

# BENEFITS NEWS

January 2023

## CATAPULT HEALTH VIRTUAL CHECKUP

It's the perfect time to establish new goals for the new year and health related goals are always top of mind. Powell has partnered with Catapult Health to help you focus on your health. Catapult offers a virtual checkup consisting of a biometric screening, health questionnaire and video consultation with a nurse practitioner. One of the great benefits of the virtual checkup is everything is done in the convenience of your home.

**Virtual checkups are available to employees and their dependents (18+) that are covered on one of Powell's medical plans.**

All you must do is complete 7 easy steps to get your biometric screening and preventive visit all from the comfort of your home.

1. **ORDER YOUR VIRTUAL CHECKUP KIT** - Visit [www.virtualcheckup.com/Powell](http://www.virtualcheckup.com/Powell) to order your kit. You will be mailed a home kit to complete your biometrics.
2. **KIT ARRIVES AT YOUR HOME** - Everything you need to collect vital information is included.
3. **MEASURE YOURSELF** - Check your blood pressure, measure your abdominal circumference, and stick your finger with the easy-to-use spring-loaded lancet.
4. **MAIL RESULTS TO LAB** - Pack everything up in the postage-paid envelope and drop it in the mail.
5. **SCHEDULE AN APPOINTMENT** - When notified that your lab work is complete, schedule an appointment with a Catapult Nurse Practitioner.
6. **COMPLETE HEALTH QUESTIONNAIRE** - Answer a few questions about your health history and health behaviors just minutes before connecting with the Catapult Nurse Practitioner.
7. **REVIEW RESULTS AND DEVELOP AN ACTION PLAN** - Have a private consultation with a Catapult Nurse Practitioner using your device (phone, computer, tablet), in a place that is comfortable for you. Review your in-depth, easy-to-understand results and develop a Personal Action Plan with your Nurse Practitioner. Your results are also sent same day to your Primary Care Provider (PCP), and if you do not have a PCP, Catapult will help you find one.

Getting a health checkup has never been easier! Click [here](#) for more information.

**Text **BENEFITS** to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.