



KNOW YOUR NUMBERS

NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
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

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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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	

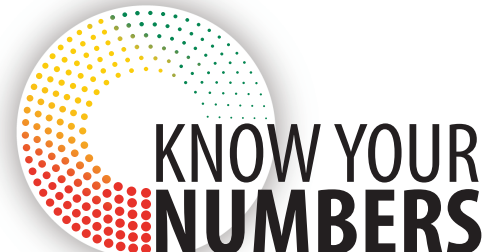
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The first step to better health