



## Schedule Checkup Appointments

- + The Catapult Health online scheduler can be used to schedule new checkup appointments as well as change or cancel confirmed appointments. The scheduler is available in both English and Spanish.

[www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits)



Appointment Scheduler

Español

State of Arkansas

### Welcome!

State of Arkansas has engaged Catapult Health to provide Onsite Preventive Health Checkups. To schedule yours, simply follow these easy steps:

Make a New Appointment >

Change Existing Appointment >



FAST, FREE and EASY!

Earn credit towards your ARBenefits Wellness Program Requirements at work this year!

#### Notes:

- + Prior to scheduling appointment, confirm whether associate is an active ASE or PSE employee or spouse covered on the ARBenefits health plan.
- + Members need to be active on the health plan on the date of service.
- + There are two exceptions for participating in a Catapult checkup. Those who are currently pregnant or have a history of double mastectomy with bilateral lymph node removal will not be eligible to participate in a Catapult checkup due to liability reasons. If either of these medical conditions are stated by the associate, please refer them to the Primary Care Provider (PCP) form option.
- + Only available appointment times appear on the scheduler.
- + If all appointments are filled at a preferred location and an appointment is not confirmed at another location, the interested participant will automatically be added to a wait list and contacted by Catapult for further scheduling assistance.

## Creating a New Appointment:

1. Go to [www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits).
2. Click on Make New Appointment.

Make a New Appointment >

3. Complete all required (\*) fields.

**Catapult HEALTH** | Appointment Scheduler Español

Select an appointment time      You're Done. Great Job!

### New Appointment

Before selecting an appointment time, please remember that you should not eat or drink (besides water) for 8-12 hours prior to your appointment.

The Health Checkup is not recommended for pregnant women or those with a history of double mastectomy with bilateral lymph node removal. If either of these pertain to you, please do not make an appointment and continue routine care with your healthcare provider.

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First Name: \*

Last Name: \*

Date of Birth: \*

Month  Day  Year

Mobile Phone Number (for reminder text): \*      Zip Code: \*

      

Email (for email confirmation):

I do not have an email address

Book Appointment

- a. If no email address, please check the “I do not have an email address” box.  
 I do not have an email address
  - b. If no cell phone number, please enter 555-555-5555.
4. Select a location from the Search Location drop down list.
    - a. Locations are listed by City.
    - b. Locations can be searched by typing in key words, such as Agency/School District name, city, or street address.

Please select the location and time to book the appointment

Search Location:

5. Select date.
6. Select time.
7. Click Book Appointment.

8. Click Confirm on the pop up screen that appears to fully confirm the appointment.



**Please Confirm Your  
Appointment Information**

YOUR APPOINTMENT SUMMARY
Checkup Type: Health Evaluation
Date/Time: 6:10 AM, Thursday, January 25th 2018
Location: Little Rock - Camp Robinson Military Base (346-, 378 Military Rd)
Location Details: Conference Room, 346-, 378 Military Rd, North Little Rock, AR-72119

[Confirm](#) [Change](#)

9. Once fully confirmed, a Success pop up will appear. The checkup appointment is now fully confirmed.



**Success**

Congratulations! Your appointment has been scheduled and you're on the road to better health.

[OK](#)

10. Click OK. The next screen will show the appointment details. You can make changes or cancel the appointment from this screen if needed.

**Congratulations!** Your appointment has been scheduled and you're on the road to better health.

YOUR PERSONAL INFO
First Name: Test
Last Name: Test
Date of Birth: 2000-01-01
Mobile Phone Number: 555-555-5555
Email:
Zip Code: 55555

  

YOUR APPOINTMENT SUMMARY
Checkup Type: Health Evaluation
Date/Time: 6:10 AM, Thursday, January 25th 2018 CST
Location: Little Rock - Camp Robinson Military Base (346-, 378 Military Rd)
Location Details: Conference Room, 346-, 378 Military Rd, North Little Rock, AR-72119

[Make changes to appointment](#)

[Cancel Appointment](#)

[Add to my calendar](#) 

## Changing or Cancelling an Appointment:

1. Go to [www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits).
2. Click on Change Existing Appointment.



3. Complete required (\*) fields and click Search.

First Name \*

  

Last Name \*

  

Date of Birth \*

Month ▼ Day ▼ Year ▼

Search >

4. From the confirmation page, click on either “Make changes to appointment” or “Cancel Appointment”.

**Congratulations!** Your appointment has been scheduled and you're on the road to better health.

YOUR PERSONAL INFO
First Name: Test
Last Name: Test
Date of Birth: 2000-01-01
Mobile Phone Number: 555-555-5555
Email:
Zip Code: 55555

  

YOUR APPOINTMENT SUMMARY
Checkup Type: Health Evaluation
Date/Time: 9:20 AM, Tuesday, February 13th 2018 CST
Location: Altus - Ozark School District (18 W College St)
Location Details: Hillbilly Hall, 18 W College St, Altus, AR 72821

  

 <a href="#">Make changes to appointment</a>
 <a href="#">Cancel Appointment</a>

a. Change Appointment

- i. After clicking “make changes to appointment”, you will be taken to a New Appointment screen to choose location, date, and time for the new appointment.

**New Appointment**

Before selecting an appointment time, please remember that you should not eat or drink (besides water) for 8-12 hours prior to your appointment.

The Health Checkup is not recommended for pregnant women or those with a history of double mastectomy with bilateral lymph node removal. If either of these pertain to you, please do not make an appointment and continue routine care with your healthcare provider.

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Please select the location and time to book the appointment

Search Location:

✕ Cancel Book Appointment

b. Cancel Appointment

- i. After clicking “cancel appointment”, click on Yes to fully cancel. You will receive a confirmation once cancelled.



**Cancel Appointment**

Are you sure you would like to cancel your appointment?  
This action cannot be undone.

Yes No



**Appointment Cancelled**

You have successfully cancelled your appointment.

OK