

Offer your employees and their family members a comprehensive health evaluation, administered at your workplace by Catapult employees and reviewed one-on-one with a board certified Catapult Nurse Practitioner. The private checkup requires only 30-40 minutes and can be billed as a claim with your health plan. Below is a list of the services included, all for a single price.

Values Measured

Lab-accurate measurements in less than 15 minutes, as allowed by state testing regulations

- GLU
- TRIG
- CHOL
- HDL
- LDL
- VLDL
- AST
- ALT
- Blood Pressure
- Height
- Weight
- BMI
- A1C for known diabetics
- Waist Circumference
- Calculated Framingham Risk

Personal Health History

Reviewed by the Nurse Practitioner during consultation

- Allergies
- Asthma
- Cancer
- Coronary Artery Disease
- Diabetes
- Heart Failure
- HIV/AIDS
- Hyperlipidemia
- Hypertension
- Kidney Disease
- Obstructive Sleep Apnea
- Stroke

Family History

Reviewed by the Nurse Practitioner during consultation

- Diabetes
- Coronary Artery Disease
- Stroke
- Breast Cancer
- Colon Cancer

Medications

Reviewed by the Nurse Practitioner during consultation

- Compliance
- Effectiveness Review
- Potential Reactions among Multiple Meds
- Generic Options

Cancer Screening Status

Reviewed by the Nurse Practitioner during consultation

- Breast Exam
- Colorectal Screening
- Pap Smear

Symptoms Captured

Reviewed by the Nurse Practitioner during consultation

- Aches from Medication Reactions
- Bladder Infections
- Chest Pain
- Circulation Problems
- Foot Ulcers
- Gum Infections
- Pain While Walking
- Seizures
- Shortness of Breath
- Skin Infections
- Sleeping Problems
- Slow Healing Wounds
- Swelling of Hands or Legs

Personal Results Delivered in Real Time

- Secure Patient Portal (responsive design)
- Apple Health Card
- NP Audio Recording of Checkup Summary

Depression Screening

Now a standard component of each Catapult checkup

- PHQ9 Depression Assessment
- Columbia-Suicide Severity Rating Scale
- Referral into Employee Assistance Programs

Care Compliance and Gaps in Care Identified

Reviewed by the Nurse Practitioner during consultation

- Asthma
- Coronary Artery Disease
- Chronic Obstructive Pulmonary Disease
- Diabetes
- Hypertension

Referrals and Data Access

- Results are sent to Patient's Primary Care Provider
- If no PCP, Catapult helps each person find one
- Enrollment in disease management programs
- Enrollment in health coaching programs
- Data sent to other healthcare providers and wellness providers
- Patient has online access to results and notes on computer and smartphone

Personal Action Plan

- Developed with the Catapult Board Certified Nurse Practitioner