Meet the world’s easiest checkup.

1. **Order your VirtualCheckup® Home Kit**
   Signing up takes less than 2 minutes, then watch for your no-cost Home Kit to arrive in a few days.

2. **Collect your sample at home in just 10 minutes**
   Catapult’s collection device is quick and virtually painless.

3. **Return your sample in the pre-paid UPS overnight envelope**
   Return your sample, then watch for an invitation to schedule your consultation.

4. **Live video consult with a Nurse Practitioner**
   Have your private video consult at home, on your own device, and at a time chosen by you.

5. **Review your results, then create a Personal Action Plan with your Nurse Practitioner!**

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QUESTIONS? WE HAVE ANSWERS!
Support is available M-F, 8am-5pm CT
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