



Making health checkups easier for **YOU**

**No hassles. No hoops to
jump through. No cost to you.**

1

Order your Home Kit

Signing up takes less than 2 minutes. It has everything you need to complete your assessment in a few short minutes. And, we've included a little something extra, just for you.

2

Complete your checkup on your schedule

Follow the instructions inside your Home Kit and return your lab sample to us using the enclosed return packaging. Most people return their sample in 2-3 days.

3

Attend your private, virtual consultation

We'll contact you to find a convenient time for you to review your results and develop a personalized action plan with a licensed nurse practitioner.

Michael's



**Get a free at-home
health checkup
in minutes**

VirtualCheckup.com/Michaels

What's included in your Home Kit:



An accurate blood pressure monitor that you get to keep.

No wonder these folks are smiling.

A compact reusable hand warmer.



A virtually painless sample collection device. No finger stick!

Easy to complete and return packaging.

Welcome!
Ready for the world's easiest health checkup?

VirtualCheckup
By Catapult Health



Easy to follow directions with video examples.