



BeWell Bulletin | AUGUST 2025

Stay cool with benefits and wellness tips and tools.

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

FEATURES & UPDATES

TAKE CARE OF YOUR SKIN VIRTUALLY THIS SUMMER WITH TELADOC DERMATOLOGY

Dealing with a skin issue like a bad sunburn or rash? Don't wait to get help. Teladoc's dermatology services let you securely send photographs of skin issues to a licensed dermatologist so you can be diagnosed and treated from the comfort of home. Learn more and get started on hiibenefits.com.

GET BACK INTO YOUR ROUTINE WITH HELP FROM DAYLIGHT AND SLEEPIO

Whether it's back to work, back to school, or back to busy mornings, when your sleep and emotional health are on track, everything else gets easier. That's where your HII benefits Sleepio and Daylight can help: Sleepio can help you fall asleep faster, stay asleep longer, and wake up feeling more refreshed; while Daylight can teach you techniques to ease anxiety, reset your mindset, and help you feel more in control. Both are easy to use, backed by science, and available to you at no cost. Learn more and get started on hiibenefits.com.

MISSION TECHNOLOGIES EXCLUSIVE SMARTPATH WEBINAR: INVESTING IN THE AGE OF UNCERTAINTY Virtual | Wednesday, Aug. 13 | Noon ET / 11 a.m. CT

Changes in the current financial market have created massive uncertainty for investors. With inflation at a 40-year high, markets are reacting violently to the rapidly changing environment. Thankfully, there is a clear way forward. Join SmartPath to learn how to overcome fear and learn the facts about investing during times of turbulence. Hint: it's not much different from stable times. Check your email for a meeting invitation. Didn't receive one? Email benefits@hii.com.

LOOK BEYOND THE SCALE WITH INBODY

What does your weight really mean? An InBody body composition scan can break down your weight by muscle, fat, and water, giving you a better understanding of your health. Rather than focusing on gaining or losing pounds, you and your QuadMed wellness coach can review your measurements and make a plan to target specific goals.

- Monitor your progress as you develop muscle
- Identify health risks of high body fat
- Tailor your exercise or nutrition goals for optimal results

It's quick, accurate, and non-invasive. Available now at the HII Family Health Center in Gautier, MS and coming soon to the HII Family Health Center in Newport News, VA.

Ready to take the next step to learn about your body composition? Learn more at myquadmed.com/inbody/inbody.



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.

KNOW YOUR NUMBERS BIOMETRIC HEALTH SCREENINGS BEGIN IN THE HII FAMILY HEALTH CENTER !

Get started on the two Know Your Numbers requirements: Biometric Health Screening and Health Check Survey.

- Beginning Aug. 18, Biometric Health Screenings will be available by appointment at the HII Family Health Centers.
- Onsite screenings will begin in mid-Sept. Onsite KYN Biometric Health screening schedules will be published in BeWell Bulletins beginning in September.

Visit myquadmed.com/kyn to schedule an appointment at the HII Family Health Center, and for additional information such as eligibility and forms.



PROTECT YOUR 401(K) FROM FRAUD: OPT IN TO RECEIVE TEXT MESSAGES FROM ALIGHT

Protect your HII 401(k) account from fraud, cyber threats and unauthorized activity through the Alight Protection Program. Make sure that your mobile phone number is on file, and is opted in to receive text messages from Alight to get real-time information about your account. Learn more or update this information by logging in to your Alight Worklife account via hiibenefits.com. Contact Alight immediately if you receive suspicious communications about your Alight Worklife account activity, if you suspect identity theft or if your Alight Worklife login information has been compromised.



GET MORE SOCIAL

Here are some ways to continue your focus on improving your social well-being:

- Create your own challenge** – Set up a healthy habit or step challenge to help you meet a goal and invite a friend/coworker to join you and offer each other support along the way.

- Give a shout out to someone who you want to acknowledge** – Brighten someone's day with a shoutout. You can recognize their extra efforts or give some encouragement. Any reason is a good reason to say thanks.
- Invite up to 10 friends to join Wellness Online** – Invite some friends who are new to the platform or add some familiar faces! Your health journey deserves a little cheer and competition.

Earn Wellness Online points for each option.

Take advantage of this month's Healthy Habit Challenge

You can enlist a friend or family member to help you get your finances in order during the Organize Your Finances Challenge from Aug. 11-17. Sign in to MyChart to access [Wellness Online](#) and start the challenge!

UPCOMING EVENTS

HERO WEBINAR: MANAGING FEAR AND ANXIETY IN CHILDREN

Virtual | Tuesday, Aug. 12 | Noon ET / 11 a.m. CT

Helping children navigate fear and anxiety can feel overwhelming, but with the right tools, parents can offer the support their kids need to thrive. [Register](#) for HERO's webinar to explore practical strategies to help children of all ages manage their fears and anxieties. Parents will gain insight into how their own emotions can influence their children and learn how to create a supportive environment.

GO THE EXTRA MILE CHALLENGE – NNS 5K

Virtual | Aug. 21

The Go the Extra Mile Challenge is a fun way to get fit and prepare for the NNS 5K. All fitness levels are welcome to join. You'll be connected with a coach and receive a training plan to help you walk, jog, or run the upcoming 5K. Learn more and register at myquadmed.com/BeWell.

SMARTPATH WEBINAR: STOCK MARKET BASICS FOR BEGINNERS

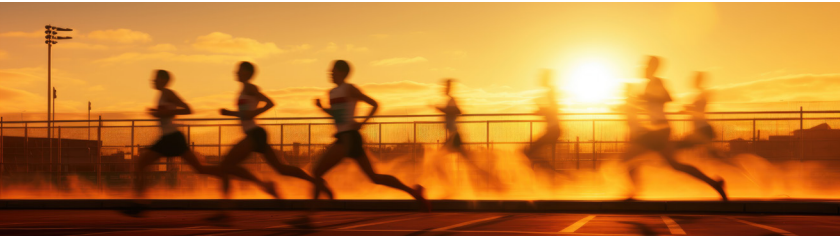
Virtual | Wednesday, Aug. 20 | Noon ET / 11 a.m. CT

You've likely heard the S&P 500 referenced dozens of times. But have you ever gotten to ask your real questions? What exactly is a stock index? How does the stock market affect me? Why does it really matter? [Register](#) for SmartPath's webinar for a judgment-free discussion on the basics of the stock market.

NEWPORT NEWS SHIPBUILDING 5K

In-Person Newport News | Date changed to Saturday Oct. 11

Join the fun with your family and friends! Run, walk or stroll the 2025 NNS 5K. The race begins at 9 a.m. Arrive early to visit vendor booths and get pre-race snacks. Qualified participants will receive 50 Wellness Online points! Register at myquadmed.com/bewell.



BE WELL FOR LIFE VIRTUAL 5K

Virtual | Friday, Aug. 29 – Monday, Sept. 1

Join the fun with your family and friends! Get ready to move! Run or walk the BeWell for Life virtual 5K during the designated dates and be entered in a drawing to win a pair of Beats Fit Pro wireless earbuds. Register and then participate by submitting a picture of your finish time along with any photos or videos of yourself for media release to hiiwellness@quadmedical.com.

THE BEWELL BUNDLE — AUGUST

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.

Upcoming programs:

- **August Stretch Break Challenge:**
Five-minute yoga break **(8/6)**
- **Ask the Coach:**
Social Wellness **(8/13)**
- **Wellness Online Journey Highlight:**
Make Time for Play **(8/27)**

To access any of the Wellness Online tools, tips, and programs, go to [Wellness Online](#).

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



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.