

Catapult Health

In-Home Virtual Checkups

VirtualCheckup®
By Catapult Health

We're bringing the doctors office to you.

Koch Trucking has partnered with Catapult Health to provide you with a VirtualCheckup® at no cost!

ORDER YOUR NO-COST
CHECKUP TODAY!



Get your Home Kit today!

Scan the QR code or visit VirtualCheckup.com/KochTrucking

What is this?

VirtualCheckup is a 100% virtual at-home health checkup. Your Home Kit has everything you need to complete your checkup. You'll simply collect your sample and return it to the lab in a pre-paid envelope. After it's received you'll schedule a call with a Nurse Practitioner to go over your results and develop a Personal Action Plan to help you achieve your health goals. The results of your health checkup are completely confidential and will not be shared with your employer.

Who is eligible?

VirtualCheckup is available at NO COST to all covered employees, spouses and dependents (18+).

Why participate?

Our simple health checkup will provide you with insightful information about your health. You'll learn about your risk factors relative to diabetes, heart disease, stroke and depression. A board-certified Nurse Practitioner will review your results with you (via private online video conference) and provide you with a Personal Action Plan so that you can improve and optimize your health!

Questions? Contact the HR Department at HRDept@kochcompanies.com or the HR Hotline at **800-249-2369**