



# KNOW YOUR NUMBERS

**Schedule your appointment today!**

## MISSION TECH SCREENING SCHEDULE

LOCATION	DATE	TIME	ROOM
VA Beach	Wed, Nov 6	8 a.m. - Noon	Virginia Conference Room
Woodlake	Thurs, Nov 14	2 - 4 p.m.	TBD
Fair Lakes	Wed, Dec 4	8 a.m. - 1 p.m.	Enterprise Conference Room
Norfolk	Thurs, Dec 5	8 a.m. - 1 p.m.	Constructive Conference Room
Net Center	Tues, Sept 17	8 a.m. - Noon	Suite 129, Conference Center 1
	Tues, Oct 22	8 a.m. - Noon	Suite 129, Conference Center 1
	Wed, Dec 11	8 a.m. - 1 p.m.	Suite 250, Training Room
	Wed, Feb 12	8 a.m. - 1 p.m.	Suite 250, Training Room
City Center	Tues, Jan 7	7 - 11 a.m.	TBD
The Boro	Tues, Jan 14	8 a.m. - 1 p.m.	Boro Executive - CR 2
Fairborn	Thurs, Jan 30	8 a.m. - 1 p.m.	Conference Room 118
Columbia, MD	Thurs, Feb 20	8 a.m. - 1 p.m.	TechHub Conference Room

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

### 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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The first step to better health