



KNOW YOUR NUMBERS

INGALLS SCREENING SCHEDULE

| | LOCATION | DATE | TIME | ROOM |
|------|--------------------------|----------------|-------------------|--------------------------|
| DEC. | HII FAMILY HEALTH CENTER | Every Tuesday | 7 a.m. - Noon | Biometrics |
| | | Every Thursday | Noon - 5 p.m. | |
| | CSA 3 | Tues, Dec 3 | 8:30 - 11:30 a.m. | OCR #2 Conference Room |
| | Westbank Hospital | Wed, Dec 4 | 8 - 11 a.m. | Covey Room |
| | HR | Tues, Dec 10 | 8 - 11 a.m. | Upstairs Conference Room |
| | Cosal | Wed, Dec 11 | 8 - 11 a.m. | Cosal Conference Room |
| | Facilities | Thurs, Dec 12 | 8 - 11 a.m. | Upstairs Conference Room |
| | Wetdock | Tues, Dec 17 | 8 a.m. - Noon | North Conference Room |
| | Hero's Cafe | Wed, Dec 18 | 8 - 11 a.m. | Hero's Cafe (Gate 4) |
| | Admin Cafeteria | Thurs, Dec 19 | 8 - 11 a.m. | Admin Cafeteria |

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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| | LOCATION | DATE | TIME | ROOM |
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| 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 |

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The first step to better health