



BeWell Bulletin | OCTOBER 2025

BE PROACTIVE & SCHEDULE YOUR SCREENINGS

FEATURES & UPDATES

OCTOBER IS BREAST CANCER AWARENESS MONTH

Early detection saves lives. Preventive screenings, such as mammograms and regular checkups, are powerful tools in the fight against breast cancer. This month is a reminder to take charge of your health — schedule your screening, encourage loved ones to do the same, and stay informed about risk factors and resources available to you. Talk to your primary care provider about which preventive health screenings are right for you. Need to designate a primary care provider? Visit the Physical Wellbeing page on hiibenefits.com to view your primary care options, including the HII Family Health Centers and Teladoc Primary360.



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

Oct. 20	10 a.m. – 4 p.m.
Nov. 24	8 a.m. – 2 p.m.
Nov. 25	10 a.m. – 4 p.m.

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

TIME FOR ONSITE KNOW YOUR NUMBERS EVENTS

Take advantage of the onsite biometric health screenings near your worksite and at the HII Family Health Center. Check out the last page of the BeWell Bulletin for details. Visit myquadmed.com/kyn to schedule an appointment and learn more about eligibility and program details. Employees can also complete the health screening with their primary care provider.

Already completed your KYN health screening this year, but want to check in on your progress again? Email hiowellness@quadmedical.com to learn about further health screening options.



FLU SHOTS ARE AVAILABLE AT THE HII FAMILY HEALTH CENTER

Act now so you don't get sick. Schedule an appointment to get the flu vaccine at your HII Family Health Center. Schedule an appointment by calling 228-205-7700 (Gautier), 757-327-4200 (Newport News) or online at myquadmed.com/hii. Flu shots are also available at Know Your Numbers screening events. Visit myquadmed.com/kyn for dates, times, and locations near you.



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.



QuadMed Wellness Online powered by personify HEALTH

FUEL YOUR MENTAL WELL-BEING

Taking time to fully experience and appreciate positive moments can significantly boost your mental health. Register for the October Healthy Habit Challenge: Savoring Feelings, and relish the feelings of enjoying a laugh with a friend, a quiet cup of coffee, personal achievement, and navigate life's challenges with ease. The challenge runs from Oct. 13-19. **Complete a wellness or nutrition coaching session in October and earn double points.**

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: Electric lunch box with carrying case
- Level 3: Smart watch
- Level 4: Air fryer

Big shout out to everyone who reached Level 3 and received an exclusive bento box with insulated carrier! You can win, too! **Engage with the Wellness Online activities and earn points toward the drawing entries.**

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



UPCOMING EVENTS

ADDRESS YOUR STRESS

Virtual | Thursday, Oct. 2 | 4:30 p.m. ET / 3:30 p.m. CT

Don't let stress interfere with your goals. Address Your Stress is designed to give you the tools to take inventory of your stressors and find balance across all areas of your life. Register for this free, virtual eight-week program at myquadmed.com/bewell. Sessions begin Thursday, Oct. 2 and if you complete the program, you'll earn 100 Wellness Online points and be entered to win a premium eye massager with heat and cooling gel mask, Bluetooth, and white noise functions for tension and stress relief!



THRIVE TOGETHER: SUPPORTING WOMEN'S HEALTH, MIND & BODY

Virtual and In-Person in VASCIC | Tuesday, Oct. 14 | 4 p.m. ET / 3 p.m. CT

Attend Thrive Together: Supporting Women's Health, Mind & Body to learn what your HII benefits can do for you. Join Kim Csan, corporate director of benefits strategy and engagement, and a panel made up of experts from your HII benefit providers for a discussion on women's health topics like osteoporosis, fertility support, menopause, women's heart health, and more. Register by emailing BeWell@hii-co.com | [Attend virtually here](#). Parking and light refreshments provided!

NEWPORT NEWS SHIPBUILDING 5K

In-Person Newport News | 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.

HERO WEBINAR: SETTING BOUNDARIES

Virtual | Tuesday, Oct. 14 | Noon ET / 11 a.m. CT

In today's always-on world, setting clear and respectful boundaries is key to avoiding burnout and staying productive. [Register](#) for HERO's webinar to learn best practices for effectively communicating boundaries at work while preparing for potential conflicts with colleagues or employers.

SMARTPATH WEBINAR: UNTANGLING SOCIAL SECURITY: EXPERT ANSWERS TO YOUR QUESTIONS

Virtual | Wednesday, Oct. 15 | Noon ET / 11 a.m. CT

Get your Social Security questions answered by an expert. [Register](#) for SmartPath's webinar to learn why you shouldn't be worried about the stability of the Social Security program, the best age to file your benefit, why your application could get denied (and how to avoid it happening), and how taxes on your benefit work.

MAVEN WEBINAR: MENOPAUSE 101: MANAGING SYMPTOMS AND CUTTING THROUGH THE NOISE

Virtual | Tuesday, Oct. 21 | Noon ET / 11 a.m. CT

Register for Maven's live webinar to learn about what to expect during premenopause and menopause, symptom management, and how you can navigate menopause at work and in everyday life.

THE BEWELL BUNDLE — OCTOBER/NOVEMBER

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.

BeWell FOR LIFE
bundle

Upcoming programs:

- I Want to Make a Change but...I Don't Know How to Cope with Loss **(10/1)**
- Wellness Online Stretch Break Challenge: Standing supported back stretch **(10/8)**
- Eat, Drink & Be Well: Managing your stress so it doesn't manage you **(10/15)**
- (Wo)ManPower: Cultivating Personal Care & Managing Stress **(10/22)**
- Wellness Online Stretch Break Challenge: Relax and relieve tension with one simple yoga pose **(11/5)**
- Ask The Coach: Mental Wellness **(11/12)**
- Wellness Online Journey Highlight: Choose a New Mindset **(11/26)**

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.

QuadMed is communicating this information on behalf of your company's health plan.

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

MISSION TECHNOLOGIES EXCLUSIVE

HERO WEBINAR: HANDLING AND MANAGING CHAOS

Virtual | Tuesday, Oct. 21 | Noon ET / 11 a.m. CT

Chaos often impacts our personal and professional lives, leading to significant anxiety for many. Join your HII benefit HERO for a discussion on effective strategies for managing chaos and preventing it from overwhelming your emotional well-being. This webinar will explore our preconceived notions about chaos and shift our perspectives, embracing it as a part of our daily lives. Participants will leave equipped with practical tools and resources to navigate chaos with confidence and resilience.

Check your email for a meeting invitation. Didn't receive one? Email benefits@hii.com.



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

A gentle yoga practice to help you get grounded, more 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.



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](https://myquadmed.com/hii), click on Menu, then select Health Screenings.

Scan the QR code or visit myquadmed.com/kyn for step-by-step instructions to complete the program.

Health Screening Events **Near You.**

MISSION TECH		KNOW YOUR NUMBERS EVENTS		
Location		Date	Time	Room
Net Center 100 Newmarket Dr. N Hampton, VA		Wed, Oct 1	8 a.m. – Noon	Suite 129, Conference Center 1 & 2
		Wed, Oct 22	8 a.m. – 1 p.m.	Suite 250 - Training Room
Fair Lakes 12730 Fair Lakes Cir, Ste. 200 Fairfax, VA		Tues, Dec 2	8 a.m. – 1 p.m.	Enterprise Conference Room
Virginia Beach 5701 Cleveland Street Virginia Beach, VA		Tues, Dec 9	9 a.m. – 1 p.m.	Virginia Conference Room
Net Center 100 Newmarket Dr. N Hampton, VA		Wed, Jan 7	8 a.m. – Noon	Suite 129, Conference Center 1 & 2
The Boro 8350 Broad Street, Ste. 1400 McLean, VA		Mon, Jan 12	8 a.m. – 1 p.m.	Maria Conference Room
City Center 11815 Fountain Way, Ste. 500 Newport News, VA		Tues, Jan 13	8 a.m. – Noon	Board / Conference Room
Fairborn 2310 National Road Fairborn, OH		Thurs, Jan 22	8 a.m. – 1 p.m.	Conference Room 118
Net Center 100 Newmarket Dr. N Hampton, VA		Thu, Jan 29	8 a.m. – Noon	Suite 129, Conference Center 1
Roanoke 4415 Pheasant Ridge Road Roanoke, VA		Tues, Feb 3	8 a.m. – 1 p.m.	Smith Mountain Lake Conference Room
Net Center 100 Newmarket Dr. N Hampton, VA		Wed, Feb 11	8 a.m. – 1 p.m.	Suite 250, Training Room
Columbia 10960 Grantchester Way, Suite 300 Columbia, MD		Thurs, Feb 19	8 a.m. – 1 p.m.	TechHub Conference Room
Net Center 100 Newmarket Dr. N Hampton, VA		Fri, Feb 27	8 a.m. – Noon	Suite 129, Conference Center 1 & 2
		Tue, Mar 17	7 a.m. – Noon	



Learn more
myquadmed.com/kyn

*Full eligibility information is available on [the KYN website](https://myquadmed.com/kyn).

QuadMed is communicating this information on behalf of your company's health plan.

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BeWell | FOR LIFE

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