



**BeWell** FOR LIFE  
Operated by  
 QuadMed

# KNOW YOUR NUMBERS

**Schedule your appointment today!**

## NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
OCT.	HII Family Health Center	Every Tues - Fri	8 a.m. - 4 p.m.	Pod C
	B600	Tues, Oct 1	7 a.m. - Noon	Conference Room C
	B160/161	Wed, Oct 2	7 - 11 a.m.	EOC
	VASCIC	Thurs, Oct 3	7 a.m. - Noon	Conference Room 215/217
	B7	Fri, Oct 4	7 - 11 a.m.	2nd Floor Large Conf. Room
	Applebees (B227)	Mon, Oct 7	6 - 10 a.m.	Cafe Area
	B160	Tues, Oct 8	7 - 11 a.m.	Production Area Conf. Room
	B888	Wed, Oct 9	8 a.m. - Noon	Conference Rooms 107 - 109
	B250	Thurs, Oct 10	7 - 11 a.m.	2nd Floor Conference Room
	B903	Tues, Oct 15	7 a.m. - Noon	Conference Rooms 129 A & B
	B60	Wed, Oct 16	8 a.m. - Noon	Training Room
	B872	Thurs, Oct 17	8 - 11 a.m.	Conference Rooms 3 & 4
	West Park	Fri, Oct 18	8 a.m. - Noon	2nd Floor Conference Room
	Pier 3	Mon, Oct 21	6 - 11 a.m.	Bent 23, Conference RM 245
	Net Center	Tues, Oct 22	8 a.m. - Noon	Suite 129, Conference Center 2
	B520	Wed, Oct 23	7 - 11 a.m.	Executive Dining Room
	B902	Thurs, Oct 24	7 a.m. - Noon	VTC A & B
	B77-3	Tues, Oct 29	7 - 11 a.m.	Yard Operations Conference
	Assembly Hall (B1758)	Wed, Oct 30	7 - 11 a.m.	Cafe Area
	JMAF (B1913)	Thurs, Oct 31	7 - 11 a.m.	Conference Room 209 A/B

### Here's how to schedule an appointment.

**STEP 1:** Visit [myquadmed.com/hii](https://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](https://myquadmed.com/kyn) for step-by-step instructions to complete the program.





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## NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
NOV.	HII FAMILY HEALTH CENTER	Every Tuesday - Friday	8 a.m. - 4 p.m.	2nd Floor, Pod C
	B600	Fri, Nov 1	7 a.m. - Noon	Conference Room C
	B1744	Mon, Nov 4	8 a.m. - Noon	5th Floor Conference Room
	B276	Tues, Nov 5	7 - 11 a.m.	2nd Floor Conference Room
	Virginia Beach	Wed, Nov 6	8 a.m. - Noon	Virginia Conference Room
	B86	Thurs, Nov 7	7 - 11 a.m.	IMSE Conference Room 3
	CRF	Fri, Nov 8	7 - 11 a.m.	3rd Floor Conference Room
	VASCIC Corporate	Tues, Nov 12	7 - 11 a.m.	7th Floor West Conference Room
	CMAF	Wed, Nov 13	8 a.m. - Noon	3rd Floor Conference Room
	Woodlake, Chesapeake	Thurs, Nov 14	2 - 4 p.m.	Engine Room 1
	SMOF	Fri, Nov 15	7 - 11 a.m.	4th Floor Conference Room
	B79	Mon, Nov 18	8 a.m. - Noon	Conference Room 201
	B160/161	Wed, Nov 20	8 a.m. - Noon	EOC
	NNI Enterprise	Thurs, Nov 21	8 a.m. - Noon	1st Floor Conference Room
	B4633	Fri, Nov 22	8:30 a.m. - Noon	4th Floor Conference Room
	B884	Mon, Nov 25	7 - 11 a.m.	Conference Room 102A
NNI Jefferson	Tues, Nov 26	8 a.m. - Noon	2nd Floor Training Room	

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The first step to better health