

YOUR HOME

YOUR PREVENTIVE  
CARE CHECKUP

Request your Home Kit beginning  
February 2, 2021

## VirtualCheckup<sup>™</sup> brings everything to you.



**1** Get your  
Home Kit in  
the mail



**2** Follow the  
simple  
directions

**3** Complete  
your  
VirtualCheckup<sup>™</sup>



### Included in each checkup

- Height
- Weight
- BMI
- Abdominal Circumference
- Blood Pressure
- Heart Rate
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose and/or A1c
- COVID19 Assessment
- Depression Screening
- Medication Review
- One-on-One Video Consultation with a Nurse Practitioner
- Access to a Secure Patient Portal to View Your:
  - Comprehensive Personal Health Report
  - Personal Action Plan
  - History of Past Results

### Who's eligible?

All employees and spouses who are enrolled in our BCBS health plan are invited to benefit from this service at NO COST.

### Why participate?

Getting a health checkup has never been easier! Know your health status related to diabetes, heart disease and stroke. Review your results with a board-certified Nurse Practitioner via virtual consultation and develop a personal action plan.

### When are Home Kits available?

Request your Home Kit between February 2nd and February 19th.

### How do I request A Home Kit?

Go to [VirtualCheckup.com/Baylor](https://VirtualCheckup.com/Baylor) or scan the QR code to register for your VirtualCheckup<sup>™</sup> Home Kit.

