



## **Best Practices for getting the most out of your Catapult Health Preventive Checkups**

- + **How simple does Catapult make this for me?** Good news! Catapult does the heavy lifting. We will ask you to please assist with the following:
  - Please reserve the rooms ahead of time
  - Actively promote the events with the materials Catapult will provide
  - Assist with parking arrangements, if needed
  - Don't forget to let us in the building the morning of the clinic!
  
- + **How do I request an event?** Please contact Jenni Abisor, Catapult Health Sr. Account Manager: [jenni@catapulthealth.com](mailto:jenni@catapulthealth.com). In the subject of your email, please include the "Texas A&M – YOUR CAMPUS – Event Request."
  
- + **Schedule wisely.** Catapult does NOT recommend holding events during health fairs. Catapult is happy to have a presence at the health fair to promote events but discourages providing checkups as we have experienced that this becomes too much for our site contact.
  
- + **Allow sufficient time for planning & promoting successful events.** Catapult recommends an implementation timeframe of 60-90 days to ensure the best experience possible for you as the site contact and your employees.
  
- + **Passionately promote this valuable service.** Catapult Health will provide promotional materials including posters, FAQ brochures and email templates. We will even print and mail you the information to distribute at no additional cost! Catapult will also provide onsite promotion at health fairs to answer questions and encourage employees to sign up for a checkup.
  
- + **Stress the need for your employees to understand and manage their own health.** Educate them on the fact that the most chronic conditions are asymptomatic until late stages.
  
- + **Provide adequate and prominent facilities for the event.** Catapult will request private rooms for Nurse Practitioner consultations near the Health Technician measurement area. Your Catapult Account Manager will provide more detailed information during implementation.
  
- + **Proactively address privacy concerns.** Stress that all data measured and collected is done so by an external supplier and no one at your company will have access to individual health information.
  
- + **Provide a healthy breakfast or snack the days of your event.** When you remind your employees to fast for 8 hours prior to their appointment, let them know that breakfast or a snack will be provided following their appointment. For diabetic-friendly options, please [click here](#).
  
- + **Offer a meaningful incentive for participation.** Completion of a Catapult Health Preventive Checkup will qualify as the annual wellness exam for the purposes of The Texas A&M System Wellness Incentive Program.