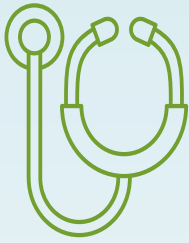
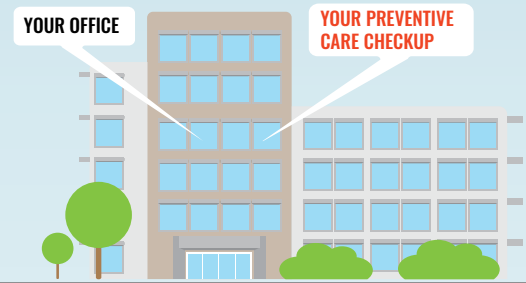


The Catapult Difference

Who We Are - What We Do

At Catapult Health, we empower individuals to improve their health by bringing state-of-the-art Preventive Health Checkups to the worksite. We bring the physician's office to you, making it a lot easier to get the preventive care you need.



IDENTIFY

Lab-accurate measurements are taken in less than 15 minutes.



CONSULT

Results are reviewed by a Catapult Health Nurse Practitioner during the consultation.



CONNECT

A personal action plan is developed just for you.

Here is what's included in each checkup:

COVID-19 Assessment

- Temperature reading
- COVID-19 questionnaire
- NP follow up for anyone with signs or symptoms

NEW!

Values Measured

- Total cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- A1c (for known diabetics)
- ALT and AST (liver enzymes)
- Blood pressure
- Abdominal circumference
- BMI (height/weight)

Health History and Symptoms Review

- Allergies
- Asthma
- Cancer
- Diabetes
- Obstructive sleep apnea
- Chest pain
- Circulation problems
- Shortness of breath
- Sleeping problems
- Swelling of hands or legs

Family History

- Diabetes
- Coronary artery disease
- Stroke
- Breast cancer
- Colon cancer

Cancer Screening Review

- Breast exam
- Colorectal screening
- Pap smear

Medications

- Compliance
- Effectiveness review
- Potential reactions among multiple meds
- Generic options

Depression Assessment

- Depression screening
- Discuss behavioral health programs available to you

Connect to Care

- Results sent to your Primary Care Provider (PCP)
- If no PCP, assistance provided to find one
- Review health improvement programs available through your employer or health plan

Personal Action Plan

- Review your Personal Health Report including personal action plan created by the NP

Results in Real Time

- Results available through our secure patient portal and via your smartphone
- NP audio recording of your checkup summary and action plan

