



KNOW YOUR NUMBERS

NEWPORT NEWS SCREENING SCHEDULE

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

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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NEWPORT NEWS SCREENING SCHEDULE

| | LOCATION | DATE | TIME | ROOM |
|-------|--------------------------|--|---------------------------|--------------------------------|
| MARCH | HII FAMILY HEALTH CENTER | Every Monday - Friday | 7 a.m. - 5 p.m. | 2nd Floor, Pod C |
| | CMAF | Mon, March 3 | 8 a.m. - Noon | Break Room |
| | B520 | Tues, March 4 | 8 a.m. - Noon | Executive Dining Room |
| | B888 | Wed, March 5 | 8 a.m. - Noon | Conference Rooms 107 - 109 |
| | Net Center | Thurs, March 6 | 7 a.m. - Noon | Suite 129, Conference Center 1 |
| | B4911 | Mon, March 10 | 7 a.m. - Noon | 1st Floor Conference Room |
| | B902 | Tues, March 11 | 7 a.m. - Noon | VTC A & B |
| | B86 | Wed, March 12 | 8 a.m. - Noon | IMSE Conference Room 3 |
| | B79 | Thurs, March 13 | 8 a.m. - Noon | Conference Room 201 |
| | HII Family Health Center | Fri, March 14 Employee Appreciation Day | 6 a.m. - 5 p.m. | Pod C |
| | SMOF | Mon, March 17 | 8 a.m. - Noon | 4th Floor Conference Room |
| | Pier 3 | Tues, March 18 | 7 - 11 a.m. | Bent 23, Conference Room 245 |
| | VASCIC | Wed, March 19 | 8 a.m. - Noon | Conference Room 219 |
| | B600 | Thurs, March 20 | 7 a.m. - Noon | Conference Room C |
| | B4633 | Fri, March 21 | 8 a.m. - Noon | 3rd Floor Conference Room |
| | Applebees | Mon, March 24 | 8 a.m. - Noon | Cafe Area |
| | B903 | Tues, March 25 | 7 a.m. - Noon | Conference Rooms 129 A & B |
| | B884 | Wed, March 26 | 8 a.m. - Noon | Conference Room 102A |
| B1744 | Thurs, March 27 | 8 a.m. - Noon | 5th Floor Conference Room | |
| B600 | Fri, March 28 | 8 a.m. - Noon | Conference Room C | |

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The first step to better health