



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](https://myquadmed.com/hii), click on Menu, then select Health Screenings.

Scan the QR code below or visit myquadmed.com/kyn for step-by-step instructions to complete the program.

 **Health Screening Events Near You.**

NOVEMBER NEWPORT NEWS SCREENING SCHEDULE. Schedule TODAY!

LOCATION	DATE	TIME	ROOM
HII Family Health Center	Every Tuesday - Friday **Wed, Nov 25	8 a.m. – 4 p.m. **8 a.m. – Noon	Upstairs - Pod C
B77-3	Tues, Nov 10	8 a.m. – Noon	Yard Operations Conference Room
B4633	Wed, Nov 11	7 a.m. – 11 a.m.	3rd Floor HME Room
CRF	Thurs, Nov 12	8 a.m. – Noon	3rd Floor Conference Room
B86	Fri, Nov 13	8 a.m. – Noon	Program Integration Conference Room
7th Floor VASCIC	Tues, Nov 17	8 a.m. – 11 a.m.	Conference Room 7 West
HII Mechanical - Enterprise	Thurs, Nov 19	8 a.m. – Noon	Conference Room 182
B600	Fri, Nov 20	7 a.m. – Noon	Executive Conference Room
HII Mechanical - Jefferson	Tues, Nov 24	8 a.m. – Noon	2nd Floor Training 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

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*Full eligibility information is available on [the KYN website](https://myquadmed.com/kyn).