



BeWell FOR LIFE

OPERATED BY

QuadMed

BeWell Bulletin | MARCH 2025

KEEP THE SPRING IN YOUR STEP WITH HEALTHY HABITS!

FOR ELIGIBILITY INFORMATION VIEW YOUR BENEFITS GUIDE ON [HIIBENEFITS.COM](https://hiibenefits.com)

FEATURES & UPDATES

SAVE THE DATES

Annual Enrollment: April 21 – May 2

Virtual Benefits Fair: April 14 – May 29

Special live presentations held on April 23 and 29

Learn about your HII benefits options and what's new this year in your Benefits Guide and the Annual Enrollment Newsletter, available on hiibenefits.com on April 14.

THE KNOW YOUR NUMBERS PROGRAM DEADLINE IS THIS MONTH

You must complete your Know Your Numbers (KYN) Biometric Health Screening and Health Check Survey by Monday, March 31, 2025, or you will lose your \$600 medical premium incentive.* To make sure that doesn't happen, complete the following two steps:

- **Health Check Survey:** Access Wellness Online via MyChart to complete the survey.
- **Biometric Health Screenings:** View upcoming onsite health screening events at the end of the BeWell Bulletin and online. Make an appointment at the HII Family Health Center or with your primary care provider.

Step-by-Step Instructions: Visit myquadmed.com/kyn on how to complete the program and to view eligibility requirements.

Congratulations to the twelve HII employees who won six iPads, five Blackstone grills and one cookware set in the Know Your Numbers drawing giveaway*.

Need help with KYN? Email: hiowellness@quadmedical.com or call 757-327-4169.

**All HII employees are eligible and encouraged to participate in the Know Your Numbers program. Employees not represented by a collective bargaining agreement (Union), who are enrolled in an HII Anthem plan, can qualify for a Know Your Numbers discount of \$600 on their HII Anthem medical insurance premium if they complete the program by the March 31 deadline. Participating employees who do not qualify for the Know Your Numbers premium discount will be entered into a quarterly drawing.*

SPRING FORWARD AND STILL SLEEP GREAT WITH SLEEPPIO

Daylight savings time shifts the clock ahead by one hour, which means more time for evening walks, outdoor time, or simply soaking up the sun. It also means that you lose an hour of sleep when we spring forward, but thanks to your HII benefit Sleepio, you can ensure that you still get a good full night's rest. Sleepio is an online sleep improvement benefit proven to help you clear your mind, improve your sleep and have better days in just six weeks. Whether you need a few basic tips or require more detailed guidance on how to improve your sleep, Sleepio can help by working with you on falling asleep faster, spending less time awake at night and functioning better the next day. Learn more and get started on hiibenefits.com.



SKIP THE SELF-DIAGNOSIS. START WITH A QUADMED PROVIDER.

We know it can be tempting to search online, but when it comes to your health, save yourself the worry and talk to your primary care provider first about your concerns. Schedule an appointment at the HII Family Health Center with a QuadMed provider. Visit myquadmed.com/hii or call 228-205-7700. (Gautier) or 757-327-4200 (Newport News).



Have you been getting enough restful sleep? Having a healthy sleep routine is important for your overall well-being.

Join the Wellness Online Plan for Sleep Challenge from March 10-16 to track activities that will help you sleep better and feel more energized in the morning. Complete this challenge and earn double points on Wellness Online. [Register](#) now.

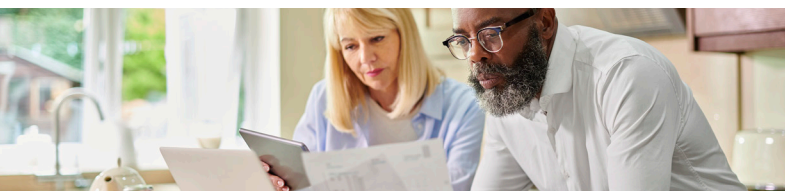
You can win, too! Complete Wellness Online activities and earn points toward the drawing entries and you could win a smart watch, Ninja blender, and other great prizes.

UPCOMING EVENTS

SMARTPATH WEBINAR: 5 THINGS THAT WILL DERAIL YOUR RETIREMENT (AND HOW TO AVOID THEM)

Virtual | Wednesday, March 12 | Noon ET / 11 a.m. CT

How to save enough for (a really long) life in retirement. Must-have strategies for adjusting your spending to match retirement income. How to evaluate your investments and avoid risking (and losing) it all. Tips to discover if your financial advisor is helping or hurting. [Register](#) for SmartPath's webinar to learn the fine print of DMPs, when they may help and when they may harm, so you can make an informed decision.



HERO WEBINAR: INSURANCE BASICS

Virtual | Tuesday, March 18 | Noon ET / 11 a.m. CT

Insurance is a vital tool for protecting yourself and your loved ones against life's unexpected events. [Register](#) for HERO's webinar to learn the different types of insurance available to safeguard you and your assets. This webinar will explore risk categories, what influences personal risk and insurance costs, as well as how to access your current assets and future earnings to determine the right coverage for your needs.

MAVEN WEBINAR: TAKE CHARGE OF YOUR REPRODUCTIVE HEALTH JOURNEY: ADVOCATE AT EVERY STAGE

Virtual | Tuesday, March 18 | Noon ET / 11 a.m. CT

Whether you're trying to conceive, navigating fertility treatments, experiencing pregnancy, raising a family, or approaching menopause, knowing how to advocate for yourself is essential. [Register](#) for Maven's webinar to learn strategies on how to take charge of your reproductive health.

PREVENT OR DELAY TYPE 2 DIABETES

Virtual | Wed. starting April 9 | 4 p.m. ET / 3 p.m. CT

Living with Type 2 diabetes can seem overwhelming. It affects your whole body – excessive thirst, tiredness, blurred vision, feet numbness, kidney issues, and much more. You could prevent all that with just a few lifestyle changes. Register for PreventT2, a proven, CDC-approved course, that will teach you the skills you need to make lasting change and delay or avoid developing Type 2 diabetes. [Register](#) today.

THE BEWELL BUNDLE

Subscription/On-Demand

Get the new BeWell Bundle delivered straight to your inbox! Discover the convenience of having all your favorite BeWell wellness programs bundled into one package and delivered to you automatically each week. Enhance your knowledge and skills with consistent support, all in one easy-to-access bundle. [Sign up](#) just once and you'll get notifications when on-demand opportunities are ready, including:

- (Wo)ManPower
- I Want to Make a Change But . . .
- Plan for Sleep Challenge
- Eat, Drink & Be Well
- Wellness Online Stretch Breaks
- Ask the Coach
- Wellness Online Journeys
- Nutrition Bytes



GET FOOD FOR THOUGHT WITH NUTRITION BYTES

Looking for ways to eat healthy? [Sign up](#) for monthly nutrition tips emailed from registered dietitian nutritionists at the Hill Family Health Center.

BEWELL IN 5 STRETCH BREAKS NOW AVAILABLE 24/7 On-Demand via Wellness Online

Taking just a few minutes for a stretch break can help you stay healthy, avoid posture issues, and reduce fatigue. Access our convenient Media Library on [Wellness Online](#) anytime, anywhere. Simply select "Physical Activity" and choose the stretch or movement that interests you. All options are under 10 minutes.

I WANT TO MAKE A CHANGE BUT...

Subscription

Do you find roadblocks to making changes? [Subscribe](#) to QuadMed's quarterly series that takes barriers to healthy change head on! You'll receive informational videos to your inbox that address common obstacles people face when making new habits and how to tackle barriers when they arise.



YOGA

Virtual | Tuesdays & Wednesdays

Join fitness instructor Holly Siedlecki for weekly online yoga classes that can be used to increase movement and flexibility and help you practice mindfulness.

Sun Sal Yoga Flow Tuesdays: 7:30 a.m. ET / 6:30 a.m. CT
Wednesdays: 6 a.m. ET / 5 a.m. CT

Gentle, morning yoga to start your day grounded, focused and limber.

Vinyasa Flow Yoga

Wednesdays: 5 p.m. ET / 4 p.m. CT

Afternoon yoga with pose modifications to fit all ability levels.

Visit myquadmed.com/BeWell to register for all movement programs.

Participation/attendance of these offerings must be on personal time. To attend, employees can use flex, PTO or lunch with their manager's approval. No time charging information will be provided.



KNOW YOUR NUMBERS



NEWPORT NEWS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
MARCH	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	7 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	

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