealing with cancer is tough. Learn more about the importance of positivity, resilience, diet and exercise to thrive in your, or a loved one's, fight. HII Family Health Center wellness coaches will help you gain strength via videos delivered directly to your inbox each week for the duration of the program. Register at myquadmed.com/bewell.

Ingalls 5k on the Causeway

Fit Center on Singing River Island | Sat, April 13 | 8 a.m.

Join the tradition and participate in the 12th Annual Ingalls 5k on the Causeway! All proceeds from the race benefits the Special Olympics of Mississippi. The 5k begins at 8 a.m. followed by the Kids Fun Run. Stay for the after party where there will be food, games, music, prizes and more for the entire family. Register [here](#).

MANPOWER: STAY STRONG. LIVE LONG.

Subscription

Join the BeWell for Life team to learn about different aspects of men's health through ManPower, a virtual program designed to empower men to achieve their best selves through health maintenance and improvement. Monthly topics will address physical, mental, and social well-being. Plus, ManPower is now on-demand so you can view past programs anytime you want. Learn more and [subscribe](#) today.

I WANT TO MAKE A CHANGE BUT...

Subscription

This monthly series takes barriers to healthy change head on! [Subscribe](#) and receive informational videos to your inbox that address common obstacles people face when making new habits, and how to tackle barriers when they arise.



YOGA

Virtual | Tuesdays & Wednesdays

Join fitness instructor Holly Siedlecki for weekly online yoga classes that can be used to increase movement and flexibility and help you practice mindfulness.

SUN SAL YOGA FLOW

Tuesdays: 7:30 a.m. ET / 6:30 a.m. CT

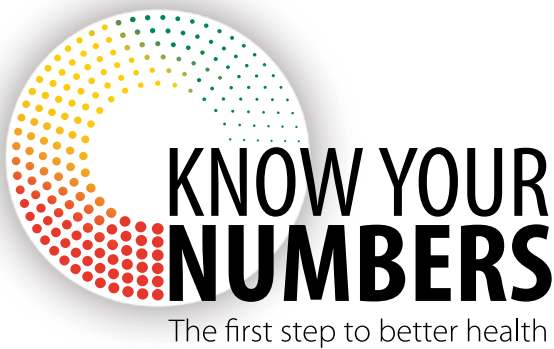
Wednesdays: 6:00 a.m. ET / 5:00 a.m. CT

Gentle, morning yoga to start your day grounded, focused and limber.

VINYASA FLOW YOGA

Wednesdays: 5:00 p.m. ET / 4:00 p.m. CT

Afternoon yoga with pose modifications to fit all ability levels.



INGALLS SCREENING SCHEDULE

HEALTH SCREENING EVENTS NEAR YOU!

Appointments last just 20 minutes. Schedule your appointment today!

INGALLS SCREENING SCHEDULE				
MARCH	LOCATION	DATE	TIME	ROOM
	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.

