



## BeWell Bulletin | DECEMBER 2024

LOOK OUT FOR THE Q4 BEWELL MAGAZINE THIS MONTH, MAILED TO HOMES AND AVAILABLE ON [HIIBENEFITS.COM](https://hiibenefits.com)

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

## FEATURES & UPDATES

### TAKING CARE OF YOUR MENTAL HEALTH DURING THE HOLIDAY SEASON

For many, the holiday season is a wonderful time for celebration, family gatherings and joyful memories. For others, it can be a time of sadness or bring on feelings of being overwhelmed, which can lead to heightened anxiety. Whether you're juggling shopping lists and family events, or simply trying to get through the cold months, properly managing worry and anxiety can help you make it through the season happy and healthy.

Take care of your mental health this holiday season. Learn more about your HII mental health benefits on [hiibenefits.com](https://hiibenefits.com).

### HERO: HII Employees Reach Out

If you're looking to talk to someone, HERO offers emotional support and can help you find resources to handle any personal or work-related challenges you may face. HERO is operated by Anthem and offers counseling, referrals, resources and more for life's ups, downs and major changes. Work with HERO in-person at the HII Family Health Centers or virtually.

### Teladoc Behavioral Health

Connect with mental health professionals seven days a week through Teladoc Behavioral Health. Fill out a quick survey to see if a counselor, therapist, psychologist or psychiatrist is right for you. Then schedule a no-cost appointment via phone or video chat — all from the comfort and privacy of home. Teladoc clinicians can evaluate and treat general mental health conditions such as depression and anxiety, and they can also prescribe medications if needed.

### Daylight

If you have feelings of worry and anxiety, Daylight can help you gain control. It's a science-backed app built by leading mental health experts — it's not a pill or a meditation app — and it can help you understand the patterns that cause worry and anxiety.

### HII Family Health Center

QuadMed providers take the time to understand and treat your needs, inside and out. If you need support for mental or emotional concerns, start by talking with your Primary Care Provider (PCP), who can help you with anxiety, ADHD, depression, grief, stress, well-being, and referrals (if needed).



### NEW WEIGHT LOSS RESOURCES COMING IN THE NEW YEAR

HII is adding more resources to support your healthy weight journey. In addition to weight management resources through the HII Family Health Center and Vida, your HII benefits will now include the Weight Management Program from CVS, which will support employees currently using weight loss medications, including GLP-1s. Enrollment for this new program begins Jan. 1, 2025. Be on the lookout for further communications on this new resource in the coming weeks.

## WELCOME NEW MEMBERS OF THE QUADMED WELLNESS TEAM

What are your health-related goals? More joy? Better quality of life? The QuadMed wellness coaches and registered dietitian nutritionists (RDNs) at the HII Family Health Center are here to help you create strategies to improve your overall health and well-being and achieve your goals.



**Lorene Skipper**  
Wellness Coach



**Rachel Watson**  
Wellness Coach



**Bettina Lee**  
Wellness Coach



**Becky Vick**  
Registered Dietitian  
Nutritionist

**Schedule an appointment today!** For more information or to schedule a visit, [myquadmed.com/bewell](https://myquadmed.com/bewell) or call Gautier - 228.205.7700 or Newport News - 757.327.4200.

## MORE OPPORTUNITIES TO COMPLETE KNOW YOUR NUMBERS

NEW EMAIL OPTION THIS YEAR: Employees who complete the Know Your Numbers (KYN) health screening with their primary care provider can now submit their [Provider Health Screening Form](#) via email to [kynproviderforms@quadmedical.com](mailto:kynproviderforms@quadmedical.com). All forms must be submitted as PDFs or JPEGs.

For more information about the KYN program including screening schedules, visit [myquadmed.com/kyn](https://myquadmed.com/kyn).

## FLEXIBLE AND CONVENIENT HEALTH CARE CLOSE BY

Your holiday schedule is full. That's why having access to great health care virtually, near your work location, and on Saturdays (from 8 a.m. to noon) can make life a little easier. Check out this great benefit of the HII Family Health Center managed by QuadMed by visiting [myquadmed.com/hii](https://myquadmed.com/hii) or calling Gautier - 228.205.7700 or Newport News - 757.327.4200. Schedule an appointment with a health care provider today.

## HOLIDAY SPENDING OPTIONS FROM YOUR HII BENEFITS

### Purchasing Power

Shopping for electronics like tablets and phones this holiday season? Avoid high-interest credit cards and loans by shopping online with your HII benefit, Purchasing Power. Purchasing Power is an HII-sponsored purchasing program that allows eligible employees to purchase brand-new products that you get right away and pay for over time directly from your paycheck. Start shopping with Purchasing Power by visiting [hii.purchasingpower.com](https://hii.purchasingpower.com).

## HOLIDAY SPENDING OPTIONS FROM YOUR HII BENEFITS

### Kashable

Whether you're looking to pay off your holiday spending, manage unexpected expenses or tackle debt, a low-cost loan from Kashable is a great way to get started. Loans are available through an online application with quick decision turnarounds, and funds deposited directly into your bank account within three business days of approval. Repayment is completed through regular payroll deduction. To apply for a Kashable loan, visit [kashable.com](https://kashable.com) and create an account.

### Have You Quit Tobacco Since Annual Enrollment? Check to See if You're Eligible to Receive the Preferred Tobacco-Free Rate!

Employees enrolled in an HII medical plan are eligible to receive a preferred tobacco-free rate through the Tobacco Free Incentive Program. **If you declared that you are tobacco-free during Annual Enrollment 2024, no action is required from you until spring 2025.**

Eligible employees who have quit tobacco or completed a tobacco cessation program since Annual Enrollment 2024, and who did not declare themselves to be tobacco-free during Annual Enrollment 2024 may begin receiving the preferred rate in January if their status is updated by Dec. 31. Learn more about the program and requirements by visiting [hiibenefits.com](https://hiibenefits.com) and selecting "Tobacco-Free Incentive Program" under the Physical Wellbeing option.



### 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.

## BEWELL FOR LIFE\* PROGRAM UPDATES COMING IN 2025

Be ready to kick off 2025 with more wellness opportunities! The QuadMed BeWell for Life team has packaged new and existing programs in a BeWell Bundle that you can subscribe to and receive email updates when programs are ready to view on demand. Programs will address physical, social, and emotional wellness and are aligned with quarterly themes. The bundle makes it more convenient to access the wellness information you desire and contains pre-recorded programs including Eat, Drink & Be Well (lunch & learn), I Want to Make A Change But... video tips, a reimagined ManPower, and monthly stretch breaks from the Wellness Online media library. Plus, watch the new Q&A sessions with wellness experts. Look forward to the revamped line-up that kicks off in January with a focus on physical wellness.

Virgin Pulse  
is becoming

personify  
HEALTH



QuadMed

WELLNESS  
online powered by virgin pulse

## TRANSITIONING TO PERSONIFY HEALTH

In January, Virgin Pulse, the operator of Wellness Online, will be changing its name to Personify Health. The name will change but the experience will remain the same. Throughout December, you'll see the Personify Health name and logo appear on the desktop platform and the app.

**Seamless transition.** Your account and user history will all remain in place.

**Same username and password.** Starting Dec. 9, your sign-in link will redirect to a new Personify Health web address.

**New emails.** Emails will come from Personify Health email domains [@personifyhealth.com](mailto:@personifyhealth.com) and [@mail.personifyhealth.com](mailto:@mail.personifyhealth.com).

To learn more about the transition, watch this [video](#).

## HEALTHY EATING

With holiday celebrations comes delicious food and a variety of emotions. Before you reach for all the goodies, consider if you're eating because you're hungry or another reason. Join the Step Away challenge to check in with your emotions and curb emotional eating over the holidays.

Healthy Habit Challenge – Step Away | Dec. 9-15

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

## UPCOMING EVENTS

**SMARTPATH WEBINAR: WHERE TO STASH YOUR CASH**  
Virtual | Wednesday, Dec. 11 | Noon ET / 11 a.m. CT

Ever wondered if you should use your 401(k) or an IRA? Where should your emergency fund be saved? [Register](#) for SmartPath's webinar to answer these questions and dive deeper into various account types, when to use them, and when to not use them.

**MAVEN WEBINAR:**  
**HOW TO PREVENT AND HANDLE PARENTAL BURNOUT**  
Virtual | Wednesday, Dec. 11 | Noon ET / 11 a.m. CT

[Register](#) for Maven's webinar to explore practical strategies to maintain balance, identify signs of burnout, and foster healthier family dynamics. Don't miss this insightful session designed to empower parents with the tools needed to prioritize their well-being and create a nurturing environment for their children.

## HERO WEBINAR: HOLIDAY SURVIVAL GUIDE

Virtual | Thursday, Dec. 12 | Noon ET / 11 a.m. CT

For many, the holiday season is a wonderful time for celebration, family gatherings and joyful memories. For others, it's a time of sadness and, possibly, a feeling of being overwhelmed. [Register](#) for HERO's webinar to examine sources of holiday stress and learn strategies for coping and managing emotions, time, relationships and finances. Participants will also share ideas for organizing holiday tasks, managing holiday demands, and explore the role of holiday traditions in our lives.

## RETHINKCARE WEBINAR: SCREEN TIME FOR KIDS

Virtual | Thursday, Dec. 19 | Noon ET / 11 a.m. CT

In today's fast-paced world, screens have seamlessly integrated into various facets of our lives, spanning work, education, leisure, and social interactions. However, many children lack the necessary self-management skills to regulate their screen usage effectively. This lack of screen time management skills can manifest in various problematic patterns, ranging from off-task behavior and avoidance of social interactions to extreme emotional responses. [Register](#) for RethinkCare's webinar to learn a roadmap for nurturing effective screen management plans tailored to the individual needs of your children.

## 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](http://myquadmed.com/bewell).

**Sun Sal Yoga Flow** Tuesdays: 7:30 a.m. ET / 6:30 a.m. CT

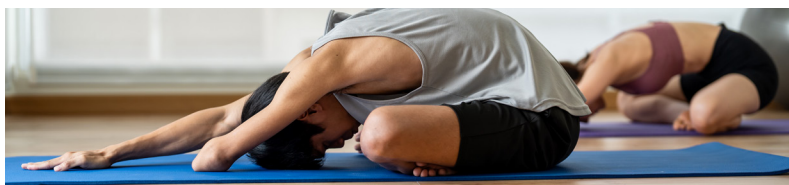
Wednesdays: 6 a.m. ET / 5 a.m. CT

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](http://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.



# KNOW YOUR NUMBERS

## INGALLS SCREENING SCHEDULE

	LOCATION	DATE	TIME	ROOM
DEC.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	CSA 3	Tues, Dec 3	8:30 - 11:30 a.m.	OCR #2 Conference Room
	Westbank Hospital	Wed, Dec 4	8 - 11 a.m.	Covey Room
	HR	Tues, Dec 10	8 - 11 a.m.	Upstairs Conference Room
	Cosal	Wed, Dec 11	8 - 11 a.m.	Cosal Conference Room
	Facilities	Thurs, Dec 12	8 - 11 a.m.	Upstairs Conference Room
	Wetdock	Tues, Dec 17	8 a.m. - Noon	North Conference Room
	Hero's Cafe	Wed, Dec 18	8 - 11 a.m.	Hero's Cafe (Gate 4)
	Admin Cafeteria	Thurs, Dec 19	8 - 11 a.m.	Admin Cafeteria

***Schedule your appointment today!***

**Here's how to schedule an appointment.**

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

Visit [myquadmed.com/kyn](https://myquadmed.com/kyn) for step-by-step instructions to complete the program.

