ON-SITE PREVENTIVE CHECKUPS PROVIDED BY CATAPULT HEALTH

What you should know:

Who is eligible to participate?
You are eligible to participate if you are an active employee enrolled in the HealthSelect of Texas® or Consumer Directed HealthSelect™ plan.* Retirees should visit their primary care provider (PCP) for their preventive services.

If you are enrolled in HealthSelect of Texas, you must have a PCP on file with Blue Cross and Blue Shield of Texas (BCBSTX) to receive in-network benefits for services. If you do not have a PCP on file during a Catapult checkup, ask an on-site BCBSTX representative to help you select a PCP before your checkup or call a BCBSTX Personal Health Assistant at (800) 252-8039 (TTY: 711), Monday – Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. CT. If you don’t have a PCP on file, you may be responsible for out-of-network costs.

Important notice for participants in the Houston area.

If you have selected a PCP in the Kelsey-Seybold group, you may be responsible for out-of-pocket costs if you participate in the Catapult on-site preventive checkups. For this reason, participants with a Kelsey-Seybold PCP are encouraged to see their PCP for all preventive services.

*Catapult Health recommends all pregnant women visit their regular OB/GYN for all prenatal care, including blood testing. Participation in this on-site preventive checkup is not available for pregnant women. If you are pregnant and already made an appointment, please cancel the appointment.

This on-site preventive checkup is also not recommended for women who’ve had a double mastectomy with bilateral lymph node removal. If either of these apply to you, please continue routine care with your primary care provider.

Why should I participate in an on-site preventive checkup?
Your health plan knows the benefit of preventive checkups and has partnered with BCBSTX and Catapult Health to provide you with the opportunity to participate in a preventive checkup at a convenient location at no cost to you! Preventive checkups can help identify health problems before they start. Preventive checkups help you live a healthier life.

Is my preventive checkup private?
Yes. Your individual results are strictly confidential and will not be shared with your employer. Catapult, your employer and your health plan take the privacy of your checkup results seriously. Following your on-site blood draw, you will be contacted by Catapult within three days via email or text to schedule your virtual appointment with a Catapult nurse practitioner. Schedule a time that works for you and keep your appointment.

How is this different from an annual wellness exam with my primary care provider (PCP)?
A Catapult Health checkup does not replace an annual wellness exam with your PCP; Catapult Health checkups focus on preventive measures, whereas an annual wellness exam from your PCP may include more comprehensive tests and services that require more privacy than is typically available in a workplace setting. Catapult Health can share your preventive checkup results with your PCP if you choose to provide them with your PCP’s name and fax number during your checkup. This will help ensure your PCP does not request duplicate tests.

If you have had a visit with your PCP within the last 12 months, you may have already had lab work completed. If your PCP has already completed the lab testing, this on-site preventive checkup may not be needed. If you are unsure, speak with your PCP.

How do I make a reservation for an on-site preventive checkup?
New reservations can be made any time by following these easy steps:

- Click the scheduling link provided to you via email.
- Click “Make a New Appointment.”
- Enter your personal information* and click “Book Appointment.”
- Select the location, date and time of the on-site preventive checkup.
- A pop-up will confirm the details of your reservation. Select “Confirm” or “Change” if you see any errors.

If you need to change or cancel your appointment, click the scheduling link provided to you via email and click “Change Existing Appointment” and follow the on-screen steps.

*You will be asked to enter your personal information, including your name, date of birth, mobile phone number, zip code and email. The mobile phone number and email entered will be used to send confirmation and email reminder messages. The name and date of birth are used as identifiers for each user who schedules an appointment. This will allow access to an appointment if a change or cancellation needs to be made.
**What should I do to prepare for my checkup?**

We recommend that you do not eat or drink anything other than water for at least eight hours before your appointment to get the most accurate results. Make sure you are well hydrated before you go as it helps with the blood draw. If you are not able to do this, let the Catapult representative know in advance. You will need to wear loose, comfortable clothing so you are able to bare your upper arm for your blood pressure measurement and blood sample. You may also want to make a list of questions to discuss during your private consultation with the Catapult Health Nurse Practitioner.

**What should I bring with me?**

You will need to bring your HealthSelect™ medical ID card with you to your visit as well as a valid driver’s license or state ID.

**What if I am late?**

It is important to make your reservation in the online portal and be on time since appointments are limited. However, if you are late to your appointment, you may be asked for your phone number so that a Catapult representative can contact you when another appointment becomes available. Typically, if you are more than 15 minutes late, your reservation will need to be rescheduled.

**What can I expect during my checkup?**

When you arrive, a Catapult Health representative will securely identify you as a HealthSelect participant and get you checked in. A technician will administer your tests (including an upper arm blood draw that’s virtually painless to obtain a few drops of blood) and will also document your blood pressure, height, weight, body mass index (BMI) and abdominal circumference. You will also complete a questionnaire that includes your health history.

The blood sample will provide lab-accurate results for blood sugar, cholesterol, triglycerides, liver enzymes and A1c. Your blood sample will then be sent to a lab for testing. Catapult will reach out to you in three to five days to schedule your appointment with a nurse practitioner via private video consultation. The nurse practitioner can also review your medications with you (with your consent to access your records) and, if you choose, your results can also be sent to your PCP if you provide their name and fax number. Also, as part of your checkup, the Catapult Nurse Practitioner will discuss your “Personal Action Plan” that can help you reduce your possible risks related to diabetes, heart disease and stroke to help improve your overall quality of life. The entire visit takes 30-45 minutes.

**Can the Catapult Nurse Practitioner refer me to a specialist or for other services?**

The nurse practitioner cannot refer you for services or provide prescriptions for medications. If you would like to discuss a specific condition or illness, you should visit your PCP. If you are enrolled in the HealthSelect of Texas plan, only your PCP can refer you to another provider for care. If you don’t have a PCP, a BCBSTX Personal Health Assistant can help you locate a PCP and even help schedule a new-patient visit.

Certain services under your medical plan may require prior authorization. Contact a BCBSTX Personal Health Assistant if you have questions regarding your medical plan benefits.

**Will my health plan receive my results?**

Yes, your individual results will be seen by you, Catapult and your health plan. Your results will not be shown to your employer. An explanation of benefits (EOB) statement for your visit will be visible in Blue Access for Members™ as a preventive care visit and covered at 100%.

**How can I review my results after my checkup?**

Your detailed personal health report will be available on the Catapult Health secure patient portal. You will be given an access code and will create a PIN at the time of your checkup that you will use to log in to view your results at www.CatapultCheckup.com.

**Following an on-site checkup, will I receive calls from a BCBSTX clinician? Why?**

You might get a call from a BCBSTX clinician following your checkup. Catapult Health provides BCBSTX the results from your checkup. BCBSTX offers additional programs such as the care management program. The care management program is a team of dedicated clinicians using a personal approach for addressing your health-related questions. The clinicians work with you and your providers to ensure you receive the information and care you need. The BCBSTX clinicians can help provide clinical guidance, locate community resources, schedule appointments and much more.