



KNOW YOUR NUMBERS

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	

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.

Visit myquadmed.com/kyn for step-by-step instructions to complete the program.



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DEC.	FAMILY HEALTH CENTER	Every Tuesday - Friday	8 a.m. - 4 p.m.	2nd Floor, Pod C
	B903	Tues, Dec 3	7 a.m. - Noon	Conference Rooms 129 A&B
	Mission Tech - Fairfax	Wed, Dec 4	8 a.m. - 1 p.m.	Enterprise Conference Room
	Mission Tech - Norfolk	Thurs, Dec 5	8 a.m. - 1 p.m.	Constructive Conference Room
	B103	Fri, Dec 6	8 a.m. - Noon	Kearsarge Conference Room
	B902	Mon, Dec 9	7 a.m. - Noon	VTC A & B
	B888	Tues, Dec 10	8 a.m. - Noon	Conference Rooms 107 - 109
	Mission Tech Net Center	Wed, Dec 11	8 a.m. - 1 p.m.	Suite 250, Training Room
	Foundry	Thurs, Dec 12	7 - 11 a.m.	Break Area
	VASCIC	Tues, Dec 17	8 a.m. - Noon	Conference Room 215/217
	B520	Wed, Dec 18	8 a.m. - Noon	Executive Dining Room
	Pier 3	Thurs, Dec 19	8 - 11 a.m.	Bent 23, Conference Room 245

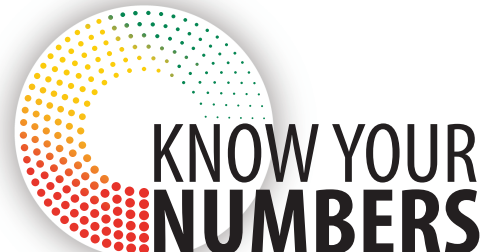
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