

Beginning November 17, Catapult's VirtualCheckup™ will be available to Publicis employees to receive their annual preventive care in the most convenient and impactful manner.

Who is eligible to complete a VirtualCheckup™?

Virtual checkups are available for all U.S. employees enrolled in the medical plan. *It is not extended to spouses or dependent children.*

Note: This is not recommended for pregnant women or those with a history of double mastectomy with bilateral lymph node removal.

Where can I register for a VirtualCheckup™?

Click [here](#) for the registration information.

I am experiencing difficulties registering for a VirtualCheckup™?

If you're experiencing an issue registering with Catapult, it's likely because Catapult uses the U.S. Postal Service's verified addresses list at www.usps.com and you'll need to make a slight adjustment when registering to match your address with what the Postal Service has on file.

To check your address with USPS, visit www.usps.com and search for your address via **Look Up a Zip Code** under **Quick Tools**. You will need to type your address in exactly as listed with USPS to obtain verification when registering for a VirtualCheckup™.

If you require further assistance, please reach out to the Support Team at support@virtualcheckup.com.

What is the cost of VirtualCheckup™?

The cost is free, and will be billed as a preventive care claim through the health plan with no deductible and no co-payment.

What if I already had a preventive check-up using my BCBS health insurance coverage?

If you already had your regular preventive care for the year through your PBC BCBS medical plan, you would be able take advantage of obtaining another visit using the VirtualCheckup™ offering.

See the following page for more Q&As

What is included in the VirtualCheckup™ Home Kit** and the Nurse Practitioner Checkup?

Within a few days after signing up, you will receive a box in the mail.

- Very simple instructions
- A wrist blood pressure monitor
- A blood pressure log to record blood pressure
- A measuring tape
- A finger stick blood spot device (only requires four drops)
- A pre-paid return envelope
- Employee will receive accurate testing results for total cholesterol, HDL, LDL, triglycerides, and blood sugar (hemoglobin A1c). E
- Employee will complete a personal health history
- Employee will discuss their health risks and undergo a COVID-19 assessment with Catapult's Nurse Practitioner via video
- Review current medications and screen for depression
- Employee will receive a detailed Personal Health Report immediately after their checkup
- Results can be sent to your iPhone, in addition to loading them to the secure participant portal

****Due to NY Law Regulations, a Home Kit will not be sent to your home if you reside in NY State.** You will need to register online with Quest to go in for an onsite appointment before you can schedule the check-up with a Nurse Practitioner. Visit <https://my.questforhealth.com/> using Catapult as your Register Key to register and make your appointment. Once your blood work results are available, you would be able to enjoy the program like all other members.

How much time will it take to complete a VirtualCheckup™?

It should take less than 10 minutes to complete. 30 minutes in total when including consultation with the Nurse Practitioner.

Tell me more about the VirtualCheckup™ Home Kit...

- The Home Kit can be mailed to an employee anywhere - at home, or even on vacation!
 - The Home Kit will arrive at most locations across the U.S. within 1-3 business days.
 - The Home Kit, including blood sample, can be kept at room temperature.
 - Participants will be instructed to ship their Home Kit back within 24 hours of completing their finger stick blood sample collection.
 - The pre-paid return envelope provided can be mailed via USPS.
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What portion of the VirtualCheckup™ will be self-reported?

Height, weight, abdominal circumference and blood pressure are self-reported by the participant.

See the following page for more Q&As

How is the blood test performed? Are the results reliable?

Blood collection is obtained with a simple finger stick.

What type of device is required to complete the virtual consultation?

Virtual checkups are compatible with any smart phone, tablet, laptop or desktop computer. A consultation can occur over the phone too.

How does the virtual consultation work?

You schedule a convenient time using the Catapult secure system to speak with a Nurse practitioner. After answering a few questions about medical history, the Nurse Practitioner will appear on the device and you will spend the next 10 minutes discussing test results and creating a Personal Action Plan.

When testing results are ready, you will spend approximately 20 minutes answering the personal health history questions and completing the Nurse Practitioner consultation.

Will the Nurse Practitioner refer participants to other employer programs (condition management, EAP, weight management, etc.) during the VirtualCheckup™ consultation? Yes!

The Nurse Practitioner will make specific referrals into the most appropriate health improvement programs given each participant's risk factors.

Is the Virtual Checkup consultation with a Nurse Practitioner secure?

Yes, everything Catapult Health does is secure and compliant with HIPAA and HITRUST. We take the privacy and security of our employees and their information very seriously.

Will participants receive a Personal Health Report?

Absolutely! Each participant will receive a Personal Health Report that includes:

- Testing results, graphically displayed so they are easy to understand
 - A Personal Action Plan developed by the participant and their Nurse Practitioner
 - Recommended health improvement programs available through their employer
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How is the participant's privacy protected?

Catapult respects each person's right to privacy and **complies with all State and Federal requirements**

Who will have access to employee results?

The employee and their Catapult Health Nurse Practitioner will review and discuss their results. Your primary care provider, if desired. And aggregate reporting will be available to Publicis.