

Schedule Your Personal Health Assessment



Schedule a Personal Health Assessment and discover your health risks.

The Personal Health Assessment (PHA) is a comprehensive health screening to identify your risk levels for certain preventable medical conditions. The PHA includes a check of your blood pressure, height, weight, waist measurement, and a blood draw.

2 Easy Steps

1 Schedule

- 📞 800.993.8244 (hablamos español)
- 💻 www.careatc.com/patients
- 📱 CareATC app

Need to activate your patient account to schedule? Visit

www.careatc.com/activate or download the CareATC app and follow the “New here?” prompts.

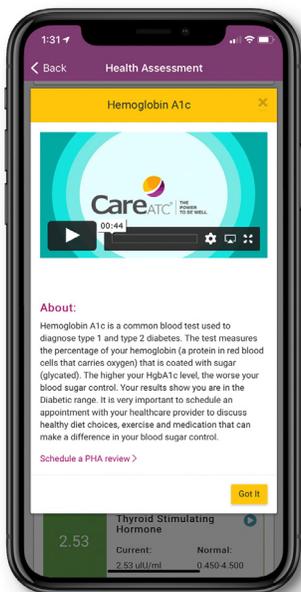
2 Fast 8 hours before

- ➔ **Fast** from food including mints, gum and lozenges, drinks and tobacco products.
- ➔ **Drink** plenty of water. Black coffee is allowed.
- ➔ **Take** prescriptions that don't require food including blood pressure medications.

After your PHA, view your results and personalized **PHA Results Videos** within 48 hours on the CareATC app or Patient Portal. Paper booklet results will arrive by mail within 2 weeks.

Schedule a PHA Review appointment

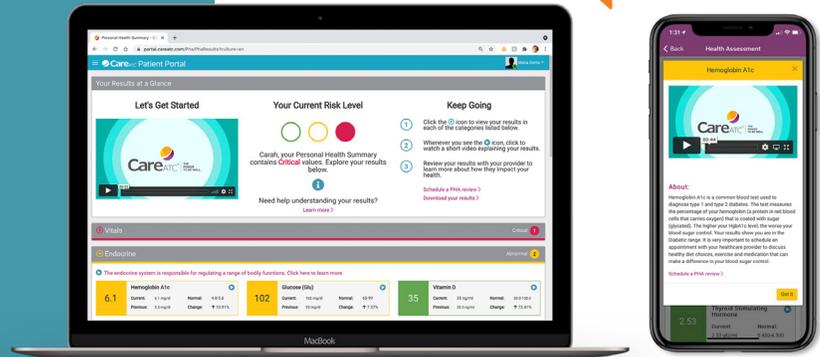
with your CareATC provider to identify any potential health issues. To schedule, call or follow the link on your PHA Results page.



The Personal Health Assessment (PHA) is a snapshot of your health. It empowers you to make better decisions and navigate your health. As you take the PHA every year, you'll be able to track values that change.

By participating you and your provider will be able to identify potential health risks before they become problematic.

PHA Results Videos



View your personalized **PHA Results Videos** to better understand your results on the CareATC app or Patient Portal at www.careatc.com/patients.

3 easy ways to schedule your Personal Health Assessment (PHA)

(PHA is not a drug test)

- 1 **CareATC app**
Select "Schedule Appointment", then select PHA Draw.
- 2 **Online Patient Portal**
www.careatc.com/patients, login, select "Schedule a PHA".
- 3 **Call 800.993.8244**

How long will my PHA take?

The PHA process generally takes 15-20 minutes.



Fasting

To receive the most accurate results, a **PHA requires you to be fasting** from all food, drinks and tobacco products (*black coffee allowed*) **8 hours or more prior to the time of the blood draw.** (*Does not apply to patients who are pregnant or have diabetes*). Do drink at least 8 glasses of water the day before and several glasses prior to your appointment. Be sure to take medications you typically take that don't require food.

PHA results

→ If you opted for text notification

Within 48 hours of your PHA draw you will receive a text message indicating your results are available by logging in to the CareATC app or visiting the online Patient Portal at www.careatc.com/patients. Be sure to watch your personalized **PHA Results Videos**.

→ If you opted for a paper booklet

Your results will arrive by mail within 2 weeks.

Spouses

When applicable, spouses are encouraged to participate in the on-site PHA events.

Next steps

Schedule a PHA Review appointment with your medical provider. Depending on your results, your provider may prescribe medications. Continue to monitor your health.

Any costs to complete a PHA?

No, the PHA is offered at no cost to eligible participants.

Confidential

CareATC commits to enacting, supporting, and maintaining confidentiality of procedures and activities as required by HIPAA. Your personal health information will not be shared with your employer or anyone else.