

VirtualCheckup<sup>®</sup>

By Catapult Health

# VirtualCheckup<sup>®</sup> in 7 Easy Steps

Your at-home patient experience

## 1 Order Your VirtualCheckup<sup>®</sup> Home Kit Online

2



### Home Kit arrives at your house

Everything you need to collect vital health information is included in the kit. The blood pressure monitor is yours to keep!

3



### Take your measurements

Check your blood pressure, measure your abdominal circumference and collect your sample with our needle-free experience and virtually painless device.

4



### Return your sample in the pre-paid UPS overnight envelope

Return your sample, then watch for an invitation to schedule your consultation.

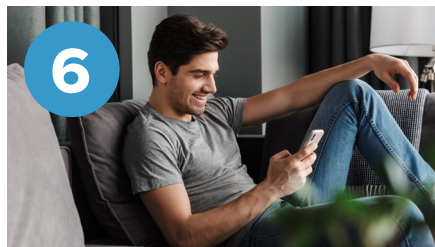
5



### Schedule an appointment

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

6



### Complete a health questionnaire

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

7



### Review results & develop action plan

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



**Order your Home Kit Today**

Scan the QR code or visit  
[virtualcheckup.com/Michaels](https://virtualcheckup.com/Michaels)

Michaels