



## What to Expect with a **CATAPULT VIRTUAL CHECKUP**



1. Sign up for a Catapult Virtual Checkup at: **VirtualCheckup.com/HealthSelect**
2. If you are eligible, you will receive a kit within five business days of registering.
3. If your eligibility is unable to be confirmed, you will be notified via email after registering. You may not have a primary care provider (PCP) on file with Blue Cross and Blue Shield of Texas, or you may not be eligible to participate. See **VirtualCheckup.com/HealthSelect** for eligibility criteria.
4. When you successfully register and receive your kit, carefully follow the “how to” video and instructions provided.
5. Return your sample, as instructed, within seven days of receiving your kit.
6. Typically within seven days of returning your sample, you will be contacted by Catapult via email or text to schedule your virtual appointment with a Catapult nurse practitioner.
7. Schedule a time that works for you, and keep your appointment.
8. At the end of your appointment, you will receive a secure link to your Personal Health Report with your results.

Catapult Health is an independently contracted provider that conducts health and wellness screenings for Blue Cross and Blue Shield of Texas. Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association  
761787.0223

