



BeWell Bulletin | JULY 2025

Stay hydrated, apply sunscreen & **enjoy the sunshine.**

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

FEATURES & UPDATES

PLAN YOUR SUMMER VACATION & STAY WITHIN YOUR BUDGET WITH PURCHASING POWER

Whether it's a long weekend getaway, a weeklong vacation, or you're traveling to be with family this summer, your HII benefit Purchasing Power can help you book your next adventure affordably. Purchasing Power is an HII-sponsored purchase program that allows eligible employees to purchase flights, hotels, cruises, attractions and more — right from your paycheck, with no credit check or down payments. Learn more and get started on hiibenefits.com.

KNOW WHERE TO GO: SAVE TIME AND MONEY WITH URGENT CARE



How big is your Ouch?

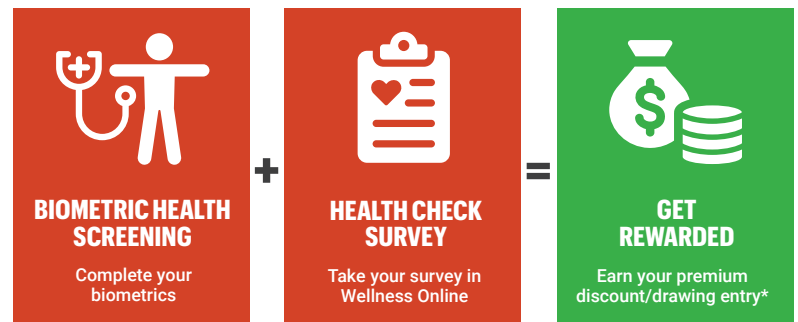
URGENT CARE		vs	EMERGENCY ROOM	
UTI & Yeast Infections	Ear Pain & Infections		Severe Burns	Broken Bones
Stiches	Stomachache		Chest Pain	Heavy Bleeding
COVID, Cold & Flu	Sprains		Neck & Spinal Injury	Seizure

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. Learn more on hiibenefits.com.

THE KNOW YOUR NUMBERS PROGRAM BEGINS JULY 1!

HII is pleased to kick off the 2025-2026 cycle of the Know Your Numbers program. Eligible employees have until March 31, 2026, to complete the two program requirements:

- Health Check Survey · Biometric Health Screening



Who is eligible? All HII employees are eligible and encouraged to participate in the Know Your Numbers program. Employees not represented by a collective bargaining agreement* (Union), who are enrolled in an HII Anthem plan, can qualify for a Know Your Numbers discount of \$600 on their HII Anthem medical insurance premium if they complete both the Health Check Survey and the Biometric Health Screening by the March 31, 2026, program deadline.

The program does not impact medical premiums for employees represented by a collective bargaining agreement* (Union) or for employees enrolled in a medical plan other than an HII Anthem plan. Participating employees who do not qualify for the Know Your Numbers premium discount will be entered into a quarterly drawing.

Will there be onsite health screenings? QuadMed, HII's wellness benefit provider, administers the program and offers convenient, onsite health screenings. Onsite appointments are tentatively set to begin in mid-September although employees can schedule a screening now at the HII Family Health Center with a primary care provider.

How about privacy? QuadMed is a third-party vendor that operates in accordance with federal law restricting the release of medical information. Personal medical information associated with Know Your Numbers is securely maintained by QuadMed and never shared. Learn more at myquadmed.com/kyn.

RETHINK SUMMER LEARNING RESOURCES

Looking to keep your child up to speed with what they learned this school year over the summer? Set your child up for success with help from RethinkCare. RethinkCare offers free resources to help parents teach children skills for language, socialization, academics and more. Learn more and get started on hiibenefits.com.

RETIREMENT EVALUATIONS ARE HERE

Ensure that you are on track to retire! HII has partnered with Alight Financial Advisors (AFA) to provide employees personalized retirement evaluations to make sure their 401(k) plans are on track. Be on the lookout for your retirement evaluation to arrive in the mail in the upcoming weeks, along with additional communications from AFA. Prefer email? Review and update your communications preferences on Alight Worklife to receive your evaluation via email. Visit hiibenefits.com to learn more about Alight Financial Advisors.



SMARTPATH FINANCIAL SUMMER 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 latest video and watch the series on onsmartpath.com/resources.

Selecting Investments

A 401(k) isn't the investment— it's the account. In this video, SmartPath explains how to grow your money inside your 401(k) using smart investing strategies. You'll learn why compound growth matters, how the Rule of 120 works, and the difference between target-date and core funds in your HII plan. Whether you want a simple option or more control, this video helps you choose the right path for your retirement.

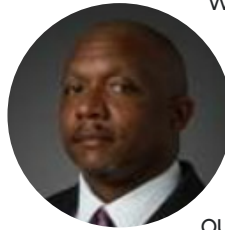
Welcome new physical therapist Calvin Hanrahan

QuadMed is excited to introduce Calvin Hanrahan PT, to the HII Family Health Center in Newport News, VA. As an experienced and dedicated provider, Calvin strives to help people on their journey to feeling and moving their best. Schedule an appointment with Calvin today at myquadmed.com/hii or call 757-327-4200.



LEADER IN WELLBEING SPOTLIGHT

"I promote wellbeing in my workplace by trying to encourage healthy habits. I like starting my day off with a protein shake, and a few people asked about my portable blender that I bring in. This inspired others in our office to start bringing in blenders to start their day off with a protein shake as well — now there's a group of us who all make our healthy breakfasts together. I also like to remind others to get their Know Your Numbers health screening done, your blood pressure is nothing to play around about!" **Moses Brown, Newport News Shipbuilding**



DO YOU KNOW A LEADER IN WELLBEING?

The HII Wellbeing Committees are looking to hear from leaders across HII who are doing their part to promote health and wellbeing efforts amongst their teams and communities. This can look like organizing walks after work, finding time to discuss benefits that support your team's mental health, ensuring your team has completed their Know Your Numbers program requirements and much more. If you know a leader or are a leader who is promoting wellbeing in their workplace, the HII Wellbeing Committees invite you to share your story with us, to be featured in future BeWell communications. Nominate a leader in wellbeing by emailing BeWell@hii-co.com.

COMPLETE METABOLIC AND HEART HEALTH PILOT PROGRAM

At HII we are always looking for new ways to make wellbeing more accessible to our employees. We understand that managing your health and weight can feel overwhelming, and that having the right support can make a real difference. That's why Anthem has teamed up with Vida and Foodsmart to conduct a pilot program that will give a limited number of HII employees the opportunity to participate in the Complete Metabolic and Heart Health program. This program is designed to help you better manage your nutrition, while providing you with support for conditions linked to food and weight, such as heart health. By participating, you will benefit from getting personalized support for nutrition, meal planning, grocery budgeting and ongoing assessments, while also helping HII and our wellness partners to create better wellbeing programs for the future.

Be on the lookout for a letter from Anthem inviting you to participate in the program in the coming months. Learn more about Anthem's Complete Metabolic and Heart Health program on my.hii.com.



QUARTER 1 LEVEL WINNERS!

Congrats to the 18 Wellness Online level winners! There were six at each level (2, 3 & 4). Here are what these employees, who accumulated enough points, won:

- Level 2: Ninja Blender
- Level 3: Garmin Smartwatch
- Level 4: Shiatsu Neck and Back Massager

Plus, 76 people reached Level 2 for the first time... and won the guaranteed 20-ounce tumbler!

Wondering how you can win, too? Log your activity points, watch media, join a Journey, or take a Stretch Break by clicking on the Media button at the top of the page. **Earn double points by completing a wellness or nutrition coaching session in July.**



WHY SOCIAL WELLNESS MATTERS AT WORK

This quarter the QuadMed BeWell for Life team is focusing on social wellness, which means having good relationships with the people around you—both at work and in your community.

Here's why it's important on the job:

- It keeps you healthier.
- It improves teamwork.
- It boosts job satisfaction.
- It builds community.
- It helps you learn.

Wellness Online can help you get and stay connected to your coworkers and family members, while supporting each other in getting or staying on track! Join a Healthy Habit Challenge or Journey to strengthen your social and all-around wellness. Make yourself a priority, connect to your coworkers, feel better, and earn points towards BeWell For Life's quarterly drawings!

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

UPCOMING EVENTS

THE "WEIGHT" IS OVER WITH WEIGH BEYOND

Virtual | Wednesdays, Jul. 2 – Sept. 3 | 4 p.m. ET / 3 p.m.

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!](#)



HERO WEBINAR: FINAL ARRANGEMENTS: HONORING, REMEMBERING AND CELEBRATING A LIFE

Virtual | Tuesday, July 15 | Noon ET / 11 a.m. CT

Receive guidance on navigating the difficult journey of losing a loved one. [Register](#) for HERO's webinar to learn how to initiate conversations about end-of-life wishes and how to make funeral planning more manageable. This session will also cover caregivers' rights, how to handle important considerations when making final arrangements, and how to access support for post-bereavement care through HERO.

SMARTPATH WEBINAR: MAKING IT LAST: HOW TO MANAGE INCOME IN RETIREMENT

Virtual | Wednesday, July 16 | Noon ET / 11 a.m. CT

Develop a strategy to stay financially whole throughout retirement. [Register](#) for SmartPath's webinar to learn how to plan for managing expenses on your retirement income, and how to pick which retirement income strategy is right for you.

GO THE EXTRA MILE — BE WELL FOR LIFE VIRTUAL 5K PREP **Virtual | Register by July 21**

Join the fun with your family and friends! Get ready to move! Run or walk the BeWell for Life Virtual 5K between Friday, Aug. 29 and Monday, Sept. 1 and be entered in a drawing to win a pair of Beats Fit Pro wireless earbuds. Register [today!](#)

THE BEWELL BUNDLE — JULY

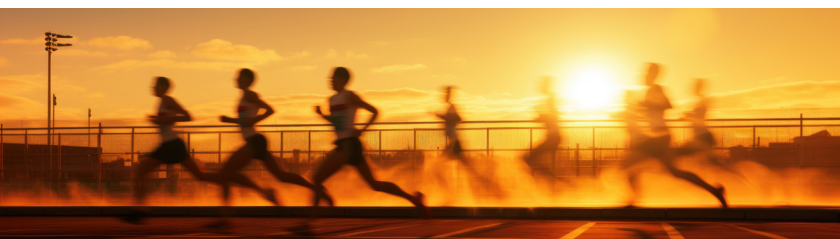
Subscription/On-Demand

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 in the BeWell Bundle, 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.

Check out the on-demand programs, which will be emailed to subscriber on the noted date:

- I Want to Make a Change But...* – How Do I Strengthen Social Connections? (7/2)
- Eat, Drink & Be Well – Food, Friendship & Wellness: Balancing Social and Personal Health On-Demand (7/16)
- (Wo)ManPower – Life Balance: A Sense of Belonging & Thriving (7/30)

To access any of the Wellness Online tools, tips, and programs, go to Wellness Online.



GET READY TO MOVE!

In-Person Newport News | Saturday, Sept. 27 | 9 a.m.

Join the fun with your family and friends! Run, walk or stroll the 2025 NNS 5K. Arrive early to visit vendor booths and get pre-race snacks. Qualified participants will receive 50 Wellness Online points! Registration opens July 7th. Sign up at myquadmed.com/bewell.



YOGA

Virtual | Mondays & 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

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.



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**

OPERATED BY

QuadMed 

Visit myquadmed.com/BeWell to register for all BeWell for Life 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