



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

**Catapult**  
HEALTH

1. Sign up for a Catapult Health VirtualCheckup at:  
**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** for eligibility criteria.
4. After you successfully register and receive your kit, carefully follow the “how to” video provided.
5. Return your sample, as instructed, 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. Schedule a time that works for you, and keep your appointment.
8. 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 certificate that can be used to show completion of your VirtualCheckup if needed.



**SCAN TO REGISTER  
TODAY!**