At Catapult Health, we empower individuals to improve their health by bringing VirtualCheckup® to YOU. You decide where and when you'd like to be tested. You choose a convenient time and location to interact virtually with our Nurse Practitioner. You help drive the creation of your personal action plan. Getting a health checkup has never been easier!

**Here is what’s included in each checkup:**

**Values Measured**
- Height
- Weight
- BMI
- Abdominal circumference
- Blood pressure
- Heart rate
- Total cholesterol
- HDL
- LDL
- Triglycerides
- A1c

**COVID-19 Assessment**
- COVID-19 questionnaire
- NP follow up for anyone with signs or symptoms

**Health History and Symptoms Review**
- Allergies
- Asthma
- Cancer
- Diabetes
- Obstructive sleep apnea
- Chest pain
- Circulation problems
- Shortness of breath
- Sleeping problems
- Swelling of hands or legs

**Family History**
- Diabetes
- Coronary artery disease
- Stroke
- Breast cancer
- Colon cancer

**Cancer Screening Review**
- Breast exam
- Colorectal screening
- Pap smear

**Depression Assessment**
- Depression screening
- Discuss behavioral health programs available to you

**Connect to Care**
- Results sent to your Primary Care Provider (PCP)
- If no PCP, assistance provided to find one
- Review health improvement programs available through your employer or health plan

**Personal Action Plan**
- Review your Personal Health Report including personal action plan created by the NP

**Medications**
- Compliance
- Effectiveness review
- Potential reactions among multiple meds
- Generic options

**Results in Real Time**
- Results available through our secure patient portal and via your smartphone
- NP audio recording of your checkup summary and action plan

Find out more at [VirtualCheckup.com](http://VirtualCheckup.com)
7 EASY STEPS

1. ORDER YOUR VirtualCheckup™ KIT
   When available, you will receive a link in an email from your employer to order your Home Kit.

2. KIT ARRIVES AT YOUR HOME
   Everything you need to collect vital information is included, even a blood pressure monitor (yours to keep).

3. MEASURE YOURSELF
   Check your blood pressure, measure your abdominal circumference, and stick your finger with the easy-to-use spring-loaded lancet.

4. MAIL RESULTS TO LAB
   Pack everything up in the postage paid envelope and drop it in the mail.

5. SCHEDULE AN APPOINTMENT
   When notified that your lab work is complete, schedule an appointment with a Catapult Nurse Practitioner.

6. COMPLETE HEALTH QUESTIONNAIRE
   Answer a few questions about your health history and health behaviors just minutes before connecting with the Catapult Nurse Practitioner.

7. REVIEW RESULTS AND DEVELOP AN ACTION PLAN
   Have a private consultation with a Catapult Nurse Practitioner, using your device (phone, computer, tablet), in a place that is comfortable for you.

Want more info? Scan here!
Open the camera app on your phone and point the camera at the QR code.
VirtualCheckup.com

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