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February 5, 2018
(Exhibit #3)

Agenda

- 1) **Healthy County Program**
 - a) **Naturally Slim**
 - b) **Airrosti**
 - c) **Catapult**
 - d) **Healthy Lifestyle Rewards**
 - i) **Incentives: \$50 per employee who completes 3 out of the 4 challenges**
 - e) **Wellness Incentive Plan**
 - i) **2018: earning period is Sept. 1, 2017- Oct. 31, 2018**
 - ii) **2019: earning period is Jan. 1 - Oct. 31, 2019**
- 2) **Questions**

Naturally Slim

1. **Focus: Metabolic Syndrome:**
 - a. Not meeting 3 out of 5 of the following risk factors:
 - b. Waist Circumference ≤ 40 Men, ≤ 35 Women
 - c. Triglycerides < 150
 - d. HDL > 40 Men, > 50 Women
 - e. Fasting Blood Sugar of ≤ 100
 - f. Blood Pressure $\leq 130/85$
2. Eat what you want and still lose weight. Not a diet program!
3. Watch 1 video a week on phone, tablet, or computer for 10 weeks.
4. Participants learn about healthy eating, emotional eating and mindless eating.
5. Program has shown a reverse in metabolic syndrome and significant weight loss in just 10 weeks based on clinical results.
 - a. Entire program is yearlong, however claims only submitted for first 10 weeks.
 - i. Naturally Slim Foundations: 10 weeks
 - ii. NS4You: 14 weeks
 - iii. NS4Life: 6 months
6. Participants apply and are accepted based on criteria set by employer.
7. Claims cost \$38.50/completed session.

Airrosti

1. Focus: Musculoskeletal Claims

1. Low Back Pain
 2. Chronic Pain, Neuralgia, Fibromyalgia
 3. Arthritis & Joint Pain
 4. Joint Replacements
 5. Back & Neck Pain
 6. Broken bones, sprains, strains, slips, trips & falls
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2. Outcome-based care
 3. Rapid recovery for common conditions and injuries
 4. Resolution opportunities to help avoid surgeries, imaging, or other unnecessary care
 5. Can provide Onsite Injury Assessments and Injury Specific Workshops
 6. Cost: Paid similar to Chiropractor visits
 1. Members will pay towards their deductible (\$120-220/visit)