



BeWell FOR LIFE

OPERATED BY

QuadMed 

BeWell Bulletin | JUNE 2025

BE SAFE AS YOU ENJOY SUMMER SUN AND FUN

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

FEATURES & UPDATES

GET READY FOR THE NEW BENEFITS PLAN YEAR STARTING JULY 1

Start the 2025-2026 benefits plan year off right. Make sure you're prepared to take full advantage of your benefits options with these simple tips:

- **Look for important benefits information in the mail.** If you and/or your dependents enrolled in new coverage, you may receive new insurance cards and dependent verification instructions.
- **Review your payroll deductions** after July 1 to ensure everything is correct.
- **Review in-network care in your area.** Log in to Alight Worklife through hiibenefits.com to use the "Find Your Provider" tool, or download and search for providers on Anthem's Sydney Health app.
- **Check the balance** of your commuter benefits account, as well as your health care and dependent care flexible spending accounts.
- **Complete the Know Your Numbers program and save big.** Plan ahead to complete your Health Check Survey and Biometric Health Screening for the 2025-2026 cycle of the Know Your Numbers Program, July 1, 2025 - March 31, 2026, to save big on your HII Anthem medical plan premium in the next plan year.
- **New plan year, new rewards through Wellness Online.** Visit [Wellness Online](https://wellnessonline.com) to learn how you can earn real rewards such as Yeti cups and Fitbits through making healthy choices.

REMEMBER TO UPDATE YOUR TOBACCO-USE STATUS BY JUNE 30

Quit tobacco? Remember to update your tobacco-use status by June 30 to start receiving the preferred medical insurance rate starting July 1. If you designated yourself as a non-tobacco user during Annual Enrollment, you **do not** need to update your status until next Annual Enrollment. To be considered a non-tobacco user and receive a preferred, tobacco-free rate, you must be tobacco free for at least 6 months or complete a tobacco cessation program.

Learn more about HII's Tobacco-Free Incentive program and how to update your status by visiting hiibenefits.com, and logging into your Alight Worklife account.



HII FAMILY HEALTH CENTER HAS A NEW PROVIDER

Welcome Carmella Marshall, PA-C (certified physician assistant), to the HII Family Health Center.



Carmella is dedicated to working together with her patients and believes patient care is a team effort between the patient and the provider with both members of the team wanting the best long-term outcome.

Schedule your appointment with Carmella today at myquadmed.com/hii or call 757-327-4200.

BETTER HEALTH (FOR THE WHOLE FAMILY) IS CLOSER THAN YOU THINK

Employees, spouses, and dependents can experience convenient, high-quality family health care at the HII Family Health Centers. Whether you need quick relief for mild symptoms or primary care to help you achieve your best self, we're here to help with confidential family health care. The health centers offer same and next-day appointments, virtual visits for a variety of services, and visits are more thorough and lower cost than community providers.

From full primary care services to pediatrics, acute care for minor illnesses and injuries to lab work, preventive exams to screenings, and more, experience the QuadMed difference. Schedule an appointment today at myquadmed.com/hii or call 228-205-7700 (Gautier) or 757-327-4200 (Newport News).



GETTING BACK INTO THE SWING OF THINGS WITH HINGE HEALTH

Read about how HII employee Cynthia Allen-Whyte was able to get active again with help from Hinge Health after experiencing chronic back pain, in the Q2 BeWell Magazine, published to hiibenefits.com this month.

Hinge Health is an HII benefit that focuses on back, joint and muscle care. Treatment can be done anywhere at any time — whenever it works best for your schedule. No need to drive to an appointment or worry about more copays. Plus, Hinge Health offers Enso — a small wireless device that can be applied to the body to treat musculoskeletal pain through gentle pulses to naturally calm and soothe aches, pain, or discomfort. The best part: It's all free through HII benefits.

"I wasn't exercising at all anymore because of my back pain, I was stationary. Once I had the option to use the

Hinge Health Enso as a recovery option, it really changed my wellness journey. I've been able to join the gym and be active again. I'm able to walk on the treadmill, lift weights, participate in core classes, and even take aqua Zumba classes. Now I'm looking into getting into pickleball — and my Enso will be coming with me!" - Cynthia Allen-Whyte



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 and watch the series on onsmartpath.com/resources.

Roth vs. Traditional Contributions

What's the difference, and which one's better for you? In this video SmartPath will break down when you pay taxes, how each option grows your savings, and which plan offers what. We'll also cover 2025 contribution limits and help you figure out how to keep more money in your pocket, today and in retirement.

ONSITE MOBILE MAMMOGRAPHY UNIT

Getting your annual mammogram is fast and easy thanks to the Chesapeake Regional Medical Center's mobile mammography unit. The mobile unit will be available on select days noted below over the next few months to offer comfortable and discreet 2D and 3D mammograms for women aged 40 and over.

HII Family Health Center

4500 Washington Ave, Newport News, VA

June 19	8 a.m. – 2 p.m.
August 7	10 a.m. – 4 p.m.
September 22	8 a.m. – 2 p.m.
October 20	10 a.m. – 4 p.m.
November 24	8 a.m. – 2 p.m.
November 25	10 a.m. – 4 p.m.

NetCenter

5200 W. Mercury Blvd., Hampton, VA

July 9	9 a.m. - 1 p.m.
--------	-----------------

For more information or to schedule an appointment, call 757-312-6400 or visit www.ChesapeakeMammo.com.

WELLNESS ONLINE

June Wellness Online Challenge: Stay Vulnerable. Find empowerment through vulnerability. This month, we're shining a spotlight on men's mental health. Learn how vulnerability is a superpower and how to open up with ease.

1. Achieve the habit five out of seven days
2. Get easy, step-by-step advice
3. Track to earn 200 points

The challenge runs June 9 – 15.

Remember, your Wellness Online points earn entries toward winning a smartwatch or Ninja blender. Sign in to MyChart to access [Wellness Online](#) and start the challenge!

UPCOMING EVENTS

HERO WEBINAR: CAREGIVING

Virtual | Tuesday, June 10 | Noon ET / 11 a.m. CT

With nearly one in three Americans providing care for a family member, the responsibilities of caregiving can be overwhelming. [Register](#) for HERO's webinar to explore how to balance caregiving with your own well-being, while offering practical self-care strategies and ways to assess your family's needs. We'll discuss the emotional challenges caregivers face, the unique circumstances you may encounter, and share valuable resources to help ensure that you care for yourself while caring for others.

SMARTPATH WEBINAR: STUDENT LOANS

Virtual | Wednesday, June 18 | Noon ET / 11 a.m. CT

[Register](#) for SmartPath's webinar to join an exclusive group coaching session on student loans to help you fast track your payoff plan. Bring your questions and scenarios for the chat box. SmartPath's financial experts will address questions live and share their thoughts on your scenario. Private chat will be enabled if you prefer to submit your questions anonymously.

THE "WEIGHT" IS OVER WITH WEIGH BEYOND

Virtual | Wed. July 2 – Sept. 3 | 4 p.m. ET / 3 p.m. CT

A healthy weight is about more than just a number on a scale: being overweight can impact your life from increased risk for diabetes, cholesterol problems, sleep apnea, arthritis, and more. Plus, it can affect your mood and mental health, too. If you're ready to learn the skills you need to reach and maintain your ideal weight, join QuadMed's 10-week virtual program, Weigh Beyond. Participants will earn 100 Wellness Online points and have a chance to win a three-piece butcher's knife set. Register [today!](#)



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.

THE BEWELL BUNDLE — JUNE

Subscription/On-Demand

There are still more opportunities to view BeWell Bundle programs focused on emotional health. Watch on-demand programs when it works best for you. [Sign up just once](#) then look for your weekly email on the latest programs and challenges. By participating, you can also earn Wellness Online points for your chance to enter quarterly drawings*. If the bundle isn't your thing, you can still [register](#) for individual programs.

In addition, you can always check out:

- The on-demand programs (Eat, Drink & Be Well, (Wo) ManPower, Feel better. Move better., I Want to Make a Change But...) available on myquadmed.com/bewell.
- Wellness Online health-related tools including Stretch Breaks and Journeys by clicking on the Media button at the top of the page.

To access any of the Wellness Online programs, 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