Taking care of yourself just got easier.

Whether you’d like help managing a chronic condition such as high blood pressure, you need a physical or you have a sore throat that needs immediate attention — we can help. Wellness visits and preventive visits, such as physicals, preventive health screenings and immunizations, are provided to you at no cost. All other services and treatments received during your visit cost $15. Generic medications at CVS pharmacy cost $3 for a 30-day supply and $6 for a 90-day supply.*

SERVICES

- Physicals including school and sports
- Preventive health screenings
- Immunizations (including flu shots)
- Treatment for illnesses and injuries (such as sore throats, ear/eye infections, headaches, minor burns, coughs, cuts and contusions)
- Lab work including urinalysis, strep screen, pregnancy testing, cholesterol, glucose, potassium, thyroid
- Weight and/or blood pressure checks
- Skin checks/minor procedures (such as removals of skin tags, moles and warts)
- Basic X-ray
- Pediatric care
- Physical therapy such as general orthopedic and sports injury treatment, post-operative care, work conditioning, chronic pain management and injury prevention education
- Wellness care (goal setting and motivation, smoking cessation and management of weight, stress and time)
- Nutrition guidance for (weight management, healthy eating, sports performance enhancement, menu planning and lifestyle changes)
- Employee Assistance Program
- CVS/CarePlus Pharmacy
- HII Family Vision Center

LOCATION

4500 Washington Ave.
Newport News, VA 2307

HOURS

Monday to Friday from 7 a.m. to 6 p.m.
Saturday from 8 a.m. to noon

ELIGIBLE PATIENTS

The HII Family Health Centers are available to employees and dependents covered by an eligible HII health plan. Visit hiibenefits.com for information on eligibility. All personal medical information is confidential and not shared.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT

- Visit myquadmedical.com/hii
- Call 757.327.4200
- Download the MyQuadMed mobile app. Visit your device’s app store and search for MyQuadMed.

*Pricing is based on the HII health plan and may be subject to change.
Know Your Numbers Program

Take control of your health.

What is the program?
The Know Your Numbers program is designed to help employees learn their health numbers and have greater accountability for their health. Health numbers like your blood pressure, blood sugar and cholesterol give a snapshot of your health and risk for disease. Through the program you are encouraged to learn your health numbers by completing a wellness profile and health screening on a yearly basis.

Who’s impacted by the program?
The Know Your Numbers program applies to non-represented HII corporate, Newport News Shipbuilding and Ingalls Shipbuilding employees who are enrolled in an HII Anthem PPO or CDHP medical plan. If you complete the program requirements, will qualify for a Know Your Number discount—a savings of $600 year—on your HII medical insurance premium.

The program does not impact medical premiums for represented employees. Represented employees and non-represented employees NOT enrolled in HII medical can participate in the program on a voluntary basis to be entered into quarterly raffles for prizes.

Program Requirements
To qualify for the Know Your Discount on your medical premium or be entered into a raffle, you must complete the two program requirements:

Complete the wellness profile
A confidential survey on your health habits, nutrition and more
Available on the WellnessOnline portal at myquadmedical.com/hii (print copies also available at the HII Family Health Center)

Complete a health screening
Three options:
1. Complete at a health screening event onsite (hosted by QuadMed)
2. Complete at the HII Family Health Center
3. Complete with your personal medical provider and submit the Health Screening Form

To get started and to track your progress, log into the WellnessOnline portal from myquadmedical.com/hii.

Privacy
The program is administered by QuadMed, a third-party vendor. All personal health information collected by QuadMed is protected by Health Insurance Portability and Accountability Act (HIPAA) and not shared with HII.
Take advantage of Onsite Dental for your dental care needs. Conveniently located behind the HII Family Health Center, this state-of-the-art mobile dental clinic provides full-service dental care--just like a dentist in town.

Dental services include:

- Dental Exams
- Fillings
- X-rays
- Crowns
- Cleanings
- Invisalign
- Cosmetic
- And more!

Make an appointment today by calling (757) 707-7223 or by visiting hii-onsitedental.com.

*Onsite Dental is a Delta Dental PPO provider available in Newport News, Virginia. Fees with Onsite Dental are based on your individual dental insurance coverage. Contact your dental insurance provider to verify fees prior to scheduling an appointment. Contact Onsite Dental regarding eligibility. Visit Benefits Connect for more information or call the HIBC at 1-877-216-3222.
The HII Family Vision Center offers comprehensive eye care for HII employees and their families. Take advantage of:

- Adult and pediatric eye exams
- Correction exams
- Treatment for eye conditions
- Vision therapy
- Lens prescriptions
- Frames selection and fitting
- Safety glasses
- And more!

**Features:**
- Open to all HII employees and dependents
- Optometrist on-site for eye exams, treatment and more
- Retail section with brands like Nike, Kate Spade & Nine West
- Convenient hours and location
- Discounts for employees and dependents enrolled in HII’s vision plan

**HII FAMILY VISION CENTER**
(757) 327-4188
4500 Washington Ave.
Newport News, VA
(located within the HII Family Health Center)

**VISION CENTER HOURS:**
Monday - Friday: 7 a.m. - 6 p.m.
Saturday: 8 a.m. to noon

**OPTOMETRY HOURS:**
Monday: 8:30 a.m. - 5 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 5:30 p.m.
Friday: 8:30 a.m. - 4:30 p.m.
Saturday: 8:30 - 11:30 a.m. (one Saturday a month)

Schedule an eye exam today!
757-327-4188

The vision center is operated by VSP, HII’s vision insurance plan provider. All private medical records are protected by HIPAA and not shared with HII.
Financial stress that just won’t go away?
We have a cure for that.

Only SmartPath offers easy-to-follow Financial Care Plans that meet you where you are. Learn to think, feel and behave differently with money to improve your financial health, one step at a time.

SmartPath Financial Care Plans address all of life’s major aches, including:

- Affording Kids’ College
- Budgeting Basics
- Budgeting for Baby
- Buying a House
- Car Buying
- Debt Payoff
- Financial Checkup
- Losing a Loved One
- Money in Marriage
- Optimizing Paychecks
- Retirement Readiness
- Student Loan Payoff

Ready to get started?

Text CoachMeHII to 555-888

Schedule your first call today!
What HII employees are saying about SmartPath:

“SmartPath Coaches demystify personal finance and give you a reasonable method to follow.”
– Sylvia B.

“I am enjoying my experience with my financial coach, and I’m making life-changing financial moves.”
– Tomeka L.

“So thankful for my job for providing this service!”
– Alicia D.

“I truly appreciate my SmartPath Coach’s guidance, care and concern. He exceeded my experience and showed exemplary customer service.”
– Jeanne K.

“Very knowledgeable, listens to what you want to do in the future and works with you to get where you want to be.”
– Joaquin O.

“The earlier that you can formulate a financial plan for your future, the better off you are.”
– Neil G.

“A financial coach provides help to organize and achieve your financial goals.”
– Matt S.

ABOUT SMARTPATH

Headquartered in Atlanta, GA, SmartPath is one of the fastest-growing financial coaching companies offering complete solutions for everyday people. Our high touch financial care plans include an experienced coach who assesses your situation, sets priorities and keeps you accountable. We don’t use terms like asset allocation or risk adjusted returns. Instead, we provide straightforward steps to tackle everything from budgeting to buying a home to planning for retirement. We also offer engaging financial seminars that inspire corporate employees to improve their family’s financial health for generations to come.

Live your best financial life.
No excuses.

SmartPath
400 Plasters Avenue NE
Atlanta, GA 30324

(888) 686-5808
info@smartpathfinancial.com

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The Hyatt Legal Plan offers you and your family value, convenience and comfort in knowing you can access legal services for almost all personal legal matters. It gives you easy and low-cost access to a wide variety of personal legal services. No one can predict your future, but we can help you prepare for legal needs that may lie ahead.

**SERVICES COVERED**

**Advantage Plan**

Attorney fees for the following personal legal services are fully paid for by the plan when you use a plan attorney. There are no limits on the number of times you may use the plan, and there are no dollar limits on your use of a plan attorney for the following services:

- **Consumer Protection**
  - Consumer Protection Matters
  - Small Claims Assistance
  - Personal Property Protection
- **Debt Matters**
  - Debt Collection Defense
  - Identity Theft Defense
  - Tax Audits
- **Defense of Civil Lawsuits**
  - Civil Litigation Defense
  - Administrative Hearings
  - Incompetency Defense
- **Document Preparation**
  - Affidavits, Deeds
  - Demand Letters
  - Mortgages, Notes
  - Document Review
  - Elder Law Matters
- **Immigration**
  - Immigration Assistance
- **Family Law**
  - Prenuptial Agreement
  - Protection from Domestic Violence
  - Adoption
  - Uncontested Guardianship
  - Name Change
  - Divorce, Dissolution and Annulment
  - Enforcement of Modification of Support Order
  - Uncontested Change or Establishment of Custody Order
- **Real Estate Matters**
  - Sale, Purchase or Refinancing of your primary residence
  - Eviction and Tenant Problems (primary residence)
  - Home Equity Loans
  - Zoning Applications
  - Boundary or Title Disputes
- **Traffic Matters / Criminal**
  - Juvenile Court Defense
  - Defense of Traffic Infractions (excludes DUI)
  - Privileges Restoration (includes license suspension due to DUI)
  - Felony Defense
  - Misdemeanor Defense
- **Wills And Estate Planning**
  - Wills and Codicils
  - Living Wills
  - Powers of Attorney
  - Trusts
- **Major Trial**
  - *In Network* - All covered matters that require a trial are covered through completion with no hour limits or dollar caps when service is provided by a plan attorney
  - *Out of Network* - This service covers up to $10,000 for a covered matter when using a non-network attorney

**Basic Plan**

- **Estate Planning Documents**
  - Simple and Complex Wills
  - Codicils
- **Document Preparation**
  - Demand Letters
  - Elder Law Matters
- **Document Review**
  - Any personal legal document
The Hyatt Legal Plan costs only $13.75 per month for the Advantage Plan and $6.75 per month for the Basic Plan. The plan covers you, your spouse, and dependent children. You pay the cost through convenient payroll deductions. Your enrollment will continue through the end of the plan year.

Access to Over 11,000 Attorneys

The Hyatt Legal Plan provides members with access to a national network of more than 11,000 attorneys from which to choose. Plan Attorneys have met stringent selection criteria and have an average of 23 years or more of legal experience.

PLAN ATTORNEY ASSISTANCE INCLUDES:
• Covered legal services
• Consultations on the telephone
• In-person consultations
• Document preparation
• Representation in many frequently needed legal matters

Plus, if you stay within the network, covered legal services are provided with no additional attorney fees. You also have the flexibility to use a non-Plan Attorney and get reimbursed for covered services according to a set fee schedule.*

Why Should I Choose the Hyatt Legal Plan?

The Hyatt Legal Plan gives you and your family access to professional legal representation at an affordable price. It’s like having your own lawyer on retainer. The plan features:

In-Network
• All attorney fees for covered services are paid in full
• 11,000 attorneys to choose from
• No deductibles or co-payments
• No claim forms

Out-of-Network
• You may choose a non-plan attorney and be reimbursed for covered services according to a set fee schedule*

How Can I Enroll In the Plan?

Select the Legal Plan during your benefits enrollment period. Your cost for the plan will then be automatically deducted from your paycheck.

How Do I Use the Plan?

Once you are enrolled, go to www.legalplans.com or call Hyatt Legal Plans toll-free at 1-800-821-6400, Monday through Friday from 8 a.m. to 7 p.m. (Eastern Time). A Client Service Representative will confirm that you are eligible to use the plan, and will give you the address and telephone number of the attorney(s) located most conveniently to you, as well as a case number. Once you have this information, you may contact the attorney yourself to schedule an appointment.

What If I Have More Questions?

Call 1-800-821-6400 Monday through Friday from 8 a.m. to 7 p.m. (Eastern Time). A Client Service Representative will help you understand coverage, find a plan attorney in the location most convenient to you, offer information about using an out-of-network attorney, and answer any other questions.

Non-Covered Items

What Are the Exclusions? Excluded services are those legal services that are not provided under the plan. Please see your plan description for complete details and exclusions. Excluded services include the following: (1) employment-related matters, including company or statutory benefits; (2) matters involving the employer, MetLife® and affiliates, and plan attorneys; (3) matters in which there is a conflict of interest between the employee and spouse or dependents, in which case services are excluded for the spouse and dependents; (4) appeals and class actions; (5) farm and business matters, including rental issues when the participant is the landlord; (6) patent, trademark and copyright matters; (7) costs or fines; (8) frivolous or unethical matters; and (9) matters for which an attorney-client relationship exists prior to the participant becoming eligible for plan benefits.

This brochure offers a brief summary of the Hyatt Legal Plan. If you have questions about coverage or use of the Legal Plan before you enroll, call Hyatt Legal Plans at 1-800-821-6400 Monday through Friday from 8 a.m. to 7 p.m. (Eastern Time).

*You will be responsible to pay the difference, if any, between the plan’s payment and the non-plan attorney’s charge for services.

Visit our website at www.legalplans.com Click on “Thinking About Enrolling?” and enter a password: 6530010 for the Basic Plan and 6540010 for the Advantage Plan.
When You Come Together for a Better Commute YOU’LL SPEND LESS

ENTERPRISE RIDESHARE HELPS CUT COMMUTING COSTS BY 50–80%

Driving alone costs nearly $900 a month and more than $10,000 per year* – vanpooling can reduce those costs significantly.

Save on Gas
By sharing the cost with your fellow commuters

Reduce Your Out-of-Pockets
When you drive your personal car less, scheduled maintenance isn’t needed as often, you avoid wear and tear, decrease the likelihood of unscheduled repairs and slow vehicle depreciation

Lower Your Auto Insurance
Decrease your auto insurance payments by 10-30% with recreation only or pay-as-you-drive policies

Enjoy Tax Benefits
If your employer offers pre-tax payroll deduction for mass transit**

*Based on AAA average commuting figures, for a 100-mile round trip per day. Costs may vary by location or length of commute.
**IRS Tax Code 132(f)

ARE YOU READY FOR A BETTER COMMUTE?

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