

Preventing Disease Starts with a **Personal Health Assessment**



On-site Event Details

Tulsa Headquarters
(just outside Fuel Cafe)

Friday, July 28
7:00am - 10:00am

Friday, September 1
7:00am - 10:00am

Friday, September 22
7:00am - 10:00am

Schedule your PHA appointment prior to event dates

PHA deadline is September 30, 2023

If you are unable to attend the events, please go to your preferred CareATC clinic.



Show Me The App!



Important Information About Your Upcoming PHA

A Personal Health Assessment (PHA) takes a snapshot of your current health. By participating in a PHA, you and your provider will be able to identify potential health risks before they could become problematic. A PHA includes a check of your blood pressure, height, weight, waist measurement, and fasting blood draw.

3 Steps to a Successful PHA

1 Schedule Your PHA Appointment

Activate your patient account to schedule online or on the app. Download the CareATC app or visit www.careatc.com/activate and follow the registration prompts.

Easy Ways to Schedule Your PHA

- 📞 918.876.0142 *Melton Corporate Health Center*
- 📞 918.948.6360 *Tulsa shared sites*
- 📞 800.993.8244 *National shared sites*
- 💻 www.careatc.com/patients
- 📱 CareATC app

2 Fast 8 hours before Your Appointment

A fasting blood draw provides a more accurate picture of your health.

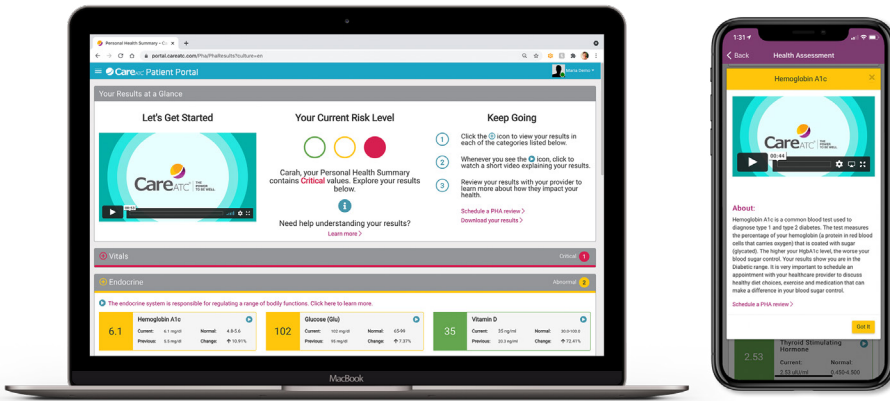
- ➔ **Fast** from food including mints, gum and lozenges, drinks and tobacco products.
- ➔ **Drink** plenty of water. Black coffee is allowed.
- ➔ **Take** prescriptions that don't require food.

3 Once you receive your results, schedule a PHA Review appointment with your CareATC medical provider to discuss your results and any plan of action you might need to improve or maintain your health.

Download the app or visit www.careatc.com/patients to view your PHA results within 48 hours after your PHA.

Under HIPAA regulations, all patient information is confidential.





Be sure to view your **personalized PHA video results** on the CareATC app or Patient Portal.

Frequently Asked Questions

What does a PHA include?

A PHA includes a check of your blood pressure, height, weight, waist measurement, and a fasting blood draw.

Why do I need to fast?

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.

Is there a cost to completing my PHA?

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

Can my spouse complete a PHA?

Spouses covered under the health plan are encouraged to participate. Spouses must sign-up for their own PHA appointment.

How long will my PHA take?

Your PHA appointment generally takes 15 -20 minutes.

When will I receive my results?

You'll receive your results digitally within 48 hours. You can access your results on the CareATC app or online Patient Portal. You'll also receive a printed booklet by mail within 2 weeks of your PHA blood draw if you opted for a paper booklet.

What should I do after my PHA?

Schedule a PHA Review appointment with your CareATC medical provider to discuss your results and any plan of action you might need to improve or maintain your health.

Are my health results shared with my employer?

Under HIPAA regulations, all patient information is confidential. Your personal health information is never shared with your employer or anyone else.

Three easy ways to schedule your Personal Health Assessment

(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**
918.876.0142 *Melton Corp. Health Center*
918.948.6360 *Tulsa shared sites*
800.993.8244 *National shared sites*

