

**Ingalls Shipbuilding**

A Division of Huntington Ingalls Industries

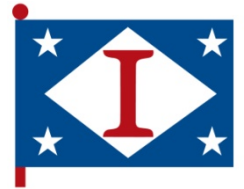
# **The Role of Wellness & Employee Health Care in the Success of Industry in Mississippi**

August 15, 2013

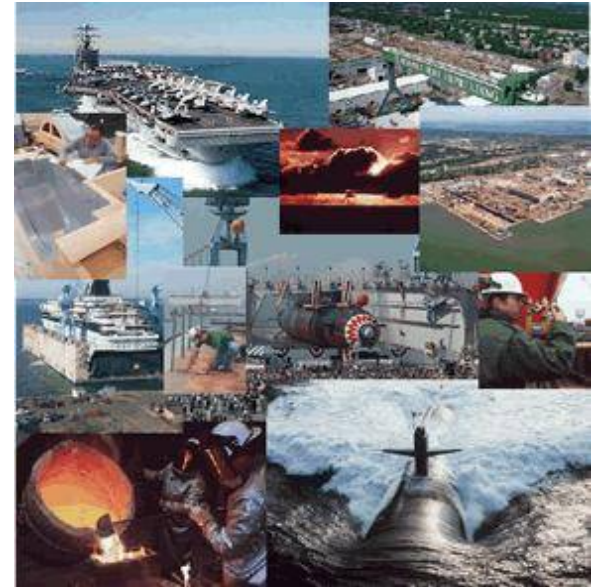
Edmond E. Hughes  
Vice President, Ingalls Shipbuilding

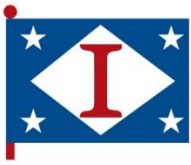


# Huntington Ingalls Industries -- Who We Are

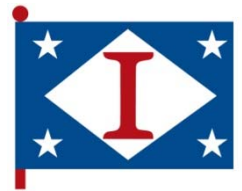


- Over a century designing, building, overhauling and repairing ships for the U.S. Navy, the U.S. Coast Guard and international navies
- One of the nation's leading providers of major surface combatants (destroyers, cruisers, high endurance cutters, and amphibious assault ships)
- Builder of more than 40 percent of the U.S. Navy's current surface combatant fleet
- The Nation's sole industrial designer, builder and refueler of nuclear-powered aircraft carriers
- One of only two companies capable of designing and building nuclear-powered submarines
- After-market services –maintenance, repair, and overhaul – support a wide array of naval and commercial vessels
- A wide variety of products and services to the commercial energy industry and other governmental customers, including the U.S. Department of Energy.





# Ingalls Shipbuilding



- 15,100 employees at three sites across the Gulf Coast plus subsidiaries in San Diego, CA and Virginia Beach, VA
- Building four classes of ships simultaneously—eight ships now in production
- DDG 114 will be the 30th *Arleigh Burke*-class destroyer built by Ingalls Shipbuilding
- Builder of record for LPD and LHA classes of amphibious assault ships
- Builder of largest multi-mission National Security Cutter for the U.S. Coast Guard
- Only “Composite Center of Excellence” facility in U.S. shipbuilding – building major components for LPD and DDG 1000 Classes



USCG National Security Cutter



DDG 51 Surface Combatants



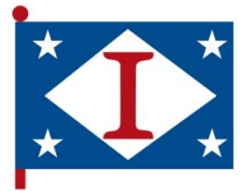
LPD 17 San Antonio Class Amphib



LHA 6 *America* Amphib Assault Ship

# INGALLS SHIPBUILDING

## EMPLOYEE HEALTH & WELLNESS



- Occupational Medical Clinic
- 24 hr Emergency Response Staff
- CPR/AED training and AED equipment positioned at various offsite Shipbuilding facilities
- Onsite quarterly blood drives
- Health Risk Assessments
- Health Screenings
- Flu Shots

Medical  
Services

- Fitness Center
- Annual 5K Benefit Race
- Indoor walking tracks
- Physical activity classes
- Fitathlon Challenge
- Couch to 5K Challenge
- ACS Active for Life
- Work Well Screenings

Physical  
Activity

- Full-service Cafeteria
- Healthy Habits Meal Deal
- Monthly nutrition education pamphlet
- 25% healthy choice options in all vending machines
- Weight Watchers at Work
- Onsite seminars provided by Registered Dietitian

Nutrition

Health  
Education &  
Stress  
Management

- Onsite initiatives by local chapters of national organizations
- Internal wellness communication
- Onsite EAP





# INGALLS MEDICAL CLINIC

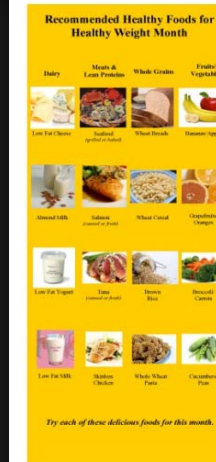




# INGALLS WELLNESS CENTER







**90 BISTRO Healthy Habits Meal Deal**  
only \$4.99

Mon	Tue	Wed	Thu	Fri
1	2	3	4	
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1

A healthy weight is one that optimizes the weight your body carries on when you are eating healthy and your physical activity. It is not just a number on the scale. A body feels its best and works at its most efficient when it is at a healthy weight. Healthy Weight Month is a time to celebrate healthy decisions in our habits that last a lifetime and give our eating and weight problems. It promotes normal living and lasting lifestyle habits that prevent weight and eating concerns. Follow sensible nutrition, consume reasonable portion sizes, and pursue an active lifestyle to achieve a healthy weight.



## ADMIN 1 WALKING ALLS

**Admin 1, First Floor  
8 Laps = 1.08 Miles**

**Fitness Facts:**  
Walking helps reduce risk of heart attack, high cholesterol, high blood pressure and Type 2 diabetes.











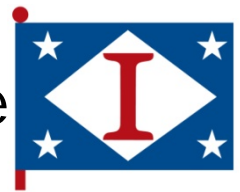
## INGALLS 5K ON THE CAUSEWAY



Rainbow Water	Edgewater Mall	Ruby Tuesday	City of Pascagoula Fire Dept.	Choraleaders	Resurrection Catholic School
BarCorp South	Treasure Bay	Adrian's	Law Enforcement Torch Runners	Special Olympics Mississippi	Moss Point High School Navy
Blue Bayou Rentals	Healthplex	Health Solutions	Special Olympics Mississippi	JFOIC	Junior Auxiliary of
Blue Cliff College	Air Gas	Phoenicia Gourmet	City of Pascagoula Police Dept.	City of Quarter Police Dept.	Pascagoula/Moss Point
Lee Tracy	Olive Garden	Dr. Tonya and Donnis Harrison	City of Quarter Police Dept.	Moss Point High School	
Soromon's Restaurant	Jack's By The Tracks	Margaretville			
Phoenicia Gourmet Cuisine	Zumba with Jennifer Byrd	Reliable Catering			
Paradise Grill	Magnolia Tradition	Blossman Gas			

**INGALLS 5K ON THE CAUSEWAY**





# Building Great Ships and a Stronger, Healthier Workforce

## Applicant Physical Agility Assessment

- Process requires applicant to perform at the minimal physical ability baseline established for each job description
- Applicants who fail to perform at the minimal standard are provided a recommendation to improve their ability and/or follow-up consultation with a healthcare provider
- Applicants are encouraged to return and repeat the assessment upon improvement

## Return to Work and Work Conditioning Program

- Work Conditioning Program is administered off-site by a team of six licensed healthcare professionals under the direction of a Physical Therapist
- Prescribed program plan and duration for each employee is individually customized based on type of injury, required job tasks and recovery progress
- Employees are required to work a partial day and are compensated up to four (4) hours while attending work conditioning appointments

## Employee Wellness & Fitness Participation

	2011	2012	2013 (thru June)
Overall Program Participation	7,238	9,607	4,985
-Fitness Center Memberships			
-5K Race Participants			
-Biometric Screenings			
-Exercise Classes *			
-Awareness Tables/Fit Fairs *			
Flu Shots (not included in overall total)	2,142	2,420	---

\* Annual event totals may include multiple participations from a single employee

## Future Program Enhancements

- Provide Work Conditioning Program at onsite fitness center
- Implement a customized wellness maintenance program to be delivered at the jobsite for each employee who completes the Work Conditioning Program
- Improve Biometric screening results
- Demonstrate behavioral change in overall wellness/fitness participation by 10% annually



