



memo

To: All HII Employees
From: Karen Velkey, HII Corporate Vice President, Benefits and Compensation
Date: May 5, 2020
Subject: Health Care Options For HII Employees and Families

Dear HII Employees:

While the coronavirus (COVID-19) pandemic has caused disruption and uncertainty, it's important that we continue to take care of our everyday health. Alternative solutions are available for you to still seek care while social distancing and staying at home. Below are options available through HII's benefits for employees and their families.

For medical care, employees and their dependents enrolled in an HII Anthem medical plan have access to board-certified doctors 24 hours a day through Teladoc via phone or video. HII has suspended the \$10 employee-paid Teladoc fee, meaning you can speak to a Teladoc provider for acute, non-emergency medical and behavioral health needs at no cost. Additionally, the HII Family Health Centers are offering virtual visits via phone or secure video conference. Acute visits include a \$15 fee, but all wellness coaching is available at no cost, including coaching for stress and weight management, nutrition, diabetes care and more. The health centers are still seeing some patients in person as well. You must call to make an appointment and wear a mask when visiting the health center.

For dental and vision needs, HII's Onsite Dental and Family Vision Center services are offering adapted care to meet patients' needs while taking safety precautions. Employees and dependents seeking dental care can speak with an Onsite Dental dentist over the phone, and in-person appointments are scheduled to resume May 13. The HII Family Vision Centers are operating normal business hours and employees are encouraged to call to schedule an appointment. Employees enrolled in an HII vision plan through VSP have the opportunity to use their 2019-2020 benefit until Sept. 1 if they cannot access care before the end of the plan year on June 30. Employees wishing to use this extension must call VSP's service department at 800-877-7195 by July 1 to request the extension.

While I encourage you to seek physical care when needed, it's important to check in on your mental health as well. The pandemic has caused stress, disruption and fear, so help is available if you're looking for resources or want to talk to someone. HERO: HII Employees Reach Out offers 24-hour free and confidential services and counseling to all employees and their dependents and household members, regardless of medical plan. To connect with a counselor, call 1-855-400-9185 or visit www.hiihero.com and use code "Huntington Ingalls." HERO offers help for coping with anxiety, working from home, adjusting to children's at-home schooling and more.

I encourage you to take care of yourself both physically and mentally during these uncertain times. Please continue to visit the [Coronavirus Resources For Employees](#) webpage on HII's website for company news, benefits updates and more.

A handwritten signature in black ink that reads 'Karen Velkey'.