

What You Need to Know

Wellness Screening (Personal Health Assessment - PHA)

Your Wellness Screening is also known as a Personal Health Assessment (PHA). The Wellness Screening (PHA) is an advanced screening that includes both a biometric screening, as well as a blood draw. Together, these tests give you valuable information which include a complete understanding of various measurements and lab results in order to establish a baseline of your health status (i.e., glucose, cholesterol, cardiovascular disease, etc.).

Confidential *It's the law!*

Your individual results are never shared with anyone - including your employer. Your results remain confidential and secure with CareATC, the vendor for the on-site wellness screenings and the on-site health centers.

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.

Wellness Screening (PHA) Results

After your Wellness Screening (PHA), you will receive a text message – in as little as 48 hours – indicating your results are available. Log in to the CareATC mobile app or the CareATC portal (www.careatc.com/patients) to access your results. If you opted for a paper booklet, it will arrive at your home by U.S. Mail within two weeks.

Next Steps

After reviewing your Wellness Screening (PHA) report, we encourage you to share it with your personal physician or health care provider. This report contains valuable information that will provide your physician a comprehensive view of your current health status, and will enable them to administer the best care possible. Be sure to view the PHA Results Videos for an easy to understand explanation of your PHA results.

Spouses

Spouses may participate by completing the same pre-registration at www.careatc.com/patients and scheduling an appointment for a Wellness Screening (PHA).