

Caterpillar Health Exams

A close-up photograph of a doctor's hands and torso. The doctor is wearing a white lab coat over a light blue shirt and a brown tie. They are holding a teal stethoscope in their right hand, with the chest piece facing forward. The background is a plain, light color.

A Convenient, Voluntary, and Always Confidential Employee Benefit

About the Caterpillar Health Exam Program

- A Caterpillar Health Exam is a comprehensive health check that takes place over two appointments (Part 1 and Part 2) and includes:
 - Fasting blood panel
 - Head-to-toe physical exam
 - Discussion of any health risk factors
- Benefit available to full-time and part-time Caterpillar employees who are eligible to enroll (enrollment not required) in a Caterpillar health plan
 - Exam offered every 5 years for ages 25-35, every 3 years for ages 35-50, and annually for ages 50+
 - Employees may receive their initial Caterpillar Health Exam anytime at or after the age of 25
 - Employees may receive a Caterpillar Health Exam at any age if it has been 5+ years since their last exam or 3+ years since their last exam for those aged 38+
 - Employees who wish to enroll in Restore Health may receive a Caterpillar Health Exam at any age

Caterpillar Health Exam Process

A Caterpillar Health Exam is a two-part process that takes place over the course of two appointments:



Part 1 – Biometric Collection

- Height, weight, BMI, waist circumference
- Blood pressure
- Blood tests (CBC, CMP, TSH, etc.)



Part 2 – Physical Examination

- Head-to-toe examination
- Review of medical history
- Review of test results and physical examination findings
- Discussion of individual risk factors and recommendations

Caterpillar Health Exam Program Contacts

[Eligibility and General Program Questions](#)

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[Scheduling](#)

Contact your local medical station or call (877) 838-0596

