



BeWell FOR LIFE
Operated by
 QuadMed

KNOW YOUR NUMBERS

Schedule your appointment today!

INGALLS SCREENING SCHEDULE

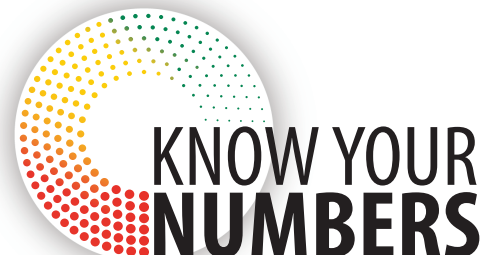
	LOCATION	DATE	TIME	ROOM
OCT.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin 1	Tues, Oct 1	8 a.m. - Noon	Admin 1 Contracts Conference Room
	Admin 2	Wed, Oct 2	8 a.m. - Noon	FCR 1 Conference Room
	Admin Executive Event	Thurs, Oct 3	6:30 - 10:30 a.m.	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	

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.



The first step to better health



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	LOCATION	DATE	TIME	ROOM
NOV.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Old HR Bldg	Tues, Nov 5	8 - 11 a.m.	Old HR Bldg
	CSA 2nd shift	Wed, Nov 6	5 - 7 p.m.	CSA Cafeteria
	Admin Cafeteria	Thurs, Nov 7	8 - 11 a.m.	Admin Cafeteria
	Combined Shop	Tues, Nov 12	8 - 11 a.m.	Combine Shop Conference Room (upstairs)
	MPWH (downstairs)	Wed, Nov 13	8 - 11 a.m.	MPWH 1st Floor Conf. Room
	EDC	Thurs, Nov 14	8 a.m. - Noon	Cole Conference Room
	Admin 2	Tues, Nov 19	8 a.m. - Noon	Bougainville Conf. Room
	Admin 1	Wed, Nov 20	8 a.m. - Noon	America Conference Room
	Admin 3	Thurs, Nov 21	8 a.m. - Noon	ENG Conference Room #2
	Admin Cafeteria	Tues, Nov 26	8 - 11 a.m.	Admin Cafeteria

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