

# 7 EASY STEPS

YOUR HOME

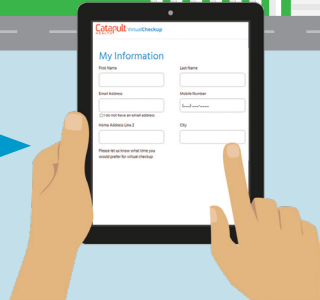
YOUR PREVENTIVE CARE CHECKUP

## ORDER YOUR VirtualCheckup™ KIT

When available, you will receive a link in an email from your employer to order your Home Kit.



1



2

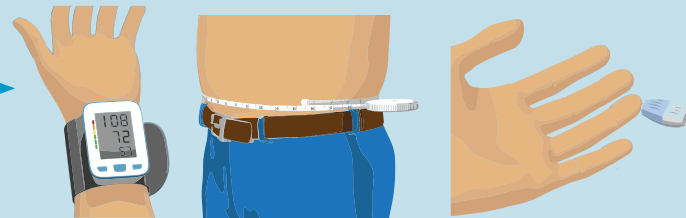
## KIT ARRIVES AT YOUR HOME

Everything you need to collect vital information is included, even a blood pressure monitor (yours to keep).

## MEASURE YOURSELF

Check your blood pressure, measure your abdominal circumference, and stick your finger with the easy-to-use spring-loaded lancet.

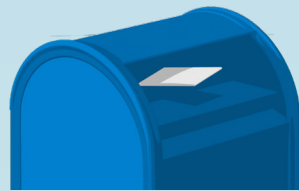
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## MAIL RESULTS TO LAB

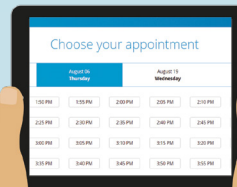
Pack everything up in the postage paid envelope and drop it in the mail.



5

## SCHEDULE AN APPOINTMENT

When notified that your lab work is complete, schedule an appointment with a Catapult Nurse Practitioner.



6

## COMPLETE HEALTH QUESTIONNAIRE

Answer a few questions about your health history and health behaviors just minutes before connecting with the Catapult Nurse Practitioner.



7

## REVIEW RESULTS AND DEVELOP AN ACTION PLAN

Have a private consultation with a Catapult Nurse Practitioner, using your device (phone, computer, tablet), in a place that is comfortable for you.



Want more info? Scan here!

Open the camera app on your phone and point the camera at the QR code.

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