

# THE POWER TO BE WELL SCREENING

## Personal Health Assessment (PHA)

### 1. Schedule Your PHA

- ✓ CareATC website or phone *(details below)*
- ✓ Submit your PHA questionnaire *(online)*

### 2. 8 Hours Before Your PHA:

- ✓ Fast from food and tobacco products
- ✓ Drink plenty of water *(black coffee allowed)*
- ✓ Take prescriptions that don't require food  
*(Including blood pressure medications)*



Under HIPAA regulations, all patient information is confidential.

**Two easy ways to schedule your PHA:**

🖱️ [careatc.com/patients](http://careatc.com/patients) ☎️ 800.993.8244

**Care**ATC®

The PHA is a snapshot of your health that identifies risk levels such as cholesterol, blood pressure, diabetes and over 50 other physical factors.



In 24 Hours, Watch Your Personalized PHA Live Video

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

Questions?  
800.993.8244

## 2 Ways to Schedule your PHA Draw

### 1. Go online

Visit [careatc.com/patients](http://careatc.com/patients) to login to your account, schedule your PHA and complete your PHA questionnaire.

### 2. Call 800.993.8244

For scheduling -or- to get your username and password for online access.

### Confidential *It's the law!*

Your individual results are never shared with another - including your employer. Your results remain confidential and secure with CareATC.

### How long will this take?

The entire process generally takes approximately 7-10 minutes. Please allow an additional 5 minutes if you have not completed the PHA online questionnaire.

### Fasting

In order to receive the most accurate results, you must fast from food and tobacco products (black coffee allowed) at least 8 hours prior to your appointment time. Drink at least 8 glasses of water the day before your appointment and a few glasses prior to your blood draw. Be sure to take any medications you typically take on the morning of your appointment.

### PHA Results *(PHA is not a drug test)*

If you opted for text notification - within 48 hours of your PHA draw, you'll receive a text message indicating your results are available by logging in to the mobile app or the CareATC portal ([careatc.com/patients](http://careatc.com/patients)) with the access code provided. If you opted for paper booklet - your results will arrive at your home by U.S. Mail within 2 weeks.

### Next Steps

Schedule a PHA Review with your Provider to identify and address any potential health issues. Continue to monitor your health.

### Spouses

When applicable, spouses may participate by making an appointment at the clinic for a PHA Draw.