

Transforming HII: Know Your Numbers Program

Video Transcript

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“The ‘Know Your Numbers’ program is an opportunity for employees to learn more about their health, and they do that by engaging in two components of that program. The first one is a *health screening*, and at the screening—that can be done here at the shipyard, or it can be done by your personal physician, and you can fill out a form and turn it in—but there’s five components of that. There’s your height and weight, your blood pressure, cholesterol, and then your blood sugar, which is actually measured in A1C, and that measures your blood sugar over the course of about three months, so it gives an average reading to that.

“And then also the other component is a *wellness profile*, and that’s your own personal perspective of your health behaviors and the opportunity to report on things like your sleep habits, your nutrition habits, your exercise habits, whether or not you smoke.

“Those two pieces of information are really important because it gives a good perspective of your current health situation and an opportunity to have a conversation with the people who are important to you—hopefully your family, about what your health status is, but also a health care provider so you can begin your health care journey to be in the best health that you can be.

“I think this whole component about ‘Know Your Numbers’ and learning more about your health care is really an important component of transformation. It’s transforming the culture; it’s saying that well-being is important. In my 30 years of health care experience, I have never seen a company invest so much in well-being. That alone is going to transform not just the company and the culture, but it’s going to transform the business by employees being able to bring their best selves to work every day.”