



# 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.



**Your VirtualCheckup samples will ship back via a provided, prepaid UPS envelope.**  
To find a dropoff location closest to you go to [UPS.com/dropoff](https://www.ups.com/dropoff).

*Public Education*  
HEALTH TRUST 



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

[VirtualCheckup.com/PEHT](https://VirtualCheckup.com/PEHT)

# 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.



Please complete all fields below:

NAME  COLLECTION TIME ☐ AM ☐ PM

MOBILE NUMBER  COLLECTION DATE  /  /

EMAIL ADDRESS

Did you fast for 8 hours prior to collecting your sample? ☐ YES ☐ NO  
(Fasting is encouraged, but not required)

ABDOMEN MEASUREMENT

\*Leave this section blank. If you don't have a blood pressure monitor.

BLOOD PRESSURE \*1  /

BLOOD PRESSURE \*2  /

HEART RATE

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.