



Personal Health Assessments

The Personal Health Assessment (PHA) is a complete health screening tool that identifies risk factors such as high blood pressure, high cholesterol, diabetes, obesity and much more.

After completing your PHA, a confidential report will be mailed to your home. You will also receive safe and secure access to your results online using the CareATC Patient Portal & Mobile App.

Awareness is the first step toward a healthier lifestyle and lasting change. Begin your journey towards optimal health with a Personal Health Assessment.

Three ways to participate:

- On-site Group Screening Event
- CareATC Clinic Locations
- Labcorp Locations

PHA Draw Information:

Tulsa Terminal 808 N 161st E Ave, Tulsa, OK

February 23	7:00am - 11:00am
May 18	7:00am - 11:00am
June 29	7:00am - 11:00pm
August 31	7:00am - 11:00pm

Employees and covered spouses who complete a biometric screening by **August 31, 2018** will pay significantly less for medical coverage in 2019.

Before Your PHA Draw

- Complete the PHA Questionnaire online at: **careatc.com/patients**
- Don't eat anything **8 hours** before your PHA blood draw
- Drink **plenty of water** before the PHA blood draw
- Don't drink anything other than water and black coffee
- Don't use any tobacco products
- Continue to take prescription medications that do not require food
- Continue to take prescription medications that require food immediately after your blood draw
- **Please take your blood pressure medication prior to the blood draw**

Complete your PHA Questionnaire, schedule an appointment, and find more information at: **careatc.com/meltontrucklines**

