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To: State Agency & Higher Education Institution Leaders, Benefits Coordinators, and Wellness Coordinators  
From: Porter Wilson, ERS Executive Director  
Re: NEW Benefit, Catapult Health's VirtualCheckup®

I want to make you aware of a new and innovative benefit available to your employees through the HealthSelect<sup>SM</sup> health plans. Catapult Health's VirtualCheckup provides an easy way for your employees to complete an annual preventive exam. This may be especially helpful for your employees that struggle to find time and energy to see a doctor in person. I firmly believe VirtualCheckup can help break down barriers that keep one of every two employees from taking this important step in preventing, detecting and managing conditions, like heart disease and diabetes.

Communicating with employees about how much their health means to you and your organization can be incredibly powerful and something I have passionately embraced at my own agency. At ERS, I encourage employees to get their annual preventive exams in various ways, through my weekly Director's email, an employee birthday card, and in-person communication.

With the challenges we all face with recruitment and retention of talent, I hope the introduction of this benefit will help you highlight the great benefits available to employees as a part of their total compensation package.

To assist you in communicating this new benefit, we have developed a [Virtual Checkup Communication Toolkit](#).

#### How a Catapult VirtualCheckup works:

Just like in-person annual preventive screenings, a VirtualCheckup is free to your employees and billed as an annual preventive exam through our HealthSelect health plans. A Catapult VirtualCheckup® provides:

- Lab-accurate blood tests
- A review of their current medications, health conditions and lab results with a certified nurse practitioner
- A detailed Personal Health Report
- Encouragement to get follow-up care with their primary care provider (PCP) if needed.

I encourage you to experience a Catapult VirtualCheckup® yourself by ordering the kit at <https://www.virtualcheckup.com/healthselect>. If you find the experience as easy and beneficial as I have, please promote it to your employees. Further, I urge you to **include these check-ups toward an 8-hour "wellness leave" incentive policy**, as I do with my employees at ERS, in accordance with Government Code 664.

Please contact Lacy Wolff, our Coordinator for Statewide Wellbeing Initiatives ([lacy.wolff@ers.texas.gov](mailto:lacy.wolff@ers.texas.gov)), for more information or if you need language and materials for your own promotion of this new and exciting benefit.

Sincerely,

Porter Wilson  
Executive Director  
Employees Retirement System of Texas