

# The 5 STEPS

## OF A CATAPULT HEALTH CHECKUP

YOUR OFFICE

YOUR PREVENTIVE CARE CHECKUP

### ARRIVE ON TIME, START ON TIME

Check in and prepare to experience the future of medicine, a 30-minute preventive checkup delivered right here at work! Remember to bring a photo ID and your insurance card, and please be on time.

1



IT WON'T HURT!



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!



4

### MEASURE YOUR BMI

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



5

### INSTANT RESULTS REVIEW WITH A NURSE PRACTITIONER

A Catapult Nurse Practitioner will spend ~10 minutes with you, reviewing your testing results and creating a Personal Action Plan. She'll also recommend specific health improvement programs that are available to you through your employer or health plan.

