



health screening *coming soon.*

PHA Event  **Care**ATC[®]

Melton Tulsa Terminal Personal Health Assessment (PHA) on-site event details

Friday, May 22 7-11am

Friday, June 12 7-11am

Friday, August 28 7-11am

Easy as 1-2-3

1 Schedule Your PHA

 careatc.com/patients  800.993.8244

2 Fast 8 Hours Before Your PHA

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

3 After Your PHA Draw:

- Within 48 hours view your PHA results and **PHA Live** video on the CareATC app or at careatc.com/patients. (If you opted for paper booklet, your results will arrive by mail within 2 weeks.)
- Schedule a PHA review appointment with a CareATC provider to identify any potential health issues.



**THE
POWER
TO BE WELL**

The PHA is a biometric screening that includes a check of blood pressure, height, weight, waist measurement, and a blood draw to measure key lab values.

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



Download the CareATC app and watch your personalized **PHA Live** video.

2 ways to schedule your Personal Health Assessment (PHA)

(PHA is not a drug test)

1 Go online

Visit careatc.com/patients, click on patient login, select PHA scheduling.

2 Call 800.993.8244

How long will my PHA take?

The 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 opt 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 mobile app or the CareATC portal (careatc.com/patients) with the access code provided. Be sure to watch your personalized **PHA Live** video.

→ If you opt for a paper booklet

Your results will arrive by U.S. mail within 2 weeks.

Next steps

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

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.

Spouses

When applicable, spouses are encouraged to participate in the on-site PHA events or make an appointment for a PHA at a CareATC Health & Wellness Clinic.