



KNOW YOUR NUMBERS

INGALLS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
JAN.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin Cafeteria	Wed, Jan 8	8 - 11 a.m.	Admin Cafeteria
	Admin 1	Tues, Jan 14	8 a.m. - Noon	DCR #2 Conference Room
	Admin 2	Wed, Jan 15	8 a.m. - Noon	FCR #1 Conference Room
	Admin 3	Thurs, Jan 16	8 a.m. - Noon	IT Directors Conference Room
	Panel Shop	Tues, Jan 21	8 - 11 a.m.	Upstairs Conference Room
	Stacking Hall	Wed, Jan 22	7 - 9 a.m.	Upstairs Conference Room
	Bay 2 Rolling Covers	Thurs, Jan 23	8 - 11 a.m.	Upstairs Conference Room
	Combined Shop	Tues, Jan 28	8 - 11 a.m.	Upstairs Conference Room
	CSA 3	Wed, Jan 29	8 a.m. - Noon	OCR 2 Conference Room
	Fabrication Shop	Thurs, Jan 30	8 - 11 a.m.	Upstairs Conference Room

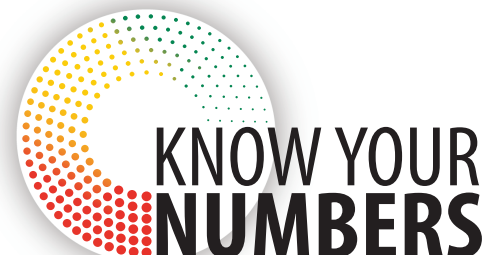
Schedule your appointment today!

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.



The first step to better health



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FEB.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	East bank	Tues, Feb 4	8 - 11 a.m.	Upstairs Conference Room
	Wet dock	Thurs, Feb 6	8 a.m. - Noon	North Conference Room
	Admin Cafeteria	Tues, Feb 11	8 - 11 a.m.	Admin Cafeteria
	Avondale - Last Call	Thurs, Feb 13	8 a.m. - 1 p.m.	UNO Conference Room
	Hero's Cafe	Tues, Feb 18	8 - 11 a.m.	Hero's Cafe
	Admin 3	Wed, Feb 19	8 - 11 a.m.	ENG #2 Conference Room
	Admin 2	Thurs, Feb 20	8 - 11 a.m.	FCR #1 Conference Room
	Admin 1	Tues, Feb 25	8 - 11 a.m.	Proposal Conference Room
	LBTF	Wed, Feb 26	8 - 11 a.m.	Planning Conference Room
	CSA 2nd Shift	Thurs, Feb 27	5 - 7 p.m.	Cafeteria

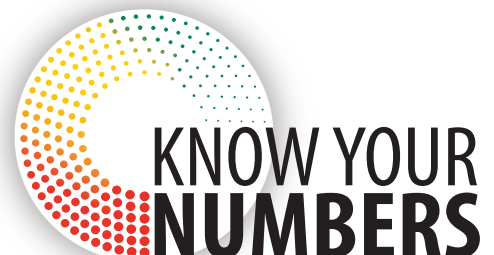
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