



BlueCross BlueShield
of Oklahoma



Health Checkups Made Easy

Getting a health checkup has never been easier! Included with your health benefits plan, you can sign up to get a VirtualCheckup® powered by Catapult Health at no additional cost to you. No deductible. No copay. No hassle.

VirtualCheckup®

Sign up today and you'll receive a home kit with everything you need to complete your virtual visit. Each VirtualCheckup® includes testing for total cholesterol, HDL, LDL, triglycerides, and hemoglobin A1c (blood sugar). You'll receive a personal health report with easy-to-understand information about your lab results.



Live, Face-to-face Video Interaction with a Licensed Health Care Provider

A nurse practitioner will connect with you via secure video call to review your results, assess the key health risks you're facing and develop a Personal Action Plan to help you reach your goals. The nurse practitioner will also guide you to the right programs and tools included in your health plan to address your concerns and meet your goals.

You can access your results and Personal Action Plan 24/7 in your secure patient portal. Your results can also be sent to your primary care provider so they stay in-the-know each step of the way. No PCP? No problem! Catapult Health can help you find the right PCP to continue your care.

A Few Steps to Better Health

Sign Up Today

To sign up for a VirtualCheckup®, log in to **myBlueElementOK.com** and click on the VirtualCheckup® link on your home page.

Activate Your Kit

Once your kit arrives, log in to your **myBlueElementOK.com** portal and click the VirtualCheckup® link. Follow the prompts and enter the necessary information to finish activating your kit.

- **Tip:** Your kit ID can be found inside your home kit, on the insulated pouch and on the collection tube.

Collect and Return Your Samples

Follow the instructions on screen to complete your at-home testing and ship your samples to the lab. A nurse practitioner will reach out to review your results and guide you through the next steps.



For more information, call the number on your ID card.