



## BeWell Bulletin | JANUARY 2025

PARTICIPATE IN HEALTHY OPPORTUNITIES WHEREVER YOU ARE!

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

### FEATURES & UPDATES

#### NEW YEAR, NEW HII BENEFITS AND RESOURCES

– COMING SOON

**CVS Weight Management Program (Feb.)** – HII has added more resources to support your healthy weight journey through the CVS Weight Management Program. This new program offers support to employees currently using weight loss medications, including GLP-1s. **If you are prescribed weight loss medication, you should have received communications from CVS regarding enrollment requirements. The deadline to enroll is Feb. 1, and is required to continue receiving insurance coverage for your weight loss medication.**

*Questions? Visit [cvs.co/WM](https://cvs.co/WM) or call 1-800-207-2208 (TTY: 711) from 8 a.m. to 8 p.m. Monday - Friday or from 9 a.m. to 4 p.m. on Saturday. If you receive primary care through the HII Family Health Center, please speak with your provider about weight loss management requirements.*

**Oshi Health (Feb.)** – HII's newest gastrointestinal (GI) care benefit that provides virtual access to a team of expert GI providers, registered dietitians, and gut-brain specialists.

**Teladoc Primary360 (Feb.)** – Establish a virtual primary care provider through Teladoc. Your primary care provider and care team will work with you to build a personalized care plan so you can meet your health goals with ease. Schedule annual checkups and manage ongoing health conditions — all on your terms, by phone or video.

**QuadMed Everywhere (Spring)** – QuadMed virtual primary care will be available to Ingalls Shipbuilding employees in spring 2025. With QuadMed Everywhere, you'll have access to a QuadMed primary care doctor virtually, from anywhere in the U.S.

### KEEP UP WITH YOUR WEIGHT LOSS AND FITNESS RESOLUTIONS WITH YOUR HII BENEFITS

**BeWell for Life wellness coaches** offer no-cost coaching sessions to help you set and achieve your health and well-being goals. You can meet with a coach face-to-face at the HII Family Health Center, over the phone or virtually.

**Vida Health** can help you stay on track with your weight loss journey or keep up with any other healthy habits you want to set for the New Year. With Vida, you can work with a personal coach to improve your nutrition, lose weight, manage chronic conditions, and improve daily habits — all at no cost.

#### NEW! CVS Weight Management Program

Weight loss is a journey. That's why your HII benefits offer free access to the CVS Weight Management Program to help you every step of the way. The program provides the customized support you need for lasting results, including a team of clinicians ready to help you achieve and maintain a healthy body weight with the tools and resources including:

- One-on-one support from a team of clinicians, including providers and registered dietitians.
- Personalized nutrition plan tailored to meet your individual needs.
- Connected body weight scale and other devices, as applicable, to support and track your progress.
- The Health Optimizer App, which offers helpful guides, recipes, goal setting and more.

*If you receive primary care through the HII Family Health Center, please speak with your provider about weight loss management requirements.*

**QuadMed Wellness Online powered by Personify Health** provides a variety of ways to get and keep your health and wellness on track. You can achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips including challenges, nutrition guides, snack-sized video education and more. Get started today!

Learn more about your HII benefits on [hiibenefits.com](http://hiibenefits.com).

## BEWELL FOR LIFE PROGRAMS – WE’VE MADE CHANGES YOU’VE ASKED FOR!

We’ve heard you ... and we’re making changes! Even more BeWell for Life programs are now pre-recorded, including Eat, Drink & Be Well. They will be available on demand so it’s more convenient to watch programs on your schedule — whenever you want, wherever you are. Once you register, you’ll be notified that the program is available via email. Programs are easily accessible from your mobile phone or desktop. Plus, you will receive Wellness Online points toward quarterly drawing prizes! Visit the [BeWell for Life website](#) to get started.



## HII FAMILY HEALTH CENTERS CLOSED IN HONOR OF MLK DAY

The HII Family Health Centers will be closed on Monday, Jan. 20 in observation of Martin Luther King Jr. Day. If you have questions, you can message your provider via MyChart, or if you would like to speak with a registered nurse, call the 24/7 Nurse Line at 888.417.1001 for free.

## WELLNESS SHOUT OUT

**“The QuadMed wellness coach I worked with at the HII Family Health Center helped me get my life back. With his help, I have lost 84 pounds and have become mentally and physically healthier. I went from not being able to get off the couch to going to the gym five days a week, doing more outdoor activities with my four children, and eating better.” - HII employee**



Kick off the first quarter of the new year with a focus on physical wellness. It’s the perfect time to start or step up your game. Wellness Online can help you get and stay on track — one day at a time. Join the Workout Time Challenge Jan. 13 - 19. Schedule your workouts, track your activity, and feel better while earning points towards quarterly drawings! [Get started](#) today.



## THE KNOW YOUR NUMBERS PROGRAM DEADLINE IS APPROACHING.

Complete your Know Your Numbers (KYN) Biometric Health Screening and Health Check Survey by March 31, 2025, or you will lose your \$600 incentive.

### 1) Schedule whichever appointment option is convenient for you as soon as possible:

- At the HII Family Health Center
- At your worksite during a KYN health screening event (see the schedule at the end of the bulletin)
- With your primary care provider (PCP), be sure to bring the [Provider Health Screening Form](#) to be filled out and then submit it (JPEG or PDF) via email to [kynproviderforms@quadmedical.com](mailto:kynproviderforms@quadmedical.com)

### 2) Complete the Health Check Survey.

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

## UPCOMING EVENTS

### SMARTPATH WEBINAR: RETIREMENT READINESS

Virtual | Wednesday, Jan. 15 | Noon ET / 11 a.m. CT

How do you know if you've saved enough for retirement? The older you get, the more you begin to question your strategy. [Register](#) for SmartPath's webinar to get a clear view on how to know if you're 'on-track' or 'off track' to retire when you want (and what you can do to improve your readiness).

### EAT, DRINK & BE WELL: MAKING TIME FOR MOVEMENT

On-Demand | Available Wednesday, Jan. 15

New for 2025 – Eat, Drink & Be Well will be offered on demand to be more convenient for your schedule! [Register](#) and receive the link to the latest pre-recorded Eat, Drink & Be Well session via email.

Want some healthy inspiration and information? Join our quarterly, on-demand, subscription series led by the BeWell for Life wellness experts as they discuss prevention, nutrition, mental health, stress, goal setting, and more. January's session will show you how to incorporate more movement into your daily life.

### HERO WEBINAR: THE CONNECTION BETWEEN EXERCISE AND MENTAL HEALTH

Virtual | Thursday, Jan. 16 | Noon ET / 11 a.m. CT

Daily exercise is a proven way to enhance both our physical and mental well-being. In this informative class, participants will explore the benefits of regular exercise, including its positive effects on our immune system, its role in reducing the risk of disease, and its ability to lower stress levels. [Register](#) for HERO's webinar to discover how to embark on a healthy journey towards improved mental health and learn effective strategies to stay motivated and achieve your fitness goals.

### JUMP START YOUR FITNESS PLAN

Virtual | Mon. Feb. 3 – Mar. 24 | 4:30 p.m. ET / 3:30 p.m. CT

What if you could design a fitness plan that was just right for you — your body, your level, your interests? Each day, you approach it with excitement and a mindset for success. Each week, your plan advances and delivers you to new levels. Each month, you cross new thresholds and reach your goals. The Jump Start program can do that. Plus, complete the program and earn 100 Wellness Online points! [Register](#) today.

### BEWELL IN 5 STRETCH BREAKS NOW AVAILABLE 24/7

On-Demand via Wellness Online

Taking just a few minutes for a stretch break and doing so over time can help you stay healthy and avoid posture issues and fatigue. New this year, you can take advantage of the convenient Media library available on [Wellness Online](#) — available anytime, anywhere. [Subscribe](#) to receive email reminders for highlighted exercise videos. Or once logged in to Wellness Online, go to Media and select Physical Activity, then the stretch or movement that interests you. All options are under 10 minutes.

### I WANT TO MAKE A CHANGE BUT...

Subscription

Do you find roadblocks to making changes? [Subscribe](#) to QuadMed's quarterly series that takes barriers to healthy change head on! You'll receive informational videos to your inbox that address common obstacles people face when making new habits and how to tackle barriers when they arise.



### 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](https://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](https://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
JAN.	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	Admin Cafeteria	Wed, Jan 8	8 - 11 a.m.	Admin Cafeteria
	Admin 1	Tues, Jan 14	8 a.m. - Noon	DCR #2 Conference Room
	Admin 2	Wed, Jan 15	8 a.m. - Noon	FCR #1 Conference Room
	Admin 3	Thurs, Jan 16	8 a.m. - Noon	IT Directors Conference Room
	Panel Shop	Tues, Jan 21	8 - 11 a.m.	Upstairs Conference Room
	Stacking Hall	Wed, Jan 22	7 - 9 a.m.	Upstairs Conference Room
	Bay 2 Rolling Covers	Thurs, Jan 23	8 - 11 a.m.	Upstairs Conference Room
	Combined Shop	Tues, Jan 28	8 - 11 a.m.	Upstairs Conference Room
	CSA 3	Wed, Jan 29	8 a.m. - Noon	OCR 2 Conference Room
	Fabrication Shop	Thurs, Jan 30	8 - 11 a.m.	Upstairs Conference Room

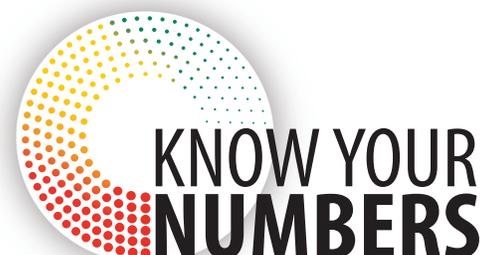
***Schedule your appointment today!***

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.



The first step to better health