

The 5 STEPS

OF A CATAPULT HEALTH CHECKUP

YOUR OFFICE

YOUR PREVENTIVE CARE CHECKUP

All work stations are at least 6' apart and disinfected after every patient.

6' OR MORE

1 TEMPERATURE READING & COVID-19 ASSESSMENT

Please be on time to your appointment and remember to bring your insurance card and photo ID. Upon arrival, a temperature reading and COVID-19 assessment will be administered.

1



IT WON'T HURT!



2

2 QUICK AND EASY BLOOD TEST, BLOOD PRESSURE CHECK

No waiting for results – our finger stick blood test produces results in just 13 minutes!

3 TAKE A HEALTH QUESTIONNAIRE

Complete your Health Questionnaire on our touch-screen laptop. If you have questions or need assistance, our friendly Health Technicians are eager to help!

3



4

4 MEASURE YOUR BMI

In a private area, a Catapult Health Technician will measure your height, weight and abdominal circumference.



5

5 INSTANT RESULTS REVIEW WITH A NURSE PRACTITIONER

A Catapult Nurse Practitioner (NP) will spend approximately 10 minutes with you reviewing test results, COVID-19 concerns and creating your Personal Action Plan. The NP will also recommend health improvement programs that are available to you through your employer or health plan.



Catapult
HEALTH