

Get a free health checkup at home



We're making it easy and convenient to complete your annual wellness visit. There is no cost to you, and you can complete it from home.

Getting preventive care, like an annual checkup, is a key part of maintaining good health. But we know life can get busy, making it difficult to stay on top of your care. That's why we're working with Catapult Health (Catapult) to offer VirtualCheckup[®].

VirtualCheckup from Catapult is a free annual checkup that you can complete from home. To be eligible, you must be 18 or older with no preventive wellness visit for more than 24 months.

Here's how it works:



Order your Home Kit

It only takes a couple of minutes to sign up with Catapult and order your Home Kit. Your kit will include everything you need to complete your checkup.



Complete your checkup

Follow the instructions in the Home Kit and return your lab sample to Catapult using the prepaid packaging provided.



Attend your virtual visit

Once Catapult receives your lab sample, they will contact you to schedule your virtual visit with a licensed nurse practitioner. During your visit, they will review your results and develop a personalized action plan for you.



Catapult Health is an independent company.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

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