

Worksite Success Guide

Catapult Health and You – a Winning Team

Together, we're going to make a positive impact on the health of your fellow employees. A **little** effort can make a **big** impact on your team.

What we do and why we do it.

At Catapult Health, we empower individuals to improve their health by bringing state-of-the-art Preventive Health Checkups to the worksite. We bring the physician's office to you, making it a lot easier for your employees to get the preventive care they need, but most aren't currently getting.

What's our goal?

Our goal is to help your employees live healthier by getting a Preventive Checkup and understanding their health risk factors. As many as 25% of your co-workers have diabetes, hypertension or early stages of heart disease, and don't know it. Through simple, easy-to-implement steps, you'll see employees' lives changed as their health improves.

So, where do you fit in?

Your role is important. We need your help to ensure that all of your employees know we're coming, and understand the benefit of getting our Preventive Checkup.

Don't worry – in this Success Guide, we've given you all of the tools and resources you'll need to make your job easy!

Let's get started!

“This is the future of
preventive care.”

- Tara Cavazos, FNP



What Is a Catapult Health Checkup?

Here's what your employees can expect from a Catapult Health Checkup:



Quick & Easy Appointment Scheduler

A custom, online Appointment Scheduler is created just for your company and it only takes 1-2 minutes to make an appointment.



Lab-Accurate Blood Tests

Your employees receive lab-accurate blood tests onsite that are processed immediately with only a simple finger stick.



Private Consultation with a Nurse Practitioner

Every employee has a private video consultation with one of our board-certified Nurse Practitioners to review their results and create a personalized Action Plan.



Personalized Health Report

Employees receive an easy-to-understand Personal Health Report including their personalized Action Plan.



Private Patient Portal

Employees have secure access to their results online in our Patient Portal. Results can even be viewed on a smart phone!



Summary Audio Recording

During the consult, the Nurse Practitioner will offer to record a securely-stored audio summary of the visit, which can be accessed later to share with a family member or a healthcare provider.

Four Easy Steps

STEP

1

PREP

Your Catapult Account Manager will work with you to **choose your dates about 60 days in advance** to give everyone time to sign up. In many cases, multiple dates may be needed to ensure that everyone can participate. Once your dates are set, **reserve the on-site spaces** where the clinics will take place.

Select Clinic Dates

WEEK 1

WEEK 2

STEP

2

PROMOTE

It's important that all of your employees know about the upcoming clinic and how to sign up. Don't worry — **Catapult will provide all needed materials** including emails, signage and handouts to help promote your event and drive signups.

Drive Appointment Signups

WEEK 3

WEEK 7

STEP

3

CLINIC DATE

We'll bring all of the necessary supplies and equipment. We just ask that you **provide the clinic space, the private consultation space,** as well as some tables and chairs — and **arrive early to let our Catapult staff in to set up.**

Meet Us on Clinic Day

WEEK 8

STEP

4

CELEBRATE

Make sure to thank your employees for participating and celebrate the positive impact the checkup will have on their health - well done! **Then get a jump start on next year and get your clinic on the books!**

Celebrate & Wrap-Up

WEEK 9

That's it! You're on your way towards developing a healthier workforce.

Planning Timeline

Use this to-do list to plan each step leading up to your clinic. Your Catapult Account Manager is always available to help you along the way!

1

8 Weeks Out

To-Dos

- Set your clinic dates.
- Reserve your clinic spaces.



2

3-4 Weeks Out

To-Dos

- Send an HR email announcing the program and encouraging managerial participation.
- Work with Catapult to send appointment email invites to eligible employees.
- Use meetings to create awareness.
- Use locker/breakroom fliers and handouts to encourage participation.
- Ask Management to sign up for their own appointments and encourage participation.



3

1-2 Weeks Out

To-Dos

- Hang provided posters or signage in breakroom or other employee areas.
- Send out final reminder email. Your Catapult Account Manager can update you on who has made appointments.



4

Clinic Week

To-Dos

- Make a last-minute push for sign-ups.
- Use meetings and bulletin boards to remind employees of the upcoming clinics.
- Please arrive early on clinic day to let Catapult staff in to set up. Relax – the Catapult Team will take great care of your employees!



Marketing Tools & Resources

Take advantage of these customizable tools and resources to ensure that all of your employees are aware of your upcoming clinic(s). Your Catapult Account Manager can help you pick the right mix of marketing tools for your team. Everything is available for downloading at www.CatapultHealth.com/OGB

Email Templates

We have a variety of email templates to help promote your event, including:

- Private Invites to Schedule Appointment
- Appointment Reminders



Customizable Signs

Post the following customizable signs around your worksite. Download them at www.CatapultHealth.com/OGB

Health Myth #1
An apple a day keeps the doctor away



Don't be fooled! Sign up for a Health Checkup.
TimeConfirm.com/OGB -or- 1-877-841-3058

WHEN: Primary Blue Cross and Blue Shield of Louisiana OGB policy holders
WHERE: Save money on your 2019 Blue Cross health insurance premium

Don't wait! The best appointment times go fast.

Health Myth #2
The mirror never lies.



Don't be fooled! Sign up for a Health Checkup.
TimeConfirm.com/OGB -or- 1-877-841-3058

WHEN: Primary Blue Cross and Blue Shield of Louisiana OGB policy holders
WHERE: Save money on your 2019 Blue Cross health insurance premium

Don't wait! The best appointment times go fast.

Health Myth #3
I feel healthy, so I must be healthy.




Don't be fooled! Sign up for a Health Checkup.
TimeConfirm.com/OGB -or- 1-877-841-3058

WHEN: Primary Blue Cross and Blue Shield of Louisiana OGB policy holders
WHERE: Save money on your 2019 Blue Cross health insurance premium

Don't wait! The best appointment times go fast.

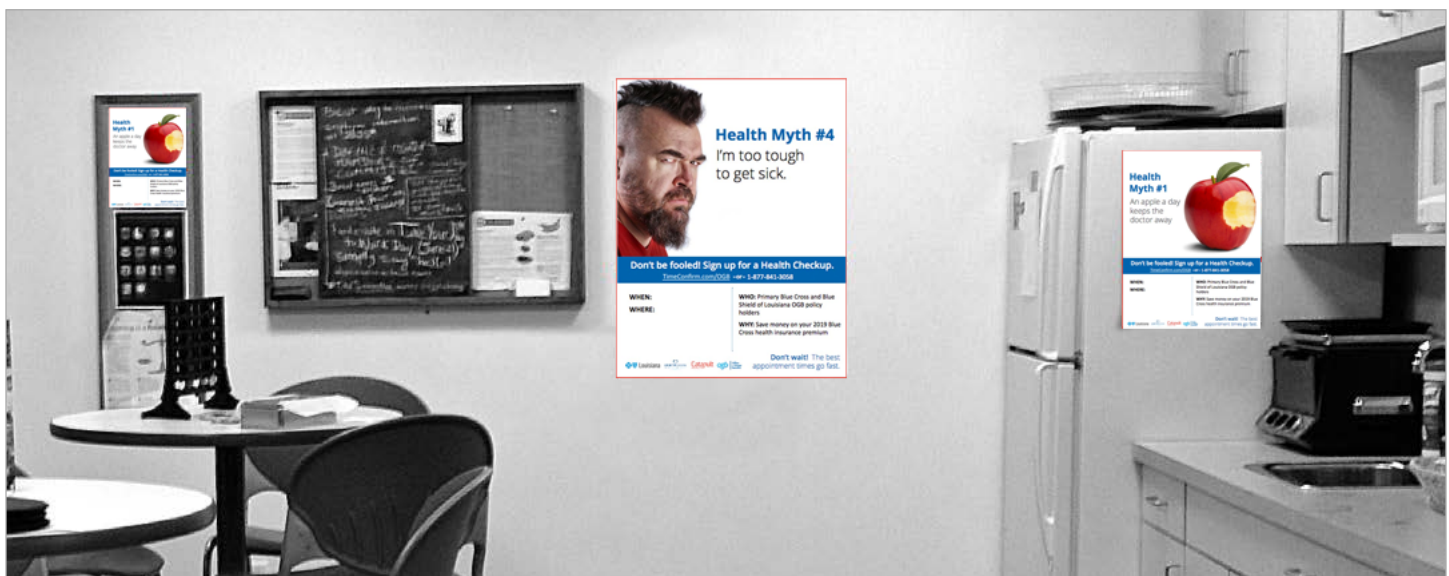
Health Myth #4
I'm too tough to get sick.



Don't be fooled! Sign up for a Health Checkup.
TimeConfirm.com/OGB -or- 1-877-841-3058

WHEN: Primary Blue Cross and Blue Shield of Louisiana OGB policy holders
WHERE: Save money on your 2019 Blue Cross health insurance premium

Don't wait! The best appointment times go fast.



Marketing Tools & Resources

Videos

Show the video found on your Appointment Scheduler at an all-employee meeting or team huddle. We also have a library of short videos on our [website](#) which help to answer your employees' questions and get them excited about participating.



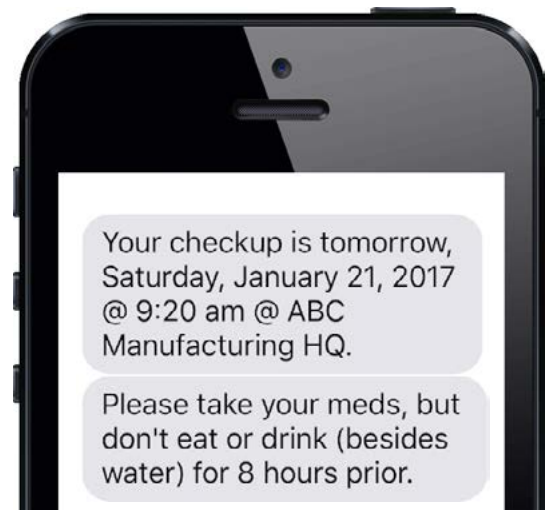
Breakroom Signs

If your worksite has lockers or a breakroom, tape clinic signs around the area to grow awareness and generate excitement.



Appointment Reminders

Each employee receives a confirmation email and text message immediately after making a checkup appointment. Two days prior to their appointment, they'll receive an email reminder, followed by a text message reminder one day prior. These reminders are automatically sent.



Marketing Tools & Resources

All Employee Meetings, Huddles & Email Messages

While posters, signs and flyers are great, we're sure that your employees would prefer to hear about the clinic directly from you or your management. You can use this script. »

I have great news to share with you today!

You can earn your \$120 premium credit for 2019 in just one step: by completing your preventive health checkup with Catapult Health right here at work!

Everyone will meet privately with a board-certified Nurse Practitioner, and everyone will receive a Personal Health Report and an Action Plan for how to improve their health. Best of all, it only takes 30-40 minutes, and you don't even have to leave work.

I encourage everyone to sign up! You pay nothing. We are covering 100% of the cost. To make an appointment, simply go to this web address on your laptop, tablet or smart phone:

TimeConfirm.com/OGB



Breakfast

Use free food to drive participation! (especially since fasting is recommended prior to clinic appointments). On the day of the clinic, have healthy snack and breakfast items available for your participants following their checkups.

Frequently Asked Questions

Here you'll find answers to some of the more Frequently Asked Questions about Catapult Health Checkups:

Q Why participate?

A Most Americans don't get the preventive care they need and, therefore, are at risk for serious health issues. A Catapult Health Checkup will help identify and understand risk factors. Every patient will receive a lab-accurate Personal Health Report and a customized Action Plan, created with a board-certified Nurse Practitioner.

Q What do I need to bring to the checkup?

A Your Driver's License, Medical Insurance ID Card (if applicable), Primary Care Provider's name (including fax number, if known), and a list of prescribed and over-the-counter medications. With your permission, we can securely e-fax your results to your PCP.

Q Do I have to fast before my checkup?

A To get the most accurate results, we recommend patients have nothing but water for the eight (8) hours prior to their checkup. If someone who isn't fasting wants to participate, we're happy to accommodate him/her, but some of the blood test values may be affected.

Q Who should sign up for a Catapult Health Checkup?

A We recommend that all employees sign up to receive a Catapult Preventive Checkup, except for women who are pregnant or who have recently had a baby.

Q How long will this checkup take?

A Only 30-40 minutes, less time than a typical visit to the lab and to the doctor's office for a full physical.

Q Is there any cost to participate?

A No. Your company is covering 100% of the fee. You pay nothing.

Q Where do I access my results?

A Immediately after the checkup, results can be viewed, downloaded or printed at CatapultCheckup.com – or even viewed on your smart phone!

Questions

Have more questions? Just reach out to your Catapult Account Manager, or email us at support@CatapultHealth.com.

Thank you!

Thank you for your time and effort to
make this program a success.

Know that you're making a big impact on
the health of your employees.

