

BeWell

3RD QUARTER 2021

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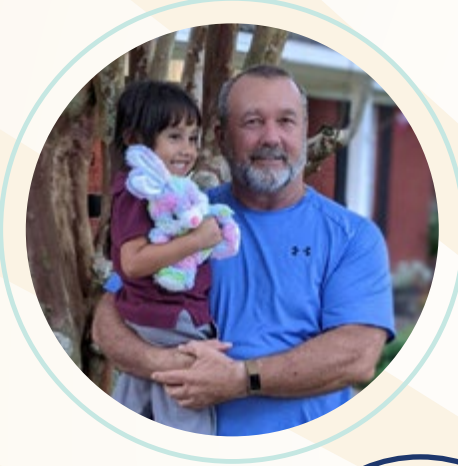


COVID-19 VACCINES • INGALLS FITCENTER • KNOW YOUR NUMBERS • BUILDING HEALTHY HABITS

FINDING HIS PERFECT FIT

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AT INGALLS SHIPBUILDING'S FITCENTER



For years, J. Scott Palmer loved working out at the gym. As a design engineering manager at Ingalls Shipbuilding, he saw it as a way to decompress after a long day of work — a place where he could focus on his health and let off a little steam. But in 2011, Palmer hurt his shoulder, and going to the gym fell out of his weekly routine. Eventually, he stopped going completely.

After two years away from the gym, Palmer was overweight and struggling to manage his diabetes. He knew he needed to make a change.

“My doctor told me that I need to do something or I would have to start taking insulin — which I really didn’t want to do,” Palmer said. “From that conversation, I made the decision to take action and work on my health.”

His next step? Heading back to the gym. He returned to Ingalls Shipbuilding’s FitCenter, where he found a welcoming community.

“Once I got back into the groove, I went down about 47 pounds gradually,” Palmer said. “I like to say that it’s hard to make that left turn into the gym parking lot after a long day at work, but once you get your gym clothes on, it’s exciting. And from there, it’s easy.”

Palmer has since become a regular at the FitCenter and goes four days a week after work. Located on Singing River Island, the FitCenter includes a cardio room, weight room, basketball and racquetball courts and more. All Ingalls employees and family members age 18 and over are eligible to join for just \$10 a month.

For Palmer, working out has become more than just a way to avoid taking insulin. It’s a means to better himself.

“Every time I go to the gym I try to challenge myself, whether that be through increasing my reps, running a quicker mile or trying a new exercise,” he explained. “It’s great going to the FitCenter because

there’s always someone there I can ask to show me the proper way to use equipment or show me a new exercise technique.”

By joining a health-focused community, Palmer has also gained a support system.

“When I go to work out, I see the same guys there after work every day,” he said. “I have my friends there that are like brothers to me. We challenge each other to do our best and talk about our day. It’s a great community to be a part of.”

With his newfound FitCenter community and improved health, Palmer has gained a new sense of freedom in his health and vitality.

“After you finish your workout, you feel like you have more energy, even though you’ve been at work all day,” Palmer said. “I’m more alert to things in conversation and while working. Since going back to the FitCenter, I’ve gotten a lot healthier, I eat better and I feel better. I don’t have to take insulin for my diabetes, and I even take fewer medications than I did before.”

And fewer medications mean less to worry about. Instead, Palmer is focused on family.

“Every day I encourage my family to live a healthy lifestyle and to get going to the gym,” he said. “My goal is to maintain my health and happiness so I can enjoy my retirement with my children and three grandkids in the years to come.”

INGALLS SHIPBUILDING FitCenter

Interested in joining the FitCenter to maintain your health and happiness?
Call (228) 935-3486 to get started.

\$10/MONTH
All Ingalls employees and family members 18 and over can join

- Cardio
- Weight room
- Basketball courts
- Racquetball courts
- Fitness classes
- And more!

HOURS: Monday - Thursday: 5 a.m. - 7 p.m.
Fridays: 5 a.m. - 5 p.m.



KNOW YOUR NUMBERS

How Do Your Health Statistics Add Up?

HII'S KNOW YOUR NUMBERS PROGRAM MAKES IT EASY TO TAKE CONTROL OF YOUR OWN HEALTH.

Learn your health numbers by completing the Know Your Numbers program requirements:

1. A health screening
2. A wellness profile

It's easy, it's free and it can save you money on your medical premiums!

Eligible* HII employees enrolled in an HII Anthem medical plan must complete the two program requirements by March 31, 2022 to secure \$600 in savings on their medical premium. For instructions to complete the wellness profile and schedule a health screening, visit myquadmed.com/kyn.

For more information regarding the Know Your Numbers program, including eligibility, visit hiibenefits.com.

If you want to understand your overall health, start by knowing your health numbers. When you know the role they play in your health, you have a smart starting point for avoiding disease and living a long, healthy life.

HEIGHT AND WEIGHT

WHAT: Body mass index (BMI) is a measure of your weight in proportion to your height, and it can indicate how much body fat you have.

WHY: Excess body fat puts strain on your heart and increases your risk for diseases like heart disease, Type 2 diabetes and sleep apnea.

BLOOD SUGAR

WHAT: Blood sugar (also known as glucose in your blood) is tested through an A1C test.

WHY: The A1C test shows your risk for developing prediabetes and diabetes.

BLOOD PRESSURE

WHAT: As blood moves through your body, it pushes against the walls of your arteries, causing pressure.

WHY: High blood pressure forces your heart to work harder and increases your risk for heart disease and stroke. You can have high blood pressure and not feel it, which is why testing it is so important.

CHOLESTEROL

WHAT: Your total cholesterol number shows your risk for heart disease.

WHY: There are two types of cholesterol: HDL ("good" cholesterol) and LDL ("bad" cholesterol). Having high HDL cholesterol protects against heart disease, while high LDL cholesterol can be bad because it builds up in the walls of your arteries and increases your risk for heart disease.

TRIGLYCERIDES

WHAT: Triglycerides are a type of fat in your blood.

WHY: If you have a high level of triglycerides in your blood, your risk for heart disease is higher.

DISCLOSURE:

*The Know Your Numbers program applies to salaried/non-represented Ingalls Shipbuilding, Newport News Shipbuilding and HII corporate employees who are enrolled in an HII Anthem PPO or CDHP medical plan. The program does not impact medical premiums for newly hired employees, represented employees or Technical Solutions employees. Hourly/represented employees, Technical Solutions employees and salaried/non-represented Ingalls, Newport News and HII corporate employees not enrolled in an HII Anthem medical plan can participate in the program on a voluntary basis to be entered into quarterly raffles for prizes. All medical information is protected by the federal law restricting release of medical information and not shared.

WE'VE GOT YOUR BACK

HII Family Health Center's Physical Therapists Are Here To Help Keep Your Back Healthy And Strong

Back pain is one of the most common medical conditions reported by adults in the United States, and it's often caused by lack of exercise, excess body weight and improper lifting. Medical issues — such as arthritis or a slipped disc — are also culprits.

If you've ever hurt your back, you know that the pain can hold you back from your daily life. It's important to try to avoid back pain in the first place, and one of the best ways to prevent injury is to keep your back muscles strong by adopting these healthy habits.



EXERCISE REGULARLY.

Low-impact activities that won't strain your back, such as walking and swimming, can increase your back muscles' strength and endurance.



SIT SMART.

Healthy ergonomics are crucial to your back health if you work at a desk. When sitting at a desk for hours at a time, choose a seat with lower back support, armrests and a swivel base. Try placing a pillow or rolled towel at the small of your back to maintain its normal curve. Be sure to change your position frequently, at least every half hour.



SKIP THE SLOUCHING.

Practicing good posture reduces stress on your back and neck. If you stand for long periods of time, try placing one foot on a low footstool to take the load off your lower back and alternate your feet every so often.



MAINTAIN A HEALTHY WEIGHT.

Being overweight can put extra strain on your back.



LIFT CORRECTLY.

When lifting something heavy, make sure you lift with your legs. Keep your back straight, with no twisting, and bend only at the knees. If you think the object may be too heavy, ask a partner to help you.

DEALING WITH BACK PAIN?

The HII Family Health Centers offer physical therapy for non-work related injuries, chronic or acute, for just \$15 per visit. Your physical therapist can help you with back pain, sports injuries, arthritis and more.

To make an appointment with a physical therapist at the HII Family Health Center, visit myquadmed.com/hii or call a Family Health Center near you:

- NEWPORT NEWS, VIRGINIA: 757.327.4200
- GAUTIER, MISSISSIPPI: 228.205.7700

TECH ALERT!

Download Anthem's Engage Wellbeing App

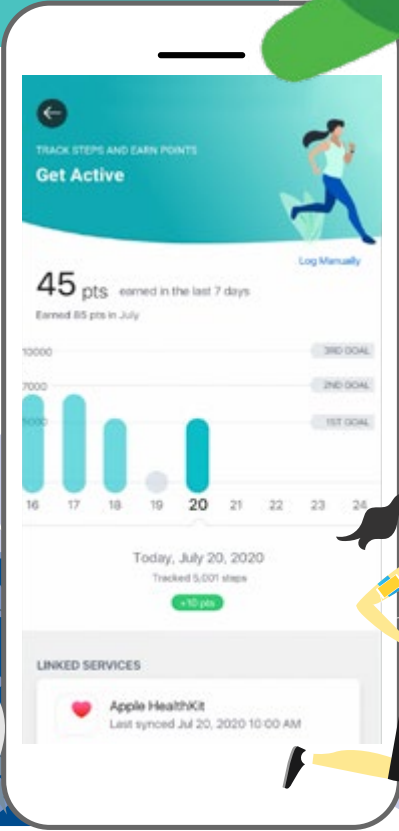
ENGAGE WELLBRING MAKES IT EASY TO:

- Search for in-network Anthem medical providers by location, specialty, cost and reviews.
- Get plan details so you know how much you'll pay for different services.
- Review how much you've spent on medical care so far.
- Read health articles catered to your needs.
- Connect with HII's health and wellness benefits, available when you need them.

FOR BENEFITS ON YOUR PHONE, SIMPLY:

- 1) Search for Engage Wellbeing app and download.
- 2) Click the Register button and enter "Huntington Ingalls" as your employer.

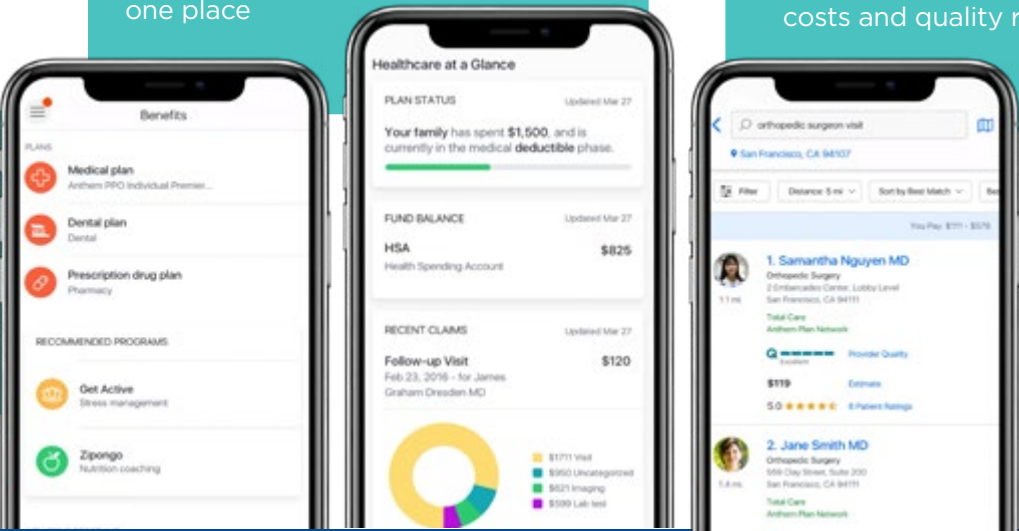
Earn rewards for making health choices



Access your health spending, claims, care team and plan details all in one place

Easily find in-network care, costs and quality ratings

Manage your benefits and get the most out of your perks



DISCLOSURE: Non-represented/salaried Ingalls Shipbuilding, Newport News Shipbuilding and HII corporate employees and their dependents are able to use the Engage Wellbeing app. Those enrolled in an HII Anthem medical plan will automatically see their medical plan data in the app.

GET YOUR COVID-19 VACCINE NOW.

Not only will getting a COVID-19 vaccine help keep you from getting COVID-19, it also helps protect your family, friends and coworkers. With the rise of the highly contagious delta variant, getting vaccinated is even more critical. Access HII's COVID-19 Vaccines Resources For Employees from [huntingtoningalls.com](https://www.huntingtoningalls.com) for details on where you can get vaccinated.

"I GOT THE VACCINE BECAUSE BOTH MY HUSBAND AND I ARE HIGH RISK."

— ERICA CARTER
Ingalls Shipbuilding

"I GOT THE COVID-19 VACCINE BECAUSE I WANT TO PROTECT MYSELF AND MY FAMILY AND TO GET SOME NORMALCY BACK IN ALL OUR LIVES."

— TOM MOORE
Technical Solutions

Protect Yourself.
Protect Others.



Roadmap To Retirement: SMARTPATH SHOWS YOU THE WAY



Patrick O'Brien could see retirement on the horizon, but he knew he needed a little help to get there.

"I'm currently 54 and I wanted to know if it was feasible for me to retire within the next few years," he said. O'Brien is a production control manager and military veteran with nearly 20 years of experience at Newport News Shipbuilding. "I wanted to know exactly what I needed to do to ensure I had a comfortable retirement."

He turned to SmartPath for help. SmartPath is a no-cost financial education benefit available to all HII employees. It offers free educational webinars and personalized coaching with trained financial coaches. O'Brien decided to attend SmartPath's monthly financial webinars and talked with a free SmartPath financial coach about his goals for the future.

"I started attending the monthly webinars and made an appointment to talk with a SmartPath financial coach with retirement planning as my

SMARTPATH'S WEBSITE HAS A NEW LOOK

Visit OnSmartPath.com/HII to check out SmartPath's brand new website where you can access free tools like webinars, one-on-one financial coaching, videos, quizzes and more!

main goal," O'Brien explained. "My SmartPath coach laid out a detailed report that included a timeline listing what I needed to do to reach retirement."

And while SmartPath helped with O'Brien's retirement plan, his coach also took a holistic look at his finances. When you work with a coach, they review your income, debt, savings and expenses to develop a plan for improving your whole financial picture.

"My SmartPath coach's retirement checklist included ways that I could increase my savings and investments through my 401(k)," O'Brien said, "And it offered tips on how I could manage my debts like my mortgage. After going through this detailed checklist, I knew exactly what I needed to do. I was also made aware of options that I wasn't originally considering, such as Social Security, my pension plan and other financial options."

Since working with SmartPath, O'Brien now feels confident that he has a strong plan to reach retirement.

"I now know what I have to do to reach retirement," he said. "I have a lot of work to do, but the important thing is that I know what I need to do to get there, such as work on my current debt and mortgage. I would definitely recommend SmartPath to other HII employees. I have since talked to my coworkers, especially those who are also planning for retirement, about what I have learned through SmartPath."



BUILDING HEALTHY HABITS CHANGE YOUR ROUTINE AND CHANGE YOUR LIFE

Humans are creatures of habit, and everyone has a few habits that aren't exactly the healthiest — whether it's grabbing breakfast at a favorite fast food joint each morning, staying up late to watch TV or spending too much time mindlessly scrolling through social media. While habits get us through the day without having to stop and make big decisions, these routines can also become unhealthy and unproductive.

If you have goals to improve your health — such as losing weight, eating better or getting more sleep — developing good daily habits can lead to long-lasting change. But as tough as it is, you have to break free of your unhealthy habits for your positive new practices to become second nature.

HERE'S HOW TO JUMPSTART YOUR HEALTHY HABIT: START WITH A VISION.

Choose one goal that's important to you and write it down so you

can see it regularly. Consider your "why." Why do you want to achieve this goal? Your "why" will keep you motivated when things get tough.

TAKE A SMALL STEP.

Start with one small, manageable action. If your goal is to exercise more, start with a five-minute walk today. By taking that first step, you can see what it feels like to succeed. Then try to repeat it tomorrow and the day after until it becomes a habit. Eventually, you'll be able to build on that first step by lengthening your walk.

LEARN YOUR TRIGGERS.

A trigger is the start of a habitual action. Triggers can spark bad habits (like seeing your favorite cookies in your pantry every day) or they can prompt healthy actions. If you want to replace an old habit with a new one, figure out what triggers the old habit and come up with a new behavior to substitute in response.

MAKE THE NEW HABIT ENJOYABLE.

You're more likely to stick to habits if you like them. That's why diets focused on self-denial (and not the pleasure of eating) often fail over the long term. If your goal is to exercise more, for example, exercise with a friend or listen to your favorite music. Over time, you'll look forward to it.

BE ON YOUR OWN TEAM.

Find what healthy choices work for you, without judgment. Instead of telling yourself "you're not good at this" or "you're going to fail," talk to yourself like you would talk to friend. Try "I'm working to make a change, I'm learning and I'm being good to myself."

INTRODUCING VIDA HEALTH

The key to making healthy habits stick is encouragement and accountability. You can do this on your own, but having a cheerleader can help you stay focused on success. HII's new benefit Vida Health can connect you with an advocate to help you establish healthy habits.

Your Vida health coach will provide personalized, one-on-one support to help you reach your goals. You can schedule video calls at times that work for you and message your coach anytime in the secure Vida Health app.

ACHIEVE YOUR GOALS WITH VIDA: Download the Vida Health app or visit vida.com/HII.



DISCLOSURE: Vida is available to Newport News Shipbuilding, Technical Solutions, HII corporate and non-represented Ingalls Shipbuilding employees and their dependents enrolled in an HII Anthem medical plan. All medical information is protected and not shared with HII.

KICK THE COMMON COLD

Fighting a pesky cold? Unfortunately the common cold has no cure, but these at-home remedies can help to soothe your symptoms and speed your recovery:



EXPERIENCING COLD OR FLU SYMPTOMS?

Teladoc can help!

With Teladoc, eligible HII employees and dependents can talk to a doctor by phone or video chat about non-emergency health issues such as colds, sinus problems, respiratory infections and more. Your doctor will diagnose your symptoms and provide treatment, which may include a prescription.

Care at no cost to you! HII has partnered with Teladoc to suspend the \$10 employee-paid fee for care. Talk to a Teladoc provider by calling 1-800-TELADOC or visiting [Teladoc.com/hii](https://teladoc.com/hii).

- Drink warm liquids to relieve nasal congestion and soothe the inflamed membranes that line your nose and throat.
- Take a steamy shower to moisturize your nasal passages, relax your sinuses and help to loosen mucus.
- Gargle warm salt water to help moisten a sore, itchy throat caused by sinus drainage. Try dissolving a teaspoon of salt in a glass of warm water and gargling for 15 seconds.
- Sleep with an extra pillow under your head to help drain your nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.
- Stay hydrated and drink lots of liquids. Water, juice, clear broth and warm lemon water with honey help to loosen congestion and prevent dehydration. Avoid alcohol, coffee and caffeinated sodas because they can make dehydration worse.



Setting a Good Example: HOW TO BE A HEALTHY ROLE MODEL FOR CHILDREN

Children may seem like they're not paying attention. But the truth is, parents, grandparents and caregivers have an incredibly important role in their little ones' development — especially when it comes to their approach to food. They watch and learn from you, so by consciously making healthy choices, you can help them develop positive eating habits for life.

- 1 SHOW BY EXAMPLE.** Eat vegetables, fruits and whole grains in front of your kids and encourage them to do the same.
- 2 GROCERY SHOP TOGETHER.** Grocery shopping can teach your child about food and nutrition, so point out vegetables, fruits, dairy and more.
- 3 OFFER THE SAME FOODS FOR EVERYONE.** Stop being a "short-order cook" and plan family meals for everyone.
- 4 REWARD WITH ATTENTION, NOT FOOD.** Show your love with hugs versus rewarding with sweets. Using dessert as a reward can make a child think sugary foods are better than other foods.
- 5 ENCOURAGE PHYSICAL ACTIVITY.** Make movement fun for the whole family. Involve your children in planning activities and play with your child instead of sitting on the sidelines.

DISCLOSURE:

HERO is available to all HII employees and their dependents and household family members at no cost to them. Rethink is available at no cost to all non-represented HII employees and their dependents. Maven is available at no cost to all non-represented employees and their dependents enrolled in an HII Anthem medical plan. All services provided are confidential and not shared with HII.



PARENTING IS A BIG JOB, BUT YOU DON'T HAVE TO DO IT ALONE.

HII's benefits offer parenting resources and advice.

HERO: HII EMPLOYEES REACH OUT

Explore a library of parenting articles, or connect with a counselor at no cost.

[HIIHERO.COM](https://hiihero.com) (CODE: HUNTINGTON INGALLS)

RETHINK

If you want to understand, teach and communicate better with your child, Rethink offers free access to its website and mobile app. You'll find parenting how-to videos and resources for teaching your children crucial skills. You can even consult with a dedicated behavior expert to address specific challenges.

[RETHINKBENEFITS.COM/HII](https://rethinkbenefits.com/hii)

MAVEN

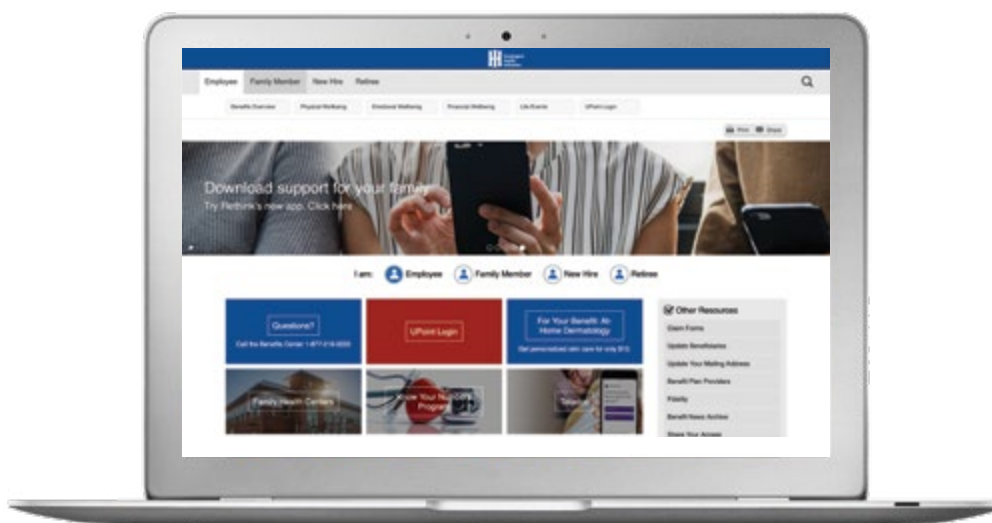
Have a growing family? Maven offers support for pregnancy and newborns, and allows parents to send secure messages to pediatricians, lactation consultants and more.

[MAVENCLINIC.COM/JOIN/HII](https://mavenclinic.com/join/hii)



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YOUR BENEFITS RESOURCE IS **UPOINT.**

Access your personalized benefits information through UPoint. Visit hiibenefits.com and log in to get started. **Questions? Call the HIBC at 1-877-216-3222.**

HIIBENEFITS.COM