

BeWell Bulletin | APRIL 2025

PRIORITIZE YOUR HEALTH NOW. SEE POSITIVE RESULTS LATER.

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

FEATURES & UPDATES

Get ready for Annual Enrollment!

Annual Enrollment: April 21–May 2

Virtual Benefits Fair: April 14–May 29

Special live presentations held on April 23 and 29.

Annual Enrollment is right around the corner. Set yourself up for success by taking a fresh look at your HII benefits, especially if you've had life changes this year. To make the most of this opportunity, take these steps:

- Review the 2025–2026 benefits information on hiibenefits.com, which includes:
 - **The Annual Enrollment Newsletter** to find out what's new or changing for the 2025–2026 plan year.
 - **The 2025–2026 Benefits Guide** for details about your specific HII benefits.
- **Attend the Virtual Benefits Fair** for an overview of all HII benefits and to ask vendors questions.
- **Log in to your Alight Worklife account** for an overview of all HII benefits and to review your current elections.
- **View Your Total Rewards statement** on your Worklife account, which will tell you if you are taking full advantage of your HII benefits, and to see what other benefits you can utilize in the new plan year.

What do I have to do? If you want to keep the benefits you have now and don't want to make changes for the 2025–2026 plan year, most of your current benefit elections will roll over **EXCEPT your tobacco-use status* and enrollment in flexible spending accounts (health care and/or dependent care FSAs).** If you are required to reverify your dependents, you should have received a notice. Documentation is due by June 13 to continue coverage for your dependents.

**Does not apply to Ingalls Shipbuilding represented.*

How to Enroll

Online: Log on to your Worklife account via hiibenefits.com, select "Make Your Annual Enrollment Choices" to begin.

The Alight App: Download the Alight Mobile app and click "Make Your Annual Enrollment Choices" to begin.

Phone: Call the HII Benefits Center: 1-877-216-3222; overseas: 1-408-916-9765 (Available Monday through Friday from 7 a.m. to 6 p.m. ET, excluding holidays)



QUADMED EVERYWHERE IS HERE!

The wait is over. See a QuadMed doctor virtually, from wherever you are, when you need it most. With QuadMed Everywhere*, you get the same top-quality care as you'd experience at the HII Family Health Center, so there's no need to wait. QuadMed Everywhere doctors are licensed in all 50 states and can see patients for a variety of health concerns including cold, flu and sinus infections to preventive care and screenings to chronic condition support and more. Fast, free, same or next-day visits. Services are available Monday through Friday from 7 a.m. to 7 p.m. CT regardless of where you live. Established patients can also reach a doctor 24/7 for follow-up questions from a previous visit. Learn more at myquadmed.com/hii-ing/everywhere.

STAY INFORMED ABOUT YOUR HII FAMILY HEALTH CENTER APPOINTMENTS

QuadMed is updating their MyChart system. This means automated text messages and appointment reminders from QuadMed will end on April 23. To continue receiving SMS regarding your HII Family Health Center appointments, please opt-in now by texting **START** to 41832. You can also visit myquadmed.com/hii to log in to MyChart and update other communication preferences.

IT'S TAX SEASON! SMARTPATH IS HERE TO HELP

Figuring out your taxes can feel overwhelming, luckily SmartPath's tax tool is here to help you get personalized tax deduction and credit recommendations. SmartPath's tax tool gives you a summary of the top eight deductions you might qualify for. Have your Adjusted Gross Income (AGI) handy and gain tax confidence in just three minutes. Get started and learn more about SmartPath on hiibenefits.com.

IN NEED OF PARENTING SUPPORT? YOU HAVE RETHINKCARE

When you need parenting support, you have your HII benefit RethinkCare. It provides you with resources and expert support to help you understand, teach, and better communicate with your child. Content and expert guidance is relevant to parents of all children, with a specialty in developmental disabilities such as autism, ADHD, and learning disabilities. Your child does not need a diagnosis for you to consult with RethinkCare's Parenting Experts. Get started and learn more about RethinkCare on hiibenefits.com.

April is Earth month; did you take a sustainable action today?

Join the **Wellness Online Going Green Challenge** and earn points for recycling, composting, reusing materials, carpooling, conserving water, and more. Make the world a better place one day at a time.

Register now to participate from April 14-20. You can win, too! Engage with the Wellness Online activities and earn points toward the drawing entries toward winning a smartwatch* or Ninja blender*.

Complete a wellness or nutrition coaching session in April and earn double points.

Sign in to MyChart to access [Wellness Online](#) and start the challenge!



UPCOMING EVENTS

HERO WEBINAR: PROMOTING FAMILY HEALTH

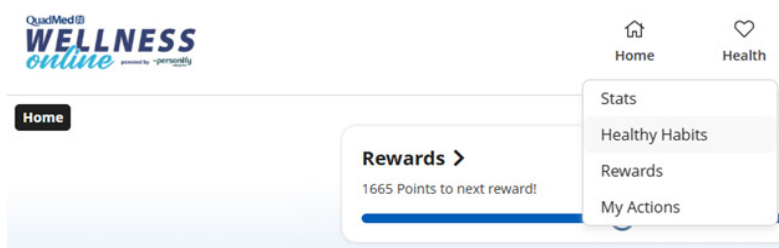
Virtual | Tuesday, April 8 | Noon ET / 11 a.m. CT

Family members must work together to achieve their best physical health. Register for HERO's webinar to explore the vital importance of maintaining health records, mastering first aid best practices, and creating an effective family emergency plan. Additionally, we'll discuss ways to keep active as a family while promoting healthy eating habits.

SMARTPATH WEBINAR: MAXIMIZING ANNUAL ENROLLMENT FROM A FINANCIAL PERSPECTIVE

Virtual | Wednesday, April 9 | Noon ET / 11 a.m. CT

On average, employees spend 18 minutes enrolling in benefits. To put that in context, major financial decisions are made in about the same time it takes to get an oil change. Benefit options can be confusing, but you don't want to leave money on the table. Register for SmartPath's webinar to learn the value of health savings accounts (HSA), flexible spending accounts (FSA), as well as other important annual enrollment factors including your 401(k) and supplemental benefits.



You know your numbers, now what? Continue accessing the tools, tips, and trackers available. Explore Healthy Habits to manage and track your habits and continue your progress to a healthier you!



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 HII Family Health Center.

HEALTHY TOGETHER

Virtual | every other Wednesday April 9–July 2

| Noon ET / 11 a.m. CT

Are you ready to make healthy lifestyle changes? Don't go it alone. You'll be more successful — and have more fun — learning with others how to adopt realistic lifestyle and behavior changes. Join our virtual group habit-building program, Healthy Together, to uncover new ways to change with guidance from QuadMed BeWell for Life RDNs and wellness coaches. Earn 20 Wellness Online points for each webinar! Register at myquadmed.com/BeWell.

PREVENT OR DELAY TYPE 2 DIABETES

Virtual | Wednesdays, 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.

INGALLS 5K ON THE CAUSEWAY

Fit Center on Singing River Island | Sat. April 12 | 8 a.m.

Join the tradition and participate in the 13th Annual Ingalls 5k on the Causeway! All proceeds from the race benefits the Special Olympics of Mississippi. The 5k begins at 8 a.m. followed by the Kids Fun Run. Stay for the after party where there will be food, games, music, prizes and more for the entire family. Register [here](#).

THE BEWELL BUNDLE — APRIL

Subscription/On-Demand

Check out this month's BeWell Bundle programs focused on emotional health. Take advantage of the convenience of having all your favorite BeWell wellness programs bundled into one package and delivered to you automatically each week. By participating, you can also earn Wellness Online points for your chance to enter quarterly drawings*.

Sign up just once and you'll get notifications on the dates shown below, including these April programs:

- [Wellness Online Stretch Break Challenge](#) — Physical Therapist Approved Stretches for Low Back Pain — Wednesday, April 9
- [Eat, Drink & Be Well](#) — Wednesday, April 16
- [Nutrition Bytes](#) — Wednesday, April 23
- [\(Wo\)ManPower: Emotional Eating & Emotional Wellness](#) — Wednesday, April 30

Look forward to the other wellness programs coming to you via email in May:

- [Ask the Coach](#) — Join Wellness Coach Bettina Lee for this edition of Ask the Coach! We will discuss topics and answer some frequently asked questions regarding emotional wellness.
- [I Want to Make a Change But...](#) — Do you run into obstacles when trying to make changes? QuadMed's quarterly series tackles barriers to healthy change head on! Receive informational videos directly to your inbox, addressing common challenges people face when forming new habits and providing strategies to overcome them.
- Wellness Online Stretch Breaks — View a variety of stretch breaks via Wellness Online media.
- Wellness Online Journeys — View a variety of stretch breaks via Wellness Online media.

If the bundle isn't your thing, you can still register for individual programs or view what's available on [Wellness Online](#).



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.

Register at myquadmed.com/bewell.

Sun Sal Yoga Flow Tuesdays:

Wednesdays: 6 a.m. ET / 5 a.m. CT

Fridays 6:30 a.m. ET / 5:30 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.

*Prizes or gifts in excess of \$50 value are considered compensation, and are subject to federal, state and employment tax withholding and reporting on Form W-2, unless a specific exemption applies.

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