

FREE VIRTUAL CHECKUP

WITH **CATAPULT HEALTH**

INCLUDED WITH **DIAMOND, PLATINUM, GOLD, SILVER, BRONZE & COBALT** HEALTH PLAN OPTIONS

Virtual Checkups Either At-Work or At-Home

- » **Exposes** Diseases & Health Risks Early.
- » **Creates** a Care Plan to Control, Shrink & Avoid Future Claims.
- » **Reports** Results in an Easy-to-Understand Traffic Lighted Format
- » **Rewards** Individuals who Complete a Virtual Checkup with a **\$250** reduction of their Deductible at the Start of the Following Plan Year.



Checkup Outcomes

- » **49%** of Catapult Participants Discover **One or More Previously Unknown Chronic Diseases**
- » **49%** of Catapult Participants Discover they are **Not Effectively Controlling their Diabetes**
- » **30%** of Catapult Participants Discover they have **High Blood Pressure**
- » **28%** of Catapult Participants Discover they are **Pre-Diabetic**
- » **7%** of Catapult Participants Discover they have **Stage 2 or Crisis-Level Blood Pressure**
- » **4%** of Catapult Participants Share they have **Suffered from Depression within the Past 14-days**
- » **3%** of Catapult Participants Discover they have **Diabetes**

VirtualCheckup® Home Kit

- » Instruction Sheet
- » Measuring Tape
- » Gauze Pad
- » Sample Collection Device
- » Sample Return Pouch
- » Blood Pressure Monitor
- » Arm Warmer
- » Alcohol Wipe
- » Bandage
- » Sample Collection Tube
- » Sample Return Envelope



15-Minute Check-Up

- » Schedule Appointment or Order Home Kit
- » Blood Test / Blood Pressure
- » Health Questionnaire & Health Risk Assessment
- » Live Video Consult with Nurse Practitioner
- » Referrals to Making Healthy Cheaper Solutions

Sample Collection Device

- » Virtually Painless, and Very Simple to Use
- » Clinical Grade Blood Samples on Par with Any Physician's or Hospital
- » 99% Patient Preference Over Blood Draw or Fingerstick



Virtual Check-Ups Include:

Values Measured

- » Hemoglobin A1C
- » Low Density Lipids (LDL)
- » Blood Pressure
- » Body Mass Index
- » Total Cholesterol
- » Triglycerides
- » Framingham Risk Score
- » Arterio-Cardio Risk Score
- » High Density Lipids (HDL)
- » TC : HDL Ratio
- » Height & Weight
- » Abdominal Circumference

Behavioral Health

- » GAD-7 Anxiety Screening
- » Columbia Suicide Severity Risk
- » Tobacco Use
- » PHQ-9 Depression Screening
- » Alcohol Abuse
- » Opioid Misuse

Personal Health History

- » Allergies
- » Coronary Artery Disease
- » Asthma
- » Obstructive Sleep Apnea
- » Hyperlipidemia
- » Diabetes
- » Hypertension
- » Stroke
- » Cancer
- » Heart Failure
- » Kidney Disease
- » Musculoskeletal Pain

Gather Family Health History

- » Diabetes
- » Coronary Artery Disease
- » Breast Cancer
- » Hypertension
- » Stroke
- » Colon Cancer
- » Hyperlipidemia
- » TIA
- » Prostate Cancer

Symptoms Captured

- » Medication Reactions
- » Circulation Problems
- » Pain While Walking
- » Skin Infections
- » Swelling of Hands or Legs
- » Bladder Infections
- » Foot Ulcers
- » Seizures
- » Sleeping Problems
- » Chest Pain
- » Gum Infections
- » Shortness of Breath
- » Slow Healing Wounds

Compliance Consultation

- » Mammogram
- » Lung Cancer Screening
- » Pap Smear
- » Vaccination Consultation
- » Colorectal Screening

Filled Prescription Import

- » Adherence
- » Potential Reactions
- » Compliance
- » Generic Options
- » Effectiveness Review

Gaps in Care Identified & Addressed

- » Primary Care Status
- » COPD
- » Hypertension
- » Asthma
- » Diabetes
- » Coronary Artery Disease
- » Heart Failure

Personal Action Plan & Referrals

- » Clinical Action Plan
- » High-Risk Participant Follow-Up
- » Results Sent to Primary Care Physician (PCP)
- » Handoff to Making Healthy Cheaper Programs

Traffic Lighted Reporting

Health Overview: Stephen Smith

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Catac
HEALTH
CONFIDENTIAL

● NORMAL ● AT RISK ● ALERT

