



Here's how to schedule an appointment.

- STEP 1:** Visit myquadmed.com/hij to log in to or sign up for a MyChart account.
STEP 2: Once logged in to [MyChart](https://myquadmed.com/hij), click on Menu, then select Health Screenings.

Visit myquadmed.com/kyn for step-by-step instructions to complete the program.

 **Health Screening Events Near You.**

DECEMBER INGALLS SCREENING SCHEDULE. Schedule TODAY!

LOCATION	DATE	TIME	ROOM
HII Family Health Center	Every Tuesday *No appts Dec 22 or 29	7 a.m. – Noon	Biometrics
	Every Thursday *No appts Dec 24 or 31	Noon - 5 p.m.	
Facilities	Tues, Dec 1	8 a.m. – 11 a.m.	Upstairs Conference Room
East Bank	Wed, Dec 2	8 a.m. – 11 a.m.	Upstairs Conference Room
IPD	Thurs, Dec 3	8 a.m. – 11 a.m.	Upstairs Conference Room
Combined Shop	Tues, Dec 8	8 a.m. – 11 a.m.	Upstairs Conference Room
LBTF	Wed, Dec 9	8 a.m. – 11 a.m.	Planning Conference Room
CSA 3	Thurs, Dec 10	8 a.m. – 11 a.m.	OCR 5 Conference Room (2nd Floor)
Admin1	Tues, Dec 15	8 a.m. – 11 a.m.	DCR 2
Admin 3	Wed, Dec 16	8 a.m. – 11 a.m.	Electrical Conference Room
Admin Cafeteria	Thurs, Dec 17	8 a.m. – 11 a.m.	Admin Cafeteria

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).