



KNOW YOUR NUMBERS

NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
JAN.	FAMILY HEALTH CENTER	Every Tuesday - Friday	8 a.m. - 4 p.m.	2nd Floor, Pod C
	Mission Tech City Center	Tues, Jan 7	7 - 11 a.m.	TBD
	VASCIC Corporate Event	Wed, Jan 8	8 - 11 a.m.	7th Floor West Conference Room
	Assembly Hall	Thurs, Jan 9	4 - 6 p.m.	Cafe Area
	Mission Tech - McLean, The BORO	Tues, Jan 14	8 a.m. - 1 p.m.	BORO Executive - CR2
	B77-3	Wed, Jan 15	8 - 11 a.m.	Yard Operations Conference Room
	Pier 3	Thurs, Jan 16	4 - 6 p.m.	Bent 23, Conference Room 245
	B4911	Tues, Jan 21	8 a.m. - Noon	2nd Floor Conference Room
	B600	Wed, Jan 22	7 a.m. to Noon	Conference Room C
	B276	Thurs, Jan 23	4 - 6 p.m.	2nd Floor Conference Room
	B903	Tues, Jan 28	8 a.m. - Noon	Conference Rooms 129 A&B
	Net Center	Wed, Jan 29	8 a.m. - Noon	Suite 129, CC1
Mission Tech - Fairborn, OH	Thurs, Jan 30	8 a.m. - 1 p.m.	Conference Room 118	

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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FEB.	FAMILY HEALTH CENTER	Every Monday - Friday	7 a.m. - 5 p.m.	2nd Floor, Pod C
	Assembly Hall	Mon, Feb 3	8 - 11 a.m.	Cafe Area
	B4633	Tues, Feb 4	8 a.m. - Noon	4th Floor Conference Room
	B161	Wed, Feb 5	7 - 11 a.m.	Production Area Conference Room
	B902	Thurs, Feb 6	7 a.m. - Noon	VTC A & B
	B1744	Mon, Feb 10	8 a.m. - Noon	5th Floor Conference Room
	B79	Tues, Feb 11	8 a.m. - Noon	Conference Room 201
	Mission Tech Net Center	Wed, Feb 12	8 a.m. - 1 p.m.	Suite 250, Training Room
	B60	Thurs, Feb 13	7 - 11 a.m.	Training Room
	JMAF (B1913)	Mon, Feb 17	7 - 11 a.m.	Conference Room 307 A/B
	B103	Tues, Feb 18	7 - 11 a.m.	Kearsarge Conference Room
	Net Center	Wed, Feb 19	8 a.m. - Noon	Suite 129, Conference Center 2
	B160/161	Mon, Feb 24	8 a.m. - Noon	EOC
	B884	Tues, Feb 25	8 a.m. - Noon	Conference Room 102A
	B600	Wed, Feb 26	7 a.m. - Noon	Executive Conference Room
CRF	Thurs, Feb 27	7 - 11 a.m.	3rd Floor Conference Room	

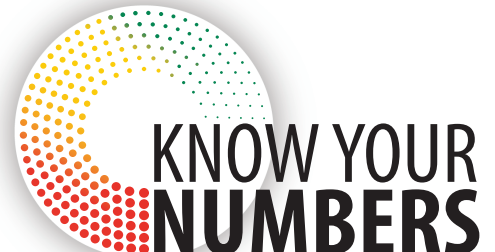
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The first step to better health