



BeWell Bulletin | SEPTEMBER 2025

Take advantage of this season's health and wellness activities.

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

Visit myquadmed.com/kyn for program instructions and to schedule an appointment at the HII Family Health Center.

If you are not located near the HII Family Health Center or an on-site screening location, you can complete your Know Your Numbers Biometric Health Screening at one of many Quest Patient Service Centers (PSC) across the U.S. Appointments are quick and readily available — some sites even offer Saturday appointments! [Follow these instructions.](#)

Be on the lookout for onsite health screenings coming next month!



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).

KNOW YOUR NUMBERS LUNCH & LEARN

Virtual | Tuesday, Sept. 23 | Noon ET / 11 a.m. CT

Knock out your Know Your Numbers program requirements early this year! Join Lynise Green, wellness program administrator from The HII Family Health Center, to learn how to take this easy first step toward better health and well-being, while also maintaining your medical premium discount. Check your email for a meeting invitation. Didn't receive one? Email benefits@hii.com.



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!



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.

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.

IN-PERSON SMARTPATH CLASSES IN NEWPORT NEWS, VA **In-person | Wednesday, Sept. 24 James River RM | Noon ET**

Open to employees and their family members

Is Your Nest Egg Enough?

How do you know if you're ready to retire? You've saved a little and think you're on track but it's scary to think about when you won't get paid. Join your HII financial benefit SmartPath to determine if you're ready for retirement and how to get there if you're not.

NetCenter CCR 129 | 4 p.m. ET

Effective Budgets: Measuring What Matters

What gets measured gets improved. Doctors track cholesterol. Runners track distance. If you want to improve anything in your life, simply track it. Join your HII financial benefit SmartPath to learn how to track your money.

Register by emailing Benefits-NNS@hii-nns.com.

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

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.

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

NEWPORT NEWS SHIPBUILDING 5K
Victory Landing Park | Saturday, Oct. 11 | 9 a.m. ET

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! Register at myquadmed.com/bewell.

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. *Parking and light refreshments provided!*

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.