

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!

YOUR HOME

YOUR PREVENTIVE
CARE CHECKUP



1



Get your
Home Kit
in the mail

VirtualCheckup[®] is fast, free and easy. But don't let that fool you. It is also comprehensive and filled with powerful insights.

2



Follow the
simple
directions

We make things simple, convenient and painless. Our mission is to empower you to improve your health.

3



Complete
your
VirtualCheckup[®]

Our Nurse Practitioners provide just the right mix of clinical advice and practical solutions, always delivered with compassion and care.

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

Scan here to watch
the VirtualCheckup[®]
patient video.



Find out more at
VirtualCheckup.com

Catapult
HEALTH

7 EASY STEPS

YOUR HOME

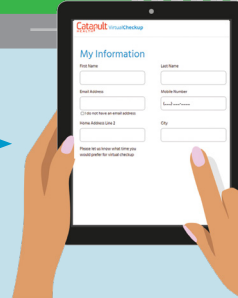
YOUR PREVENTIVE
CARE CHECKUP

ORDER YOUR VirtualCheckup™ KIT

When available, you will receive a link in an email from your employer to order your Home Kit.



1



2

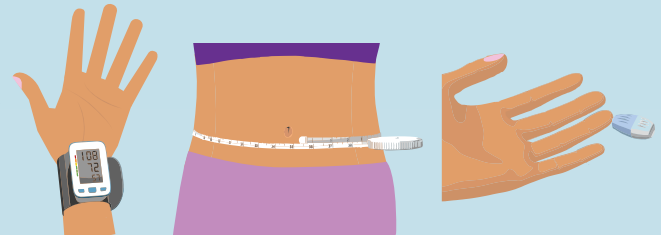
KIT ARRIVES AT YOUR HOME

Everything you need to collect vital information is included, even a blood pressure monitor (yours to keep).

MEASURE YOURSELF

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

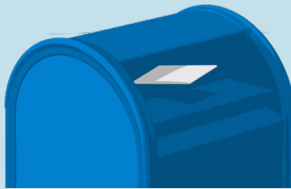
3



4

MAIL RESULTS TO LAB

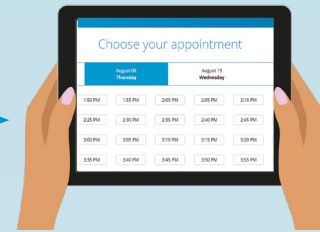
Pack everything up in the postage paid envelope and drop it in the mail.



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