

# BeWell

2<sup>ND</sup> QUARTER 2020



Huntington  
Ingalls  
Industries

## Sharing our Stories

Discover how  
HII employees are  
living happier and  
healthier lives

GOING BEYOND THE NUMBERS • LEARNING TO COPE WITH COVID-19 STRESS • THE DOMINO EFFECT

# KNOW YOUR NUMBERS

## AND ACHIEVE INSIGHT INTO YOUR HEALTH

In 2019, HII launched the Know Your Numbers program to encourage employees to learn more about their health. Since the program began, more than 11,000 employees have participated and taken ownership of their health and risk for disease.

Participants completed a wellness profile and health screening that measured body mass index (BMI), blood pressure, cholesterol and blood sugar (A1C).

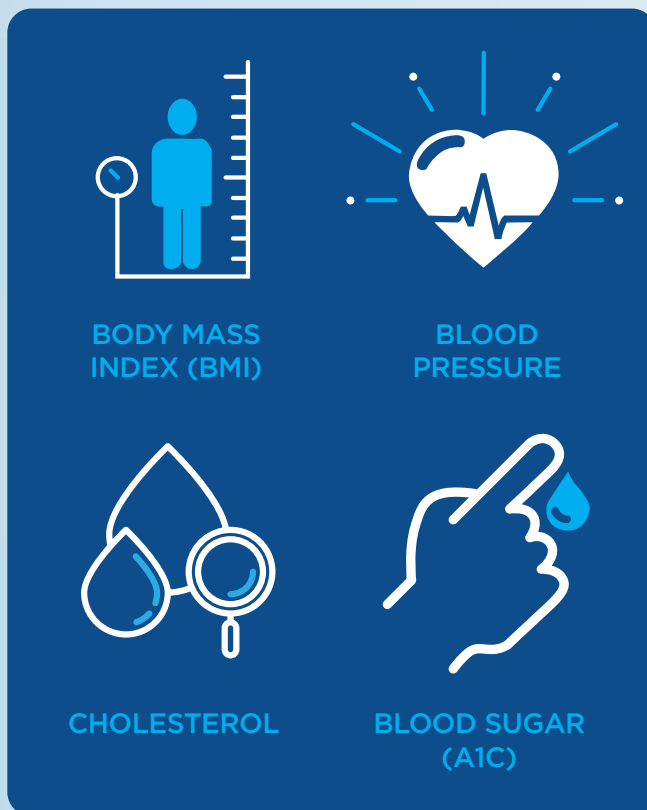
### DISCOVERING PATTERNS IN OVERALL HEALTH

QuadMed learned that although more than 50% of Know Your Numbers participants exhibit lower risk for disease, many participants do have:

- **High BMIs (greater than 29.9, which is considered obese)**
- **Higher blood pressure (typically measuring 121-129 over 81-89)**
- **Higher LDL cholesterol, or “bad” cholesterol**

These results align with the common health conditions found nationwide.

Armed with this knowledge, QuadMed’s BeWell for Life wellness team will develop health programs to help participants with weight management, heart health and more.



Know Your Numbers helps the individual, but it also benefits HII’s entire workforce. It provides high-level aggregate data to QuadMed, HII’s wellness benefits provider, which helps them design wellness programs that truly meet employees’ needs.





# SAVE \$600 ON MEDICAL INSURANCE WITH KNOW YOUR NUMBERS

WANT TO SAVE MONEY ON YOUR MEDICAL INSURANCE PREMIUMS?  
GET READY FOR THE 2020-2021 KNOW YOUR NUMBERS PROGRAM.

Starting July 1, non-represented Ingalls, Newport News and HII corporate employees enrolled in an HII Anthem medical plan can secure a \$600 discount on their medical insurance premiums for the 2021-2022 plan year — simply by completing the Know Your Numbers health screening and wellness profile by March 31, 2021.

## HERE'S WHAT YOU NEED TO KNOW:

- **It's annual.** You have to participate every year to lock in savings for the upcoming plan year.
- **Program requirements haven't changed.** Just like last year, you must complete both a wellness profile and a health screening to qualify for the \$600 discount.
- **Health screenings are easy to access.** You can complete a health screening through QuadMed's BeWell for Life team, at the HII Family Health Center or with your personal primary care provider. (Documentation is required if you complete a screening with your primary care provider.)
- **Everyone can benefit from Know Your Numbers.** Technical Solutions employees and represented Ingalls and Newport News employees can complete the program on a voluntary basis to be entered into raffles.

# Going Beyond the Numbers: IT'S A JOURNEY, NOT A SPRINT

BY LINDA CARRITHERS



LINDA CARRITHERS

**Last summer**, when I found out that taking a blood test could save us \$600 on our medical insurance through the Know Your Numbers program, I was not looking forward to it. What you don't know can't hurt you, right?

I didn't physically feel bad, but I knew I had gained weight and had some work to do to get back on track. Although I suspected my numbers wouldn't be great due to my family history, I had no idea what the exact outcome would be. I completed my Know Your Numbers health screening and discovered my blood pressure was really high and that I was prediabetic. I met with one of the doctors at the HII Family Health Center to go over my results, and it was the wake-up call I needed to make some changes for the better.

After I completed Know Your Numbers, I met with a certified diabetes educator and a dietitian to begin my health journey. I started tracking what I ate every day with an app on my phone and iPad, paying particular attention to my carb and sodium intake. Going into it, I thought cutting down on carbohydrates and sugar would be the toughest for me; I love chocolate and Pepsi!

However, I quickly found out that lowering my sodium consumption was much harder. Sodium is in everything! But I made the necessary changes — and now, lowering my sodium means I no longer have swelling in my feet and hands, and a tablespoon of M&Ms can satisfy my chocolate fix.

Since August 2019, I have lost more than 40 pounds, and I am no longer prediabetic. I have more work to do, but I've realized that this is a journey, not a sprint. Some days are harder than others, but I'm proud of myself for the progress I've made so far. I now know that I have the strength to continue down this healthy path, so that I can make even more progress in the future!


*Linda Carrithers is a design engineering manager at Newport News Shipbuilding.*





# Learning How to Cope With COVID-19 Stress

It's no secret — the coronavirus (COVID-19) pandemic has caused disruption, uncertainty and stress around the world. If you're experiencing heightened stress or anxiety, HERO: HII Employees Reach Out has the following tips to help you cope.



Remind yourself that it's perfectly normal to feel anxious about illness and uncertainty.

Try writing down your fears and concerns. Sometimes putting your feelings on paper helps release tension.

Keep your schedule as routine as possible.

Don't give in to the temptations of alcohol, tobacco, caffeine or sweet foods. They might make you feel better momentarily, but they can cause problems in the long run.

Set aside time for exercise and relaxation.

Talk to a family member or loved one, or speak to a trained counselor.

**HERO**

**HERO** offers no-cost telephonic counseling and support to all HII employees and their dependents and household members. If you would like to talk to someone about your stress and anxiety, call 1-855-400-9185. Representatives are available 24/7/365.

# JUMPSTART HEALTHY LIVING FROM HOME

## Find Wellness at Your Fingertips

Is social distancing impacting your health? The pandemic caused changes in our daily routines, including exercise options, so it's easy to feel like you have limited options for wellness resources.

**Enter the Wellness Online portal from QuadMed, HII's wellness partner.** Wellness Online offers resources and tools to help you achieve your health goals — even while social distancing.



Search the library of **healthy recipes**.



Log your sleep in its easy-to-use **sleep-tracker**.



Work through a **mindfulness practice exercise**.



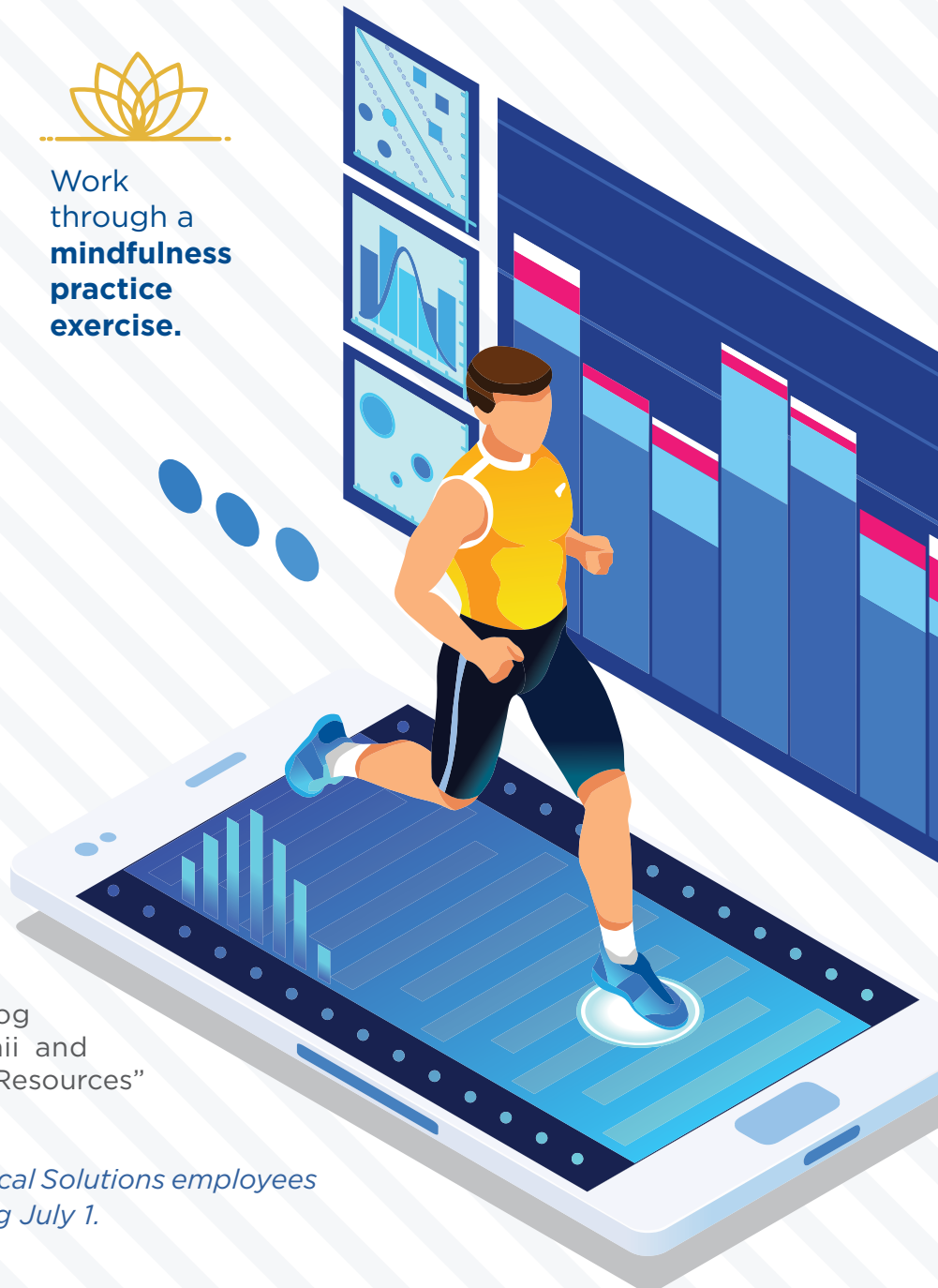
Complete an online learning program on topics like **weight management and heart health**.



Track your **exercise and water intake**.

Make the Wellness Online portal part of your daily wellness routine. To access the portal, log into [www.myquadmedical.com/hii](http://www.myquadmedical.com/hii) and click "Wellness Online" from the "Resources" drop-down menu.

*New for Technical Solutions! Technical Solutions employees can access Wellness Online starting July 1.*



# Are You Experiencing Financial Uncertainty Due to COVID-19?

*These Resources Can Help.*

**The COVID-19 pandemic** has led to stock market volatility and worldwide financial uncertainty and has left many with questions about how to make ends meet. Do the situations below apply to you? If so, take advantage of the resources available.

## **I NEED ADVICE ON EVERYDAY FINANCES, LIKE PAYING MY BILLS OR DEALING WITH STUDENT LOAN DEBT.**

Turn to SmartPath. As HII's financial education partner, SmartPath launched an online COVID-19 center to help with short-term and long-term financial questions. The help center includes articles and weekly live and on-demand webinars to help with topics like saving during a crisis, the impact on homeowners and more. Plus, you can schedule a free call with a SmartPath coach or chat with one online. Get help today at [www.joinsmartpath.com/coronavirus](http://www.joinsmartpath.com/coronavirus).

## **I WANT ADVICE ON WHAT TO DO WITH MY HII 401(K).**

If you have questions or concerns about savings in your HII 401(k) plan, help is available.

## **HUNTINGTON INGALLS SAVINGS PLAN (HISP) OR THE FINANCIAL SECURITY AND SAVINGS PROGRAM (FSSP) PARTICIPANTS:**

Employees have access to a new financial news section on UPoint. To access it, log into UPoint from [www.hiibenefits.com](http://www.hiibenefits.com), click the Savings and Retirement tab, then access the Financial News section on the Financial Education page. Employees can also speak to

an Alight financial advisor from 9 a.m. to 9 p.m. Eastern time at 1-877-216-3222.

## **WELLS FARGO 401(K) PLAN PARTICIPANTS (FOR NEWPORT NEWS REPRESENTED EMPLOYEES):**

Employees can access an online market volatility resource center when they log in to [www.financialengines.com/fornnsrep](http://www.financialengines.com/fornnsrep).

## **I NEED MONEY TO COVER BILLS OR EXPENSES.**

If you need cash, Kashable\* could be your answer. Kashable offers low-cost loans that can be used for any purpose. The loans are deposited into your personal bank account and you repay through automated payroll deduction. Visit [www.kashable.com](http://www.kashable.com) to see if Kashable is right for you.

## **I NEED TO MAKE A BIG PURCHASE BUT AM LOW ON CASH.**

Consider Purchasing Power.\* If you're shopping for appliances, electronics, car tires and more, Purchasing Power lets you shop its online store and pay for items over time through payroll deduction. While it's not a discount program, it's a smart alternative to rent-to-own stores or high-interest loans. Shop Purchasing Power at [hii.purchasingpower.com](http://hii.purchasingpower.com).

## **DISCLOSURE:**

*\*Kashable and Purchasing Power are available to non-represented Ingalls, Newport News and HII Corporate employees and represented Newport News employees.*

# THE DOMINO EFFECT:

## NATHAN PREYEAR



“ I TRIED TO BE STRONG FOR MY WIFE, BUT I DIDN'T KNOW WHAT TO DO OR WHAT TO SAY. I WAS HURTING SO BAD ON MY OWN. I WOULD ISOLATE MYSELF.”

— Nathan Preyear

We often view our life in compartments: our work, our family, our friends. But when stress or hardship rocks one of these compartments, it can impact every aspect of your life.

This was the case for Nathan Preyear, a painter at Ingalls Shipbuilding. Preyear's family suffered tragic loss in 2018 when two of his stepsons passed away.

“It was chaos,” Preyear explained. “Although they were my stepsons, I loved them like they were my own. Weeks before I had lost a friend to a motorcycle accident, then my 16-year-old stepson died of cancer. Then in June, my other stepson took his own life.”

Following the death of their sons, Preyear and his wife struggled to cope with the grief.

“I tried to be strong for my wife, but I didn't know what to do or what to say,” Preyear said. “I was hurting so bad on my own. I would isolate myself.”

To relieve his wife's pain, Preyear said he often ignored his own. He would hide his grief from his wife in an attempt to lessen her own sadness. Unfortunately, the grief impacted his marriage to the point that the two separated.

**need  
help?**





# Finding Stability And Hope When Life Spirals

Yet as he struggled to live with the loss of his sons and his marriage, Preyear still had to go through motions of everyday life.

“Some days I couldn’t get out of bed,” he said. “I felt like I couldn’t function. My energy levels were low, and I didn’t want to communicate with anyone.”

Thankfully, Preyear’s foreman recognized that he needed help.

“My foreman saw I was upset, so he recommended I talk to a counselor,” Preyear said. “He gave me the phone number of April Krieger, a HERO counselor here at Ingalls. He explained to me that it’s confidential and it really helps.”

Preyear called Krieger a few days later and made an appointment.

“I didn’t go right away because I wasn’t ready,” he said, “but a week or so later I decided to give it a try.”

As a licensed professional counselor, Krieger offers support to children and adults on a variety of topics, including trauma, anxiety, marital stress and more. Often with stress, grief and other challenges, talking to someone — whether it’s a loved one, coworker or counselor — can make a big impact.

“April gave me a lot of good advice and things to do to find comfort when I was in pain,” Preyear said of Krieger. “Even when I feel like I can’t talk to anybody, I talk to April and I feel relief after. I’ve been applying what she tells me, and I see the progress I’m making.”

One of the exercises Krieger recommended was for Preyear to keep a journal. Also, since grief impacts every aspect of one’s life, she also helped him address his relationship with his wife and his finances.

“Our money was all over the place after 2018, so April helped me keep track of our finances and spending,” Preyear said.

And while Preyear has felt a difference since counseling, he still faces good and bad days.

“It’s a healing process,” he said. “It is still hard and sometimes it feels like it’ll never be better, but you have to take it day by day. I continue to meet with her every week. The important thing is to stay in contact even when things are going well.”

He associates his healing to his relationship with his foreman and Krieger.

“You need to find someone you can talk to,” Preyear said. “I can talk to my foreman and he’ll listen to me. And with April, I always leave her office

feeling better than when I went in.”

“YOU NEED TO FIND SOMEONE YOU CAN TALK TO. I CAN TALK TO MY FOREMAN AND HE’LL LISTEN TO ME. AND WITH APRIL, I ALWAYS LEAVE HER OFFICE FEELING BETTER THAN WHEN I WENT IN.”

— Nathan Preyear

Facing the loss of two sons, a marriage separation and financial struggles is daunting. Yet with support, Preyear has hope for the future and wants to inspire others to get help if they need it.

“I just want to be grateful for what I have,” he said. “If I hadn’t seen April I probably would have just tried to handle this myself, but counseling helped so much. I’m grateful to work for a company that has this opportunity where I can talk to someone.

“I’m okay with sharing my story because someone may need to hear it to go get help themselves,” Preyear said.

## SIMPLE CHANGES

# Big Savings



MYRON BOWERS

Simple changes can lead to big savings. That's what Myron Bowers learned after attending a SmartPath financial education class at Newport News Shipbuilding last year.

"I went to the SmartPath class that taught me how to save," explained Bowers, a radiation safety manager at Newport News. "I realized I spent a lot of money on things I didn't need and it added up."

Armed with SmartPath's tips and tricks, Bowers took a hard look at his spending and made some simple changes to cut costs. Now, he is saving \$500 more every month.

### HERE ARE BOWERS' TIPS TO SAVE:

- **COOK AT HOME.** "My wife and I used to go out every weekend, and I'd buy my lunch every day for work. Now I bring my lunch, and we cook at home."
- **DON'T SPLURGE.** "I cut buying random things and made myself save up for something I want versus splurging right away. I found that if I wait and save, I end up changing my mind and don't buy it."
- **REVIEW YOUR MONTHLY CONTRACTS.** "I worked with the electric company to get me on a plan with lower rates."
- **FIND FREE THINGS TO DO.** "You can go out and not spend money. Go outdoors and pack a picnic instead of buying lunch."
- **LOOK AT YOUR CREDIT CARD INTEREST.** "I looked at the interest on my credit cards and am paying down debt one card at a time."

### • COMPARE PRICES AND USE COUPONS.

"Before I would buy the first thing I saw, but now I compare prices and find better deals. I even try to buy some things used."

By making simple changes, Bowers is working towards his financial goals without depriving himself.

"I save a little here and there, and it's not hard on us as a family," he said. "My goal is to save a six-month emergency fund. You never know when a storm is going to come or if an appliance will break. With this emergency fund I won't get stuck in a bind."

And these savings already came in handy when the coronavirus (COVID-19) pandemic hit.

"It has helped my family in so many ways, especially dealing with this health crisis," Bowers said.



# **DON'T FORGET!** **UPDATE YOUR TOBACCO-USE STATUS AND SAVE MONEY!**



## **UPDATE YOUR STATUS BY JUNE 30.**

Have you updated your tobacco-use status in UPoint? If you're enrolled in an eligible HII medical plan,\* you must update your tobacco-use status by June 30 to save on your medical insurance.

This year, all non-represented employees, Newport News United Steelworkers and Guards were reset to "tobacco user." If you do not use tobacco, you **MUST** update your status to "tobacco free" by June 30 to save \$660 on your HII medical insurance (\$650 in savings for Technical Solutions employees).

#### **DISCLOSURE:**

*\*United Steelworkers, Newport News Guards and non-represented Ingalls, Newport News, Technical Solutions and HII corporate employees enrolled in an HII Anthem medical plan must update their tobacco-use status.*



#### **TO UPDATE YOUR STATUS:**

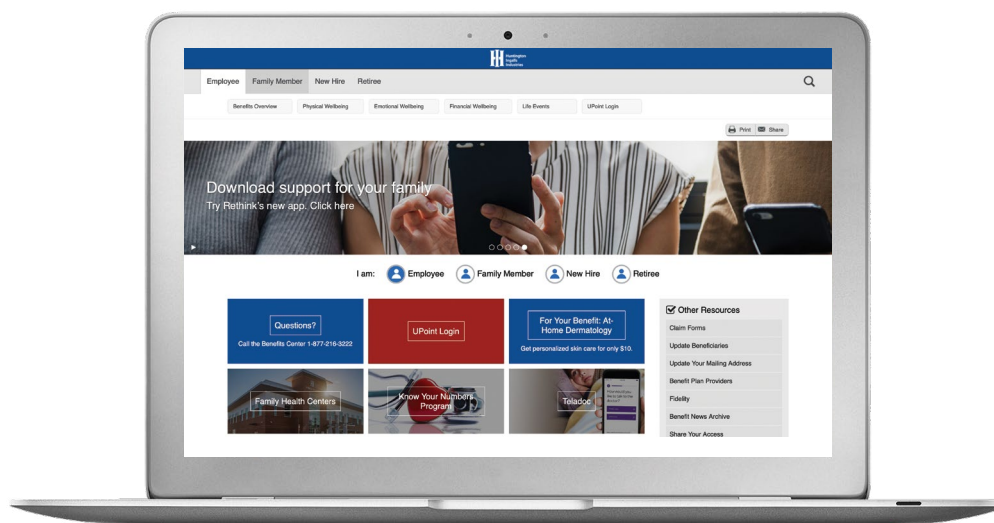
**Call the Huntington Ingalls  
Benefits Center (HIBC)  
at 1-877-216-3222.**

Representatives are available from  
9 a.m. to 6 p.m. Eastern time  
Monday through Friday.



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**HIIBENEFITS.COM**