KNOW YOUR NUMBERS

BeWell FOR LIFE
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Schedule your appointment today!

INGALLS SCREENING SCHEDULE				
	LOCATION	**DATE**	**TIME**	**ROOM**
SEPT.	**HII FAMILY HEALTH CENTER**	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	HR	Tues, Sept 17	8 - 11 a.m.	Upstairs Conference Room
	MTA	Wed, Sept 18	8 - 11 a.m.	Upstairs Conference Room
	Island #11	Thurs, Sept 19	8 - 11 a.m.	Upstairs Conference Room
	East Bank	Tues, Sept 24	8 - 11 a.m.	Upstairs Conference Room
	Admin 2	Wed, Sept 25	8 a.m. - Noon	Bougainville Conference Room
	Admin 3	Thurs, Sept 26	8 a.m. - Noon	John P Murtha Conference Room

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

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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	LOCATION	DATE	TIME	ROOM
OCT.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin 1	Tues, Oct 1	8 a.m. - Noon	Admin 1 Contracts Conference Room
	Admin 2	Wed, Oct 2	8 a.m. - Noon	FCR 1 Conference Room
	Admin Executive Event	Thurs, Oct 3	6:30 - 10:30 a.m.	Executive Suite
	LBTF	Tues, Oct 8	8 a.m. - Noon	Planning Conference Room
	EDC	Wed, Oct 9	8 a.m. - Noon	Cole Conference Room
	Westbank Hospital	Thurs, Oct 10	8 - 11 a.m.	Upstairs Conference Room
	Panel Shop	Tues, Oct 15	8 - 11 a.m.	Downstairs Conference Room
	Fabrication Shop	Wed, Oct 16	8 a.m. - Noon	Downstairs Conference Room
	IPD	Thurs, Oct 17	8 - 11 a.m.	IPD Conference Room
	Facilities	Tues, Oct 22	8 a.m. - Noon	Upstairs Conference Room
	Wetdock	Wed, Oct 23	8 a.m. - Noon	North Conference Room
	Avondale	Thurs, Oct 24	8 a.m. - 2 p.m.	UNO Conference Room
	CSA III	Tues, Oct 29	8 a.m. - Noon	OCR #2 Conference Room
	Bay 2 Rolling Covers	Wed, Oct 30	8 a.m. - Noon	Bay 2 Upstairs Conference Rm
	Stacking Hall	Thurs, Oct 31	7 - 9:30 a.m.	Stacking Hall Conference Rm

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