



# Making health checkups easier for **YOU**

**No hassles. No hoops to jump through. No cost to you.**

- 1 Order your Home Kit**  
Signing up takes less than 2 minutes. It has everything you need to complete your assessment in a few short minutes. And, we've included a little something extra, just for you.
- 2 Complete your checkup on your schedule**  
Follow the instructions inside your Home Kit and return your lab sample to us using the enclosed return packaging. Most people return their sample in 2-3 days.
- 3 Attend your private, virtual consultation**  
We'll contact you to find a convenient time for you to review your results and develop a personalized action plan with a licensed nurse practitioner.



**Get a free at-home health checkup in minutes**

[VirtualCheckup.com/GuideStoneMembers](https://VirtualCheckup.com/GuideStoneMembers)

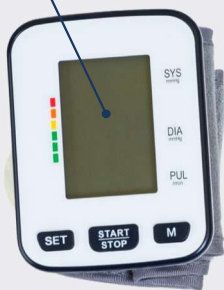
# What's included in your Home Kit:



An accurate blood pressure monitor that you get to keep.

No wonder these folks are smiling.

A compact reusable hand warmer.



A virtually painless sample collection device. No finger stick!

Easy to complete and return packaging.



Easy to follow directions with video examples.