



BeWell FOR LIFE

OPERATED BY

QuadMed 

BeWell Bulletin | MAY 2025

TAKE ADVANTAGE OF YOUR HEALTH BENEFITS AND OFFERINGS.

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

FEATURES & UPDATES

THE VIRTUAL BENEFITS FAIR IS OPEN UNTIL MAY 29

Continue to learn about your 2025–2026 HII benefit options through a fun, online experience — available anytime, day or night. Visit provider booths and watch recordings of live presentations to learn how you can make the most out of your benefits elections for the new plan year. Access the fair by visiting hii.vfairs.com.

HOW BIG IS YOUR OUCH?

Know Where To Go: The Emergency Room vs Acute/Urgent Care

It's important to know the appropriate medical care to seek out when you or a family member are sick, injured, or have important health questions. Knowing whether to go to the emergency room or to seek out acute/urgent care resources can not only save you time, but also money. Your HII benefits offer same-day urgent care options including Teladoc + Primary 360 and the HII Family Health Center. Visit hiibenefits.com to learn more.



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How big is your Ouch?

Know where to go. Save time and money with urgent care.

Same-day care made easy: Call the HII Family Health Center, Teladoc/Primary 360, or visit your local urgent care.

URGENT CARE

Stitches
UTIs & Yeast Infections
COVID, Cold & Flu
Ear Pain & Infections
Sprains
Stomachache

VS

EMERGENCY ROOM

Severe Burns
Chest Pain
Neck & Spinal Injury
Broken Bones
Seizure
Heavy Bleeding

COMFORTABLE AND CONVENIENT SUPPORT FOR YOUR MENTAL HEALTH

May is Mental Health Awareness Month, and it's no secret: Your mental health is just as important as your physical health. Mental health affects nearly every aspect of our lives, including how we handle stress, interact with others, take care of our families and of course, take care of ourselves.

Whether you are struggling with your mental health due to grief, need help navigating major life events, or even seeking advice on your mindfulness journey, your HII benefits are here to support you every step of the way. Visit hiibenefits.com and hover over "Emotional Wellbeing" at the top left of the screen to learn about all the great mental health benefits that you and your family have access to.

SMARTPATH FINANCIAL SUMMER SERIES

HII Benefits & Financial Wellbeing Digital Series

You work hard for your money, and we want you to be able to get the most out of it. This digital course series from SmartPath will cover all things money and the steps you can take to maximize your financial health through your HII benefits. Check out the new videos below and watch the series on onsmartpath.com/resources.

Budgeting Basics: What You Need to Know

In this video, we flip the script on budgeting: it's not about restrictions, it's about control. You'll learn how to build a spending plan that works for you — and how to stay one step ahead of the unexpected.


How to Afford Emergencies

We'll walk through smart ways to handle emergencies, from "great" go-to options to "last resort" moves. Take charge of your money — before life throws you a curveball.

CELEBRATING YOUR PATH TO PARENTHOOD THIS MOTHER'S DAY

Mothers deserve to be celebrated for all that they do, both at home and at work. We know that the path to parenthood isn't always easy, and that's why HII offers access to Maven. Maven offers a 24/7 support system for preconception, fertility, pregnancy, postpartum, adoption, surrogacy and early parenting — for you and your partner. Get on-demand virtual care from 30+ provider specialties, including OBGYN, doulas, mental health providers, adoption and surrogacy coaches, lactation consultants, sleep coaches, developmental psychologists, and more — all at no cost. Get started with Maven by visiting hiibenefits.com.

WELCOME HII FAMILY HEALTH CENTER NEW PROVIDER



QuadMed is excited to introduce Marie Taylor, MS, FNP, to the HII Family Health Center in Newport News, Virginia. Marie partners with patients and their families to reach their optimal mental and physical well-being by educating, encouraging and supporting their health journeys. Schedule an appointment with Marie today at myquadmed.com/hii or call 757-327-4200.

BURNED OUT? NOW WHAT?

Burnout doesn't have to be a permanent state. HII Family Health Center wellness coaches are available to assist employees, spouses, and their dependents in finding effective ways to cope with stress and fatigue. With personalized plans and ongoing support, we can help you move beyond burnout to achieve a balanced and fulfilling life. [Reach out](#) to us today!



We're five months into 2025. How are you feeling so far this year? Taking regular inventory of our health and wellness status helps us evaluate what we've accomplished, gives us an opportunity to say "good job" to ourselves, and stay on course to reach our goals. Being proactive can help prevent burnout. Even if you haven't created a plan, now is the time to put steps in place to have a healthier and happier future.

Did you set goals or complete an action to move your health forward? Need some encouragement? Participate in the Take Inventory Challenge! [Register](#) now and participate from May 12-18.

You can win, too! Engage with the Wellness Online activities and earn points toward the drawing entries to win a smartwatch or Ninja blender.

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



UPCOMING EVENTS

HELLO HEART WEBINAR: LONG LIVE WOMEN: HEART HEALTH AT EVERY STAGE

Virtual | Tuesday, May 13 | Noon ET / 11 a.m. CT

Your heart powers everything you do. It's time to give it the care it deserves. Discover how hormonal changes affect your heart and what you can do to stay strong, healthy, and in control for years to come. [Register](#) for Hello Heart's webinar featuring Dr. Jayne Morgan, cardiologist and vice president of medical affairs at Hello Heart, for a conversation on why heart health is essential for women at every stage of life, including menopause and perimenopause.

HERO WEBINAR: THE SANDWICH GENERATION

Virtual | Tuesday, May 13 | Noon ET / 11 a.m. CT

Caught between caring for aging parents and managing their own careers and families, the "Sandwich Generation" faces unique challenges. [Register](#) for HERO's webinar to learn about practical strategies and support for family caregivers who are juggling multiple responsibilities. Participants will learn how to gather essential information, communicate effectively with family members, and proactively plan for their loved ones' care.

SMARTPATH WEBINAR: FINANCIALLY FEARLESS: A HOLISTIC MONEY GUIDE FOR WOMEN

Virtual | Wednesday, May 14 | Noon ET / 11 a.m. CT

Money can feel overwhelming — like there's always something you should know but no one ever taught you. Women face unique financial challenges, from career breaks to caregiving, but you have more power over your future than you think. In this class, you'll learn how to make confident money decisions, navigate life's transitions, and talk about finances with your partner — without stress or conflict. [Register](#) for SmartPath's webinar to bust common money myths, break down investing and saving, and give you a clear plan to build financial security.

OSHI HEALTH WEBINAR: UNLOCK YOUR NEW HII DIGESTIVE CARE BENEFIT AT NO ADDITIONAL COST
Virtual | Wednesday, May 14 | Noon ET / 11 a.m. CT

Fed up with digestive issues? [Register](#) for Oshi Health's webinar to learn about a new gastrointestinal (GI) benefit available at no cost to you. This webinar will cover what's included with Oshi Health, how you can collaborate with Oshi GI experts, and how to get started with this free HII benefit.

IN-PERSON SMARTPATH FINANCIAL CLASS: INVESTING: PUT YOUR MONEY TO WORK
James River Room. Building 520, 6th floor
Thursday, May 22 | 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 by emailing Benefits-NNS@hii-nns.com.**

THE BEWELL BUNDLE — MAY
Subscription/On-Demand

Check out the upcoming BeWell Bundle programs focused on emotional health. Take advantage of the convenience of having all your favorite BeWell wellness programs bundled into one package and delivered to you automatically each week. By participating, you can also earn Wellness Online points for your chance to enter quarterly drawings*.

Sign up just once and you'll get notifications on the dates shown below:

Ask the Coach (May 14) — Join Wellness Coach Bettina Lee for this edition of Ask the Coach! We will discuss topics and answer some frequently asked questions regarding emotional wellness.

I Want to Make a Change But... — Do you run into obstacles when trying to make changes? QuadMed's quarterly series tackles barriers to healthy change head on! Receive informational videos directly to your inbox, addressing common challenges people face when forming new habits and providing strategies to overcome them.

Wellness Online Stretch Breaks — View a variety of stretch breaks via Wellness Online media.

Wellness Online Journeys — View a variety of Journeys via Wellness Online media.

To access any of the Wellness Online programs, or if the bundle isn't your thing, you can still register for individual programs or view what's available on [Wellness Online](#).



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:

Mondays: 5:30 p.m. ET / 4:30 p.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.*

Participation/attendance of these offerings must be on personal time. To attend, employees can use flex, PTO or lunch with their manager's approval. No time charging information will be provided.



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.