



KNOW YOUR NUMBERS

The first step to better health

NEWPORT NEWS SCREENING SCHEDULE

HEALTH SCREENING EVENTS NEAR YOU!

Appointments last just 20 minutes. Schedule your appointment today!

NEWPORT NEWS SCREENING SCHEDULE				
	LOCATION	DATE	TIME	ROOM
JANUARY	HII FAMILY HEALTH CENTER	Every Tues - Fri	8 a.m. - 4 p.m.	Pod C
	Pier 3	Wed, Jan 10	7 - 11 a.m.	Bent 23, Conference Room 245
	CMAF	Thurs, Jan 11	5 - 7 p.m.	1st Floor Break Area & Conference Room
	B77/78	Fri, Jan 12	8 a.m. - Noon	Yard Operations Conference Room
	Mission Tech - The Boro 8350 Broad Street, Ste. 1400, McLean, VA	Tues, Jan 16	8 a.m. - 1 p.m.	Boro Executive - CR2
	B4911	Wed, Jan 17	5 - 7 p.m.	2nd Floor Conference Room
	B520	Thurs, Jan 18	8 a.m. - Noon	Executive Dining Room
	B600	Mon, Jan 22	8 a.m. - Noon	Conference Room C
	B902	Thurs, Jan 25	8 a.m. - Noon	VTC A & B
	B903	Tues, Jan 30	7 a.m. - Noon	Conference Room 129 A/B
	B4633	Wed, Jan 31	8 a.m. - Noon	3rd Floor Conference Room

For the 2023-2024 Know Your Numbers program, ALL participants must create a NEW account in Wellness Online on a desktop or laptop, not a cell phone or iPad.

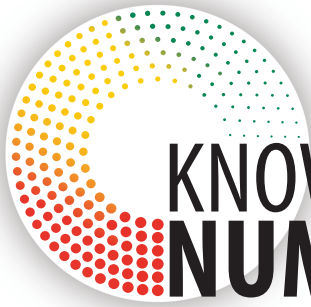
Here's how to schedule an appointment.

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





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FEBRUARY	HII FAMILY HEALTH CENTER	Every Mon - Fri	7 a.m. - 5 p.m.	Pod C
	B884	Fri, Feb 2	8 a.m. - Noon	Conference Room 102A
	B60	Mon, Feb 5	7 a.m. - 11 a.m.	Training Room
	B86	Tues, Feb 6	8 a.m. - Noon	North IMSE Conference Room 5
	B1744	Mon, Feb 12	8 a.m. - Noon	5th Floor Conference Room
	JMAF (B1913)	Thurs, Feb 15	7 a.m. - Noon	Conference Room 101
	B79	Mon, Feb 19	7 a.m. - Noon	2nd Floor, Conference Room 201
	Net Center	Tues, Feb 20	7 a.m. - Noon	Suite 129, Conference Center 2
	Pier 3	Wed, Feb 21	4 p.m. - 6 p.m.	Bent 23, Conference Room 245
	CRF	Mon, Feb 26	7 a.m. - 11 a.m.	3rd Floor Conference Room
	Assembly Hall	Tues, Feb 27	7 a.m. - Noon	1st Floor Cafe Area
	B103	Thurs, Feb 29	7 a.m. - Noon	Kersage Room

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