

# A Free, On-Site Health Checkup To Help You Live Well!

## What does a checkup include?

- **A quick fingerstick blood test and biometric screening**

You'll get immediate results for Glucose, Total Cholesterol, HDL, LDL, Triglycerides, AST, ALT, Blood Pressure, Height, Weight, Body Mass Index, Abdominal Circumference and A1C (if appropriate).

- **Printed personal health report**

You'll receive a full-color report of your checkup results and health recommendations that you can take home —same day as your appointment!

- **Private health consultation**

Our Nurse Practitioner will review your results with you personally and privately, including recommendations and plans for a healthier life and referrals, if needed, for conditions that may need a doctor's care.

- **Delivery of results to your doctor**

Within 24 hours of your checkup, your results will be encrypted and sent securely by eFax to your doctor when you provide your doctor's name.

- **What should I expect the day of the checkup?**

Results! You will sign in and provide information that allows Catapult to securely identify you in our system. A health technician will administer your tests, including a finger stick to draw a few drops of blood, and you will answer a few questions about your health history using a touch screen computer. A personal health report will be produced, and you

will meet privately with a nurse practitioner to discuss your report. The entire checkup usually takes about 30 minutes.

## How do I prepare for my checkup?

- **Fast (don't eat or drink for 8 hours prior)**

This is important: in order to give us accurate readings, you must not eat or drink anything (except water) for at least 8 hours before your appointment. Be sure to drink plenty of water and take your medications as prescribed. You should also avoid alcohol for at least 24 hours prior to the checkup.

- **Bring your physician information**

If you provide our team with your physician's full name, we will send your results to him or her so you won't have to. And if you don't have a doctor, we'll even help you find one.

- **Schedule an appointment**

You must make an appointment to participate in this free health checkup. Scheduling online or by phone is available 24 hours a day, 7 days a week. Just click the link below or call the number to schedule your checkup.

**Sign Up Now at**

**[www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB)**

*Or call our interactive scheduler at (877) 841-3058*



**LIVE BETTER LOUISIANA**  
**OUR GAME PLAN FOR BETTER HEALTH**

# Answers to Frequently Asked Questions About Your On-Site Health Checkup

## How is my privacy protected?

Catapult respects each person's right to privacy and complies with or exceeds all state and federal requirements. Your individual results will be seen only by you and the Catapult Health professionals — never by your employer or co-workers. Privacy screens, results-reporting policies, minimal use of paper forms, and other procedures are in place to maximize protection of private information.

## Who is eligible to participate?

Employees and retirees who are enrolled in a Blue Cross and Blue Shield of Louisiana health plan through the Office of Group Benefits are eligible to participate.

## Will I have to pay a deductible or copayment?

No. The cost of this checkup is fully covered by your Blue Cross and Blue Shield of Louisiana health plan through the Office of Group Benefits. The checkup will be filed as a preventive service and covered 100%.

## Why should I participate?

You will learn accurate, actionable information about your health and your risks related to diabetes, heart disease and stroke.

A certified nurse practitioner will answer your healthcare questions and the results of your checkup will be sent to your doctor. If you don't have a doctor, Catapult can help you find one.

Catapult will create and deliver a Personal Action Plan that will help you reduce your health risks and improve your quality of life.

## What if I'm pregnant?

It's better to have you see your regular OB/GYN instead of participating in this health checkup. Your tests need to be interpreted by the physician who is helping to manage your pregnancy. You can submit a medical exemption form to receive credit toward your incentive. The form can be downloaded [here](#).

## What if a clinic is not offered at my location?

Catapult Health is working with each agency or group to schedule events at your worksite. If an event is not scheduled at your office, you are invited to attend an event at an office nearby. You can log on to [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb) to view the upcoming events in your area. You may also submit a Primary Care Provider Form to Catapult Health in place of an on-site checkup. This form can be downloaded [here](#).

## Why is my employer offering this free checkup?

OGB wants you to lead a happy and productive life. Good health is a major part of making that happen. Early detection and prevention of potential conditions will help assure that you enjoy better health.

Plus, good health will help both you and your employer keep health costs and insurance premiums as low as possible in the long run.

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