VirtualCheckup® brings everything to you.

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

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

**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

**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
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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