

**16306 TPA 2312-20 2024 Catapult Health VirtualCheckup coordinator email text**

**Subject Line:** New Benefit! Catapult Health VirtualCheckup®

Dear [ ] employees

Let's make our health a priority in 2024!

We hope you will take some time out to complete your annual preventive exam this year. If you are a HealthSelect of Texas® participant, including those enrolled in Consumer Directed HealthSelect<sup>SM</sup>, you have a new, convenient way to get your exam at no additional cost to you, through the Catapult Health VirtualCheckup®

**Optional:** You can earn eight hours of wellness leave for completing this along with your online Health Assessment. [ ]

**What to Expect with a Catapult Health VirtualCheckup®**

1. Sign up for a Catapult Health VirtualCheckup at: [VirtualCheckup.com/HealthSelect](https://VirtualCheckup.com/HealthSelect)
2. If you are eligible, you will receive a kit within five business days of registering.
3. If your eligibility cannot be confirmed, you will be notified via email after registering. See [VirtualCheckup.com/HealthSelect](https://VirtualCheckup.com/HealthSelect) for eligibility criteria.
4. After you successfully register and receive your kit, carefully follow the “how to” video provided.
5. Return your sample within seven days of receiving your kit.
6. Typically within seven days of returning your sample, you will be contacted by Catapult via email or text to schedule your virtual appointment with a Catapult nurse practitioner.
7. Following your virtual appointment, you will receive a secure link to your Personal Health Report showing your individual results. Your Personal Health Report includes a completion certificate that can be used to show completion of your VirtualCheckup if needed.

For more information about the Catapult Health VirtualCheckup, visit [healthselectoftexas.com](https://healthselectoftexas.com) or call a BCSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday – Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m., CT. You can also communicate via secure chat and secure messaging Monday – Friday, 8 a.m. – 5 p.m., CT after logging in to [Blue Access for Members<sup>SM</sup>](#).