



# Making health checkups easier for **YOU**

## What to expect with a Catapult Health VirtualCheckup?

- 1 Order your Home Kit**  
Signing up takes less than 2 minutes.
- 2 Complete your checkup on your schedule**  
Follow the simple instructions inside your Home Kit and return your lab sample to us using the enclosed return packaging. Most people return their sample in 2-3 days.
- 3 Attend your private, virtual consultation**  
We'll contact you to find a convenient time for you to review your results and develop a personalized action plan with a licensed Nurse Practitioner.
- 4 Earn your \$250 deductible credit!**

It's that simple! The VirtualCheckup is available for all members and spouses covered under an OPEH&W Health Plan.

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



**Get a free at-home  
health checkup  
in minutes**

[VirtualCheckup.com/OPEHW](https://VirtualCheckup.com/OPEHW)

# What's included in your VirtualCheckup Home Kit:



An accurate blood pressure monitor that you get to keep.



No wonder these folks are smiling.

A compact reusable hand warmer.

The image shows a sample collection device, a small vial with a green cap, and a return packaging envelope. The envelope is gold-colored with a white label that says "Please complete all fields below:" and contains fields for NAME, MOBILE NUMBER, EMAIL ADDRESS, COLLECTION TIME, and COLLECTION DATE. It also has checkboxes for "Did you fast for 8 hours prior to collecting your sample?" and "Fasting is encouraged, but not required." Below these are fields for "ABDOMEN MEASUREMENT" and "BLOOD PRESSURE \*1", "BLOOD PRESSURE \*2", and "HEART RATE".

A virtually painless sample collection device. No finger stick!



Easy to complete and return packaging.

Welcome!  
Ready for the world's easiest health checkup?

VirtualCheckup  
By Catapult Health



Easy to follow directions with video examples.