

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. Being aware of your current health status is the first step toward a happier and healthier lifestyle.

A **highly confidential summary** is provided to each participant which displays screening results as well as tips for improvement.



PHA Do's

- ✓ Complete the PHA Questionnaire and bring to your PHA blood draw
- ✓ Drink plenty of water before the PHA blood draw
- ✓ You may also drink black coffee and chew sugar free gum and mints
- ✓ Continue to take prescription medications that do not require food
- ✓ Continue to take prescription medications that require food immediately after your blood draw

PHA Don'ts

- ✗ Don't eat anything 8 hours before your PHA blood draw
- ✗ Don't drink anything other than water and black coffee
- ✗ Don't use any tobacco products

PHA Summary Booklet

Your PHA Summary Booklet will arrive in approximately one week. Your booklet will list your results and show you where they fall on the scale.



- **Normal Results** that fall within the normal range are displayed in green.
- **Abnormal Results** that fall within the abnormal range are displayed in yellow. The term "abnormal" indicates the values lay outside of normal ranges and should be monitored and discussed with your doctor.
- **Critical Results** that fall within the critical range are displayed in red. Lab values within critical range should be assessed by your doctor immediately.

Make an Appointment!

Call **800.993.8244** today!