



# Who We Are, What We Do

**Catapult Health is a National Preventive Healthcare Practice, a Provider (not a vendor).**

We bring Preventive Checkups to the worksite at about half the cost of what most practices charge for in-office checkups.

- Our nurses perform lab accurate diagnostic blood work in real time (unique to Catapult) with only a finger stick, take blood pressure & BMI measurements, and confirm each participant's medical history.
- Within minutes, participants get their results and meet privately with one of our board certified Nurse Practitioners using next generation live video technology.
- A Personal Action Plan is created on-the-spot and clinical results are securely transmitted in real-time to each participant's smart phone, patient portal and primary care provider.
- High risk and newly diagnosed participants are warmly handed off, or actually enrolled, into Disease & Lifestyle Management programs at record rates, and employees are back to work without delay.
- Everyone meets with a Primary Care Practitioner (a Catapult NP), new diagnoses of previously undetected chronic conditions are made, gaps in care are closed, and preventive checkup compliance is dramatically increased from 20% to 80%, or more.
- Cohort studies of Catapult patients consistently document reduced health risks related to hypertension, diabetes and heart disease.
- Catapult doesn't use contractors — 100% of our people are Catapult employees.
- And since Catapult is a Medical Provider, we're already in your budget. Our all-inclusive checkup fee is typically processed by your health plan as a preventive care claim, and there are no additional fees for setup/implementation, reporting or data feeds.
- Catapult Health's Preventive Checkups make biometrics screenings obsolete. You can eliminate your biometrics screenings budget and re-deploy those fees to incentives or other health & wellbeing programs.