



BeWell Bulletin | FEBRUARY 2025

HEALTHY HABITS TODAY LEAD TO A HEALTHY HEART TOMORROW.

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

FEATURES & UPDATES

THE KNOW YOUR NUMBERS PROGRAM DEADLINE IS NEXT MONTH – KEEP \$600 IN YOUR WALLET

You must complete your Know Your Numbers Biometric Health Screening and Health Check Survey by March 31, 2025, or you will lose your \$600 HII Anthem medical premium incentive. To make sure that doesn't happen, schedule an appointment at an upcoming Know Your Numbers health screening event, at the HII Family Health Center, or with your primary care provider (PCP).

Visit myquadmed.com/kyn for step-by-step instructions on how to complete the program and to view eligibility requirements. View onsite health screening events at the end of the BeWell Bulletin.

Need help logging in to Wellness Online? First time users must have a MyChart account to access Wellness Online.

To register for Wellness Online, use a web browser (such as Chrome (preferred), Edge or Safari) on your desktop or mobile device. For step-by-step instructions, visit the get started page.

Already have an account?

Desktop or Mobile Web Browser Access: Log in to your MyChart account to access Wellness Online.

App Access: If you have not accessed Wellness Online in 2025 via the app:

1. Update your app first: (The updated app is called Personify Health)
2. Enter the username you used to set up your Wellness Online account. You will be redirected to MyChart.
3. Login to MyChart and click the icon for Wellness Online

Questions? Email HIIwellness@quadmedical.com or call the HII Family Health Centers.

Gautier, Mississippi: 228-205-7687

Newport News, Virginia: 757-327-4169

FEBRUARY IS AMERICAN HEART HEALTH MONTH

Make February the month to focus on your heart by choosing heart healthy foods, exercising regularly, and taking advantage of your HII benefits to help you and your family reach your wellness goals.

Five ways that you can prevent heart disease:

Quit smoking. Your HII benefits can help you quit and save money, visit hiiibenefits.com to learn how.

Know your health numbers. Keep your A1C (blood sugar levels), blood pressure and cholesterol in a healthy range.

Get moving. Even 20 minutes of brisk walking daily can make a difference.

Eat healthy. Fill half of your plate with non-starchy veggies, a quarter with proteins, and the remaining quarter with a carbohydrate or starch.

Be mindful. Studies show a relationship between stress and heart health. Spending time practicing mindfulness can help you gain control of your stress.

Your HII benefit Hello Heart can help you take charge of your heart health journey through personalized monitoring tools, educational resources and health coaching services — all designed to empower you to manage your cardiovascular wellness effectively. Learn more on hiiibenefits.com.

You can also take advantage of the convenient, in-person care provided by QuadMed providers at the HII Family Health Center. Learn more and schedule an appointment by visiting myquadmed.com/hii.

NEW! INTRODUCING OSHI HEALTH, TELADOC PRIMARY360 AND TELADOC BEHAVIORAL HEALTH FOR ADOLESCENTS

Oshi Health - Virtual gastrointestinal (GI) care benefit that treats bloating, acid reflux, IBS, IBD, and more. With next-day and weekend online visits, you can meet with GI providers, registered dietitians, and gut-brain specialists when you need care most — all at no cost. Get started by visiting oshihealth.com/HII.

Teladoc Primary360 - Virtual primary care that helps you become your healthiest self. Primary360 helps you manage your overall health — body and mind — with a primary care provider of your choice and a dedicated care team of nurses and medical assistants by your side. 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. Get started by visiting Teladoc.com/hii.

Adolescent Mental Health Care from Teladoc Behavioral Health - Establish a therapist or find mental health support for your teenager with a Teladoc Behavior Health professional who specializes in adolescence mental health. Get started by visiting Teladoc.com/hii.



IN-PERSON SMARTPATH FINANCIAL CLASS: INVESTING: PUT YOUR MONEY TO WORK

James River Room, Building 520, 6th floor
Wednesday, Feb. 19 | Noon – 1 p.m

Your money can make money. It can also lose money. Don't let marketing get you excited about investing without understanding all of the risks. Investing can be a powerful tool when you fully understand what you're doing. Join SmartPath to learn the fundamentals of how to help your money work for you. RSVP at Benefits-NNS@hii-nns.com.

YOUR HEALTH CARE PRIVACY

QuadMed is proud to be your health care provider. We understand the importance of protecting your personal health information. QuadMed manages and operates the HII Family Health Center. Our providers and staff — all QuadMed employees — ensure that confidential information is protected against unauthorized use or disclosure.

We will never share details about your visits with your employer. QuadMed is bound to maintain your privacy and protect your health information according to state and federal laws, including the Health Insurance Portability and Accountability Act (HIPAA). If you have any questions or concerns, we want to hear from you.

Gautier, Mississippi: 228-205-7700

Newport News, Virginia: 757-327-4200



Are you finding it easy to say "no" when necessary? Setting and maintaining healthy boundaries helps you take care of yourself, but it's not always easy.

Learn to create and uphold your boundaries at work and home. Join the Wellness Online **Better Boundaries Challenge** and improve your personal boundary management. Register now to participate from Feb. 10 to 16. [Sign up](#) today.

UPCOMING EVENTS

MAVEN WEBINAR: HII BENEFIT OVERVIEW

Virtual | Thursday, Feb. 6 | 10 p.m. ET / 9 p.m. CT

Learn how your HII benefit Maven can serve you! HII offers free access to virtual care through Maven for fertility, pregnancy, postpartum, adoption, surrogacy and returning to work after parental leave. Employees and dependents enrolled in an HII Anthem medical plan can use Maven for 24/7 access to doctors, specialists, coaches and trustworthy content tailored to your experience. [Register](#) for Maven's live webinar to learn more about this benefit and ask questions.

HERO WEBINAR: YOUR HEALTHY HEART

Virtual | Thursday, Feb. 13 | Noon ET / 11 a.m. CT

Heart disease is the leading cause of death for both men and women, with a heart attack occurring every 40 seconds in the United States. [Register](#) for HERO's webinar to explore crucial facts and risk factors that can enhance your quality of life, longevity, and overall health. This informative class will equip you with essential resources, highlight symptoms to watch for to recognize strokes or heart attacks, and provide key dietary and nutritional guidance to implement immediately to reduce your risk of heart disease.

SMARTPATH WEBINAR:
WHY A DMP COULD BE GOOD FOR YOUR FINANCES
Virtual | Thursday, Feb. 20 | Noon ET / 11 a.m. CT

Are you overwhelmed by the number of debt payments you're making each month? If so, you may be considering a debt management plan (DMP) to help lower your rates and reach debt freedom faster. However, a DMP is ultimately a contract. [Register](#) for SmartPath's webinar to learn the fine print of DMPs, when they may help and when they may harm, so you can make an informed decision.

RETHINKCARE WEBINAR: EQUITY VS EQUALITY BETWEEN SIBLINGS: WHEN "THAT'S NOT FAIR!" BECOMES THE HOUSEHOLD PHRASE
Virtual | Thursday, Feb. 20 | Noon ET / 11 a.m. CT

Whether it's fighting over a toy, or arguing over who got more screen time, every parent has heard the phrase, "That's not fair!" from their children. As a parent, it is difficult to achieve fairness in every situation, especially because each child has unique and individualized needs even within the same family. [Register](#) for RethinkCare's webinar to learn ways to create the expectation of individualized needs and equitable support as a parent, while helping your children to develop skills to cope with normal feelings of disappointment and jealousy.

HELLO HEART WEBINAR: MEET A HEART DOCTOR THIS AMERICAN HEART MONTH
Virtual | Wednesday, Feb. 26 | Noon ET / 11 a.m. CT

Join cardiologist Dr. Edo Paz for an engaging conversation about heart health. [Register](#) for Hello Heart's American Heart Month webinar to explore simple, science backed strategies and actionable tips you can start using today.

GO THE EXTRA MILE VIRTUAL CHALLENGE
Virtual | March 3 – April 7

The Go the Extra Mile Virtual Challenge is a fun way to get fit and prepare for the Ingalls 5K, on Saturday, April 12. All fitness levels are welcome to join the weekly online training sessions for insight on a successful run, walk or jog. Sign up to get connected with a coach and receive a training plan and weekly tips for the six weeks leading up to the 5K. Participants must complete a wellness or nutrition coaching session with a QuadMed coach between Jan. 27 and April 7 that includes discussion about training for the 5K in that session. All HII employees and dependents over the age of 18 are eligible to participate. [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. **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.

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 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.



BeWell | FOR LIFE
Operated by
QuadMed

KNOW YOUR NUMBERS

INGALLS SCREENING SCHEDULE

FEB.	LOCATION	DATE	TIME	ROOM
	HII FAMILY HEALTH CENTER	Every Tuesday	7 a.m. - Noon	Biometrics
		Every Thursday	Noon - 5 p.m.	
	East bank	Tues, Feb 4	8 - 11 a.m.	Upstairs Conference Room
	Wet dock	Thurs, Feb 6	8 a.m. - Noon	North Conference Room
	Admin Cafeteria	Tues, Feb 11	8 - 11 a.m.	Admin Cafeteria
	Avondale - Last Call	Thurs, Feb 13	8 a.m. - 1 p.m.	UNO Conference Room
	Hero's Cafe	Tues, Feb 18	8 - 11 a.m.	Hero's Cafe
	Admin 3	Wed, Feb 19	8 - 11 a.m.	ENG #2 Conference Room
	Admin 2	Thurs, Feb 20	8 - 11 a.m.	FCR #1 Conference Room
	Admin 1	Tues, Feb 25	8 - 11 a.m.	Proposal Conference Room
	LBTF	Wed, Feb 26	8 - 11 a.m.	Planning Conference Room
	CSA 2nd Shift	Thurs, Feb 27	5 - 7 p.m.	Cafeteria

Schedule your appointment today!

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](#), click on Menu, then select Health Screenings.

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



The first step to better health