

# VirtualCheckup<sup>®</sup>

By Catapult Health

# VirtualCheckup<sup>®</sup> brings everything to you.

Request a NO-COST Home Kit now!

1

**Order your  
Home Kit**

2

**Follow the  
Simple Steps**

3

**Get your Results**

## Included in each checkup:

- Screening for diabetes (A1C)
- Screening for heart disease
  - Total Cholesterol
  - Good Cholesterol (HDL)
  - Bad Cholesterol (LDL)
  - Triglycerides (Waxy fats)
- TC : HDL Ratio
- Blood Pressure
- Atherosclerotic Cardiovascular Disease Risk Score
- Framingham Risk Score
- Height
- Weight
- Body Mass Index
- Abdominal Circumference
- Depression Screening
- GAD-7 Anxiety Assessment
- Medication Review
- One-on-one video consultation with a Nurse Practitioner
- Access to a secure Patient Portal, where you can view:
  - Comprehensive Personal Health Report
  - Personal Action Plan
  - History of past results

## Who is eligible?

Michaels provides a convenient annual checkup at no cost to you using the Catapult Health VirtualCheckup Home Kit. All covered employees and covered spouses can each register for a Home Kit.

## Why participate?

Getting a FREE preventive health checkup has never been easier! Know your health status related to diabetes, heart disease and stroke. Review your results with a boardcertified Nurse Practitioner via a virtual consultation and develop a personal action plan.

The cost of your VirtualCheckup is covered 100% by Michaels. No deductible. No co-pay. No out-of-pocket expense.

## When are home kits available?

Request your Home Kit starting September 1st!



Getting a NO-COST health checkup has **never been easier.**

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