



Here's how to schedule an appointment.

**STEP 1:** Visit [myquadmed.com/hij](https://myquadmed.com/hij) 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.

Scan the QR code below or visit [myquadmed.com/kyn](https://myquadmed.com/kyn) for step-by-step instructions to complete the program.



**Health Screening Events Near You.**

## NOVEMBER INGALLS SCREENING SCHEDULE. Schedule TODAY!

| LOCATION                 | DATE           | TIME               | ROOM                     |
|--------------------------|----------------|--------------------|--------------------------|
| HII Family Health Center | Every Tuesday  | 7 a.m. – Noon      | Biometrics               |
|                          | Every Thursday | Noon - 5 p.m.      |                          |
| Wetdock                  | Tues, Nov 3    | 8 a.m. – 11 a.m.   | North Conference Room    |
| MPWH                     | Wed, Nov 4     | 8 a.m. – 11 a.m.   | Upstairs Conference Room |
| Stacking Hall            | Thurs, Nov 5   | 6:30 a.m. – 9 a.m. | Upstairs Conference Room |
| Fabrication Shop         | Tues, Nov 10   | 8 a.m. – 11 a.m.   | Upstairs Conference Room |
| Panel Shop               | Wed, Nov 11    | 8 a.m. – 11 a.m.   | Upstairs Conference Room |
| Cosal/Central Receiving  | Thurs, Nov 12  | 8 a.m. – 11 a.m.   | Upstairs Conference Room |
| Cosal/Gulfport Location  | Tues, Nov 17   | 8 a.m. – 11 a.m.   | Conference Room          |
| Admin Cafeteria          | Wed, Nov 18    | 8 a.m. – 11 a.m.   | Admin Cafeteria          |
| CSA 3   2nd Shift        | Thurs, Nov 19  | 4 p.m. – 7 p.m.    | CSA Cafeteria            |
| Admin 2                  | Tues, Nov 24   | 8 a.m. – 11 a.m.   | FCR 1 Conference Room    |

## Flu shots are available!

Vaccines are available at your worksite during Know Your Numbers health screening events and at the HII Family Health Center.



Learn more  
[myquadmed.com/kyn](https://myquadmed.com/kyn)

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\*Full eligibility information is available on [the KYN website](#).