

To: All HII Employees

From: Karen Velkey, HII Corporate Vice President, Benefits and Compensation

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Subject: HII Benefits And Support For Reentry Anxiety

Dear HII Employees:

With COVID-19 restrictions relaxing nationwide, individuals may experience what mental health professionals call reentry anxiety. If you are feeling stressed or anxious about returning to pre-pandemic routines, know that you are not alone, and help is available.

You and your family have resources through HII's benefits to help with anxiety and apprehension as social distancing and mask policies change and employees and children return to work and school.

If you currently work from home and are returning to your workplace, here are some ideas from HERO: HII Employees Reach Out to make the adjustment easier.

- **Understand what's expected of you.** Familiarize yourself with your worksite's return to work plans and any new safety policies in place. Speak to your supervisor if you have questions.
- **Be prepared.** Take time to gather any work supplies you need to bring back to the office.
- **Know how to protect yourself and others from COVID-19.** To align with guidance from the Centers for Disease Control and Prevention, [HII announced](#) that it no longer requires fully vaccinated employees to wear face masks, unless they live in a state or locale that requires it. If you are fully vaccinated and feel more comfortable wearing a face mask you can continue to do so. Unvaccinated employees and those going through the vaccination process must still wear a face covering while at work. All employees are encouraged to wash their hands often, disinfect regularly touched surfaces and stay home if they are sick.
- **Talk to someone.** If you are anxious about COVID-19 changes, don't hesitate to ask for help. HII's benefits are designed to offer confidential, convenient care. All HII employees and their dependents and household members have access to free counseling, resources and more through HERO. Call 1-855-400-9185 or visit www.hiihero.com (code: Huntington Ingalls) to connect with a HERO counselor. Employees and dependents enrolled in an HII Anthem medical plan also have access to no-cost telephonic and video counseling through Teladoc's behavioral health program. Visit www.teladoc.com/hii or call 1-800-TELADOC to create an account.

Services through HERO and Teladoc are confidential and your personal information is never shared with HII. If you want to talk to someone about COVID-19 changes, I encourage you to reach out.

