



BeWell Bulletin | SEPTEMBER 2025

Need to talk to someone? HERO: HII Employees Reach Out can help.

HERO is operated by Anthem and offers mental health support, counseling, resources and more. All HII employees and their dependents and household family members are eligible to use the program, and it is 100% free and confidential. HERO counselors are available virtually and in-person at the HII Family Health Center. Learn more and get started on hiibenefits.com.

FEATURES & UPDATES

SCHOOL'S IN SESSION: GET THE MOST OUT OF YOUR HII BENEFITS THIS YEAR

- **Shop Smart on School Supplies:** Shop for laptops, tablets and other electronics with Purchasing Power and pay off the balance over time through payroll deduction. No interest, no credit checks.
- **New Year, New Glasses:** Ensure your child has a 20/20 school year with a vision checkup and new glasses. The HII Family Vision Center offers full-service eye care and retail for the whole family.
- **Sports Physicals:** Kick off the new school year the right way by scheduling convenient sports and back-to-school physicals for your child at the HII Family Health Center.
- **Support for Learning and Behavioral Challenges:** Help your child succeed in school academically, socially and emotionally. RethinkCare offers free access to tools and tele-consultations with behavior experts to help your child with time management, behavior, social skills and more.
- **Brighten Your Child's Smile:** Set your child up to smile bright this school year with Right Start 4 Kids from Delta Dental. This program provides 100 percent coverage with no deductible for diagnostic, preventive, basic and major services for children up to age 13 when provided by an in-network dentist (Delta Dental Premier or Delta Dental PPO).
- **After-School Care:** HERO: HII Employees Reach Out offers free referrals for things like childcare resources or special needs care.

- **Get Back into Your School-Night Sleep Routine with Sleepio:** Whether you need a few basic tips or require more detailed guidance on how to improve your sleep, Sleepio can help by working with you on falling asleep faster and getting better sleep.

Learn about all these great HII benefits on hiibenefits.com.

EDMOND HUGHES INVITES YOU TO PARTICIPATE IN THE 2025-2026 KNOW YOUR NUMBERS PROGRAM

"At HII, we remain committed to supporting the health and well-being of our employees. We believe that when you feel your best, you are best equipped to succeed — both professionally and personally.



As part of this commitment, we invite you to participate in the annual Know Your Numbers program. This initiative is designed to provide you with important information about your health, including key metrics such as blood pressure, cholesterol and blood sugar levels. Gaining awareness of these numbers can help you make informed decisions and take proactive steps to maintain or improve your health."

—Edmond Hughes, executive vice president and chief human resources officer

ON-SITE KNOW YOUR NUMBERS BIOMETRIC HEALTH SCREENINGS BEGIN THIS MONTH!

Check out the last page of the BeWell Bulletin for onsite or nearby worksite Biometric Health Screenings and visit myquadmed.com/kyn for instructions on how to schedule an appointment and for additional information.

FLU SHOTS COMING SOON TO HII FAMILY HEALTH CENTER

Beginning mid-September, the flu vaccine will be available at the HII Family Health Centers. Please reach out to the health centers to check availability and schedule an appointment — 228-205-7700 (Gautier), 757-327-4200 (Newport News).

THANK YOU FOR HELPING US CELEBRATE 10 YEARS!

QuadMed and the HII Family Health Center team enjoyed meeting you all at the Resource Fair last month, sharing giveaway items (including over 700 Pop Brothers popsicles!) and talking about the great resources available to shipbuilders and their families. We appreciate being able to care for you for the last 10 years and look forward to many more to come! Best of luck to all who entered to win prizes — stay tuned for more opportunities to celebrate with us!



TAKE CARE OF YOU

Recognizing and valuing our own worth isn't just a personal act — it's a powerful contributor to social well-being. When we appreciate ourselves, we build confidence, resilience, and authenticity, which in turn strengthens our relationships and sense of belonging.



Register for the September Healthy Habit Challenge: Appreciate Yourself and take time to appreciate one thing about your mind or body today. The challenge runs from Sept.

8-14. Complete this challenge and other activities on Wellness Online to earn points and increase your chances of winning a prize in the drawing. Reach Level 3 and earn an exclusive bento box with insulated carrier. Sign in to MyChart to access [Wellness Online](#) and start the challenge!

UPCOMING EVENTS

HERO WEBINAR: UNPLUGGING TO RECHARGE: STRATEGIES FOR COMBATING TECHNOSTRESS

Virtual | Tuesday, Sept. 9 | Noon ET / 11 a.m. CT

Feeling overwhelmed by constant connectivity? [Register](#) for HERO's webinar to learn the signs, symptoms, and underlying causes of technology-related stress, while also learning actionable strategies for setting healthy boundaries with technology.



SMARTPATH WEBINAR: HOW TO (SAFELY) BOOST YOUR CREDIT SCORE

Virtual | Wednesday, Sept. 17 | Noon ET / 11 a.m. CT

[Register](#) for SmartPath's webinar to learn how credit scores work, how to think like a bank and learn the secret to moving the needle, and ways to lower your risk and improve your options.

SAVE THE DATE: WOMEN'S HEALTH PANEL

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

Mark your calendar for **Thrive Together: Supporting Women's Health, Mind & Body** in October! Join Kim Csan, corporate director of benefits strategy and engagement, and a panel 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. It's your chance to ask questions and walk away knowing how your HII benefits can best serve you. Register by emailing BeWell@hii-co.com.

A virtual attendance link will be available in the October BeWell Bulletin on MyHII.



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 — SEPTEMBER

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:

- **September Stretch Break Challenge:** 3 Seated Mobility Moves to Release Tension
- **Wellness Online Challenge:** Appreciate Yourself



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.

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.



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](#), 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.**

SEPTEMBER		INGALLS SCREENING SCHEDULE	
Location	Date	Time	Room
HII Family Health Center	Every Tuesday	7 a.m. - Noon	Biometrics
	Every Thursday	Noon - 5 p.m.	
HR	Tues, Sept 16	8 - 11 a.m.	Upstairs Conference RM
MTA	Thurs, Sept 18	8 - 11 a.m.	Upstairs Conference RM
East bank	Tues, Sept 23	8 - 10 a.m.	Upstairs Conference RM
Old HR Bldg	Thurs, Sept 25	8 - 11 a.m.	Old HR Bldg
Admin 2	Tues, Sept 30	8 - 11 a.m.	Hamilton Conference RM

Appointments last just 20 minutes. Schedule your appointment today!



Learn more
myquadmed.com/kyn

BeWell | FOR LIFE
OPERATED BY
QuadMed 

*Full eligibility information is available on [the KYN website](#).