

Virtual preventive care



Combine biometric screenings with VirtualCheckup® to help employees get their health on track

With the need to social distance, healthcare delivery has evolved over the past year. But quality, affordable care is available, even from the comfort of home. When paired with insights gained through laboratory testing, virtual care provides employers a convenient, cost-effective way to help employees get the right care at the right time.

Quest Diagnostics® collaborates with VirtualCheckup™

With VirtualCheckups from Catapult Health, individuals meet with a Nurse Practitioner to discuss their Personal Health Report based on Quest screening insights. Each VirtualCheckup includes:

- Real-time video call with a Nurse Practitioner
- Administration of the Patient Health Questionnaire-9 (PHQ-9) to screen for depression and other self-harm risks
- SARS-CoV-2 (COVID-19) symptom and exposure screen
- Discussion of family health history, needed screenings based on age and demographics, and medication review
- No copay for the participant, and can be billed through claims for most health plans

During the COVID-19 pandemic, many people did not complete needed routine screenings and chronic disease monitoring.



Hemoglobin A1c monitoring for type 2 diabetes fell by 66%³



Newly identified cancer patients fell by 46%²

Screenings combined with virtual care enable participants to continue comprehensive routine and preventive care from home.



Over 70% of emergency department visits could be avoided through routine preventive care¹



There will be an estimated 1 billion virtual care visits in 2020⁴

1. Study: 71% of ED Visits Unnecessary, Avoidable. Becker's Hospital Review. 2017. Accessed Sept. 30, 2020. <https://www.beckershospitalreview.com/patient-flow/study-71-of-ed-visitsunnecessaryavoidable.html>
2. Kaufman HW, Chen Z, Niles J, et al. JAMA Netw Open. 2020;3(8):e2017267. doi:10.1001/jamanetworkopen.2020.17267
3. Fragala et al. Consequences of the COVID-19 pandemic: reduced hemoglobin A1c diabetes monitoring. Population Health Management. Epub June 29, 2020. Accessed August 31, 2020. <https://doi.org/10.1089/pop.2020.0134>
4. Forrester Research Institute. US Virtual Care Visits To Soar To More Than 1 Billion. April 3, 2020. Accessed Oct. 15, 2020. <https://go.forrester.com/press-newsroom/us-virtual-care-visits-to-soar-to-more-than-1-billion/#:~:text=As%20such%20Forrester%20has%20revised,visits%20related%20to%20COVID%2D19.>

Screenings + virtual care: how it works

Participants schedule a biometric screening using one of the screening options detailed below. After receiving their results, individuals then schedule a Virtual**Checkup** to discuss insights gained from their screening with a Nurse Practitioner and be connected to the appropriate follow-up care available within the benefit plan.



At-home self-collection

- Receive self-collection materials in the mail
- Complete an easy fingerstick collection
- Ship sample back to Quest for processing
- Schedule a Virtual**Checkup** to receive a virtual preventive care consultation with a Nurse Practitioner



At a Patient Service Center (PSC)

- Schedule an appointment at one of Quest's 2,250 nationwide PSCs
- Visit the PSC for a venipuncture blood draw
- Schedule a Virtual**Checkup** to receive a virtual preventive care consultation with a Nurse Practitioner



At an on-site event

- Attend a work site event and complete either a fingerstick or venipuncture blood draw*
- Complete a Virtual**Checkup** at the work site (for point of care testing) or schedule a Virtual**Checkup** to receive a virtual preventive care consultation with a Nurse Practitioner

Completing a Catapult Health VirtualCheckup™

Participants complete a private, virtual consultation with a Nurse Practitioner through Catapult Health's secure, proprietary video platform. All sessions include a discussion about screening results, family health history, and a medication review. Each individual will receive a Personal Action Plan that can include referral into other employer-sponsored well-being and benefits programs.



To discuss adding Catapult Health VirtualCheckup™ to your biometric screening program, contact your Account Manager or email PopulationHealth@QuestDiagnostics.com.

*Whether participants at on-site events complete a fingerstick or a venipuncture blood draw will depend on the screening panel the employer has chosen to offer.