

MEMO



TO All HII Employees
FROM Edmond E. Hughes
DATE Sept. 15, 2026
RE Know Your Numbers

Dear HII Employees,

Across HII, we're committed to building a healthier workforce. The annual Know Your Numbers program is a simple way to learn more about your health and take action to improve it. By participating, you can better understand important health measures like blood pressure, cholesterol, and blood sugar levels. Understanding these numbers empowers you to make informed choices and take proactive steps toward maintaining or improving your wellbeing.

You may also be eligible to save \$600 annually on your HII Anthem medical insurance premium or be entered into a quarterly incentive drawing.

To complete the program, eligible employees must:

- Complete the Health Check Survey
- Complete the Biometric Health Screening
- Finish both by March 31, 2027

Employees who complete both requirements by the deadline can receive \$600 in premium savings starting July 1, 2027.

The program runs annually from July 1 through March 31 and is administered by QuadMed, HII's wellness program administrator and operator of the HII Family Health Centers.

Learn more and get started: myquadmed.com/hii/kyn/

A handwritten signature in black ink that reads 'Edmond E. Hughes'. The signature is written in a cursive, flowing style.

Edmond E. Hughes
Executive Vice President & Chief Human Resources Officer