

Take the First Step Toward a Healthier You. **Schedule a Personal Health Assessment.**

*Employees and Enrolled Spouses must complete the PHA before September 30 to be eligible for the iCare rates in 2027



On-site Event Details

Tulsa Headquarters

(just outside Fuel Cafe)

Friday, July 17

7:00 am - 10:00 am

Friday, August 14

7:00 am - 10:00 am

Monday, September 18

7:00 am - 10:00 am

Tuesday, September 29

7:00 am - 10:00 am

Schedule your PHA appointment prior to event dates

PHA deadline is September 30, 2026

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 blood draw.

2 Easy Steps

1 Schedule

Visit www.careatc.com/activate or download the CareATC app and follow the registration prompts.

3 Easy Ways:

📞 918.876.0142 *Melton Corporate Health Center*

📞 918.948.6360 *Tulsa shared sites*

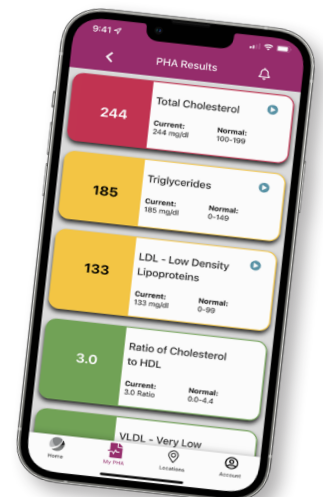
💻 www.careatc.com/meltontrucklines

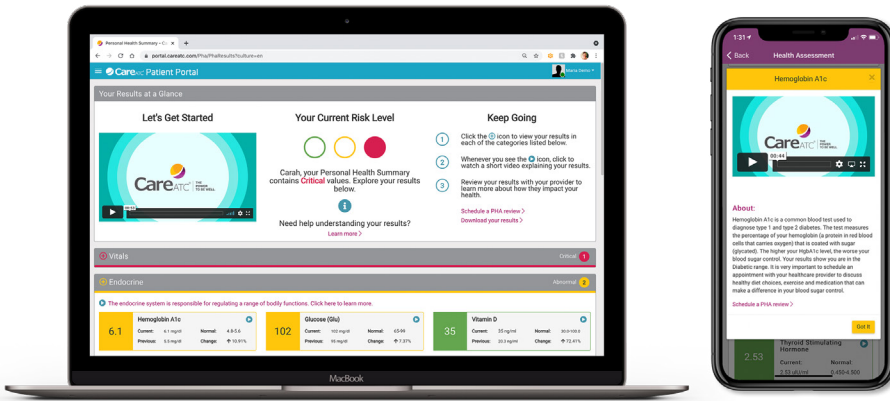
📱 CareATC app

2 **Schedule a PHA Review** with a CareATC provider to identify any potential health issues and discuss a plan of action you might need to improve or maintain your health.

After your PHA, view your results and personalized results video within 48 hours on the CareATC app or Patient Portal. The paper booklet results arrive by mail within 2 weeks.

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 blood draw.

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/meltontrucklines, login, select "Schedule a PHA".
- 3 **Call**
918.876.0142 *Melton Corp. Health Center*
918.948.6360 *Tulsa shared sites*

CareATC
THE POWER TO BE WELL.

Show Me
The App!

