

VIRTUAL CHECKUPS

Included **Free** with **Diamond, Platinum, Gold, Silver, Bronze & Cobalt** Health Plan Options

- » A Health Checkup in the Comfort of Your Own Home
- » **Free** for Members & Spouses with Health Coverage
- » **\$250** Deductible Reduction for Completing*
- » Checkup Takes Just **15** Minutes
- » Exposes Diseases & Health Risks Early
- » Easy-to-Understand Results

* Both Members & Spouses can earn their own Deductible Reduction

* Deductible Reductions are applied at the start of the new plan year following date of Virtual Checkup completion

Catapult
HEALTH
VirtualCheckup®



OUTCOMES

Catapult Participants Learn Important Information:

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



SAMPLE COLLECTION DEVICE

- » **Virtually Painless** & Very Simple to Use
- » **Clinical Grade Blood Samples** on Par with Any Physician's Office or Hospital
- » **99%** Patient Preference Over Blood Draw or Fingertick

i **FREE REGISTRATION**
Visit
virtualcheckup.com/OPEHW

i **LEARN MORE**
Scan **QR Code**
or Visit **opehw.com**



i **OPEH&W APP**
Scan **QR Code** to get
the OPEH&W App



 **OPEH&W Health Plan**
Making Healthy Cheaper

MEASUREMENTS & OUTCOMES

Each Catapult Virtual Checkup results in a comprehensive list of health data, vital determinations and personal health recommendations, such as:

VALUES MEASURED

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

BEHAVIORAL HEALTH

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

PERSONAL HEALTH HISTORY

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

GATHER FAMILY HEALTH HISTORY

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

SYMPTOMS CAPTURED

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

COMPLIANCE CONSULTATION

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

FILLED PRESCRIPTION IMPORT

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

GAPS IN CARE IDENTIFIED & ADDRESSED

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

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