YOUR HOME

YOUR PREVENTIVE CARE CHECKUP



Request your Home Kit beginning February 2, 2021

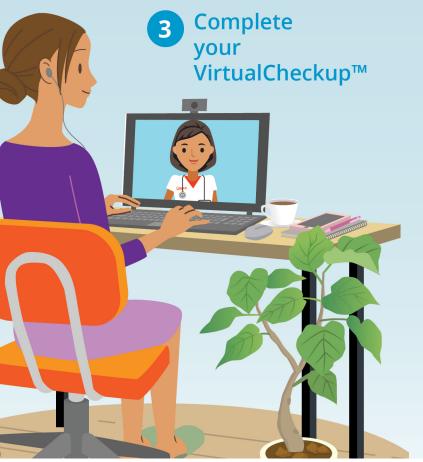
Virtual**Checkup**™ brings everything to you.



Get your Home Kit in the mail



2 Follow the simple directions



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 <u>VirtualCheckup.com/Baylor</u> or scan the QR code to register for your VirtualCheckup™ Home Kit.

