

health screening *coming soon.*



Personal Health Assessment (PHA) Event Details

- **Monday, July 20** 6am-11am
- **Tuesday, July 21** 6am-11am / 4pm-7pm
- **Wednesday, July 22** 6am-11am

In the Admin Training Room (Next to RockCare)
901 Round Rock Ave, Ste 100 Round Rock, TX

1 Schedule Your PHA starting July 1

- 🖱️ 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)

2 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 a paper booklet – your results will arrive by mail within 2 weeks.)

THE
POWER
TO BE WELL

The Personal Health Assessment (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. A COVID-19 Antibody test will be included with the PHA for 2020.

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 of your results.

Two ways to schedule your PHA starting July 1

(PHA is not a drug test)

1 Go online

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

Note: Pre-registration health questions are now asked in person when you complete your PHA.

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 your PHA.

(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.

What is a COVID-19 Antibody Test?

Please reference the COVID-19 antibody testing flyer.

Who can participate?

The PHA is available to all employees, retirees, and dependents (age 18 and older) who are enrolled with the city's health insurance.

Next steps

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

Any costs to complete a PHA?

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

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.

COVID-19 Antibody Testing

WHAT IS AN ANTIBODY TEST?

Per the Centers for Disease Control and Prevention (“CDC”) – Antibody tests check your blood by looking for antibodies, which can show if you had a past infection with the virus that causes COVID-19. Antibodies are proteins that help fight off infections and usually provide protection against getting that disease again (immunity). Antibodies are disease specific. For example, measles antibody will protect a person who is exposed again to measles but will have no effect if the person is exposed to mumps.

Depending on when someone was infected and the timing of the test, the test may not find antibodies in someone with a current COVID-19 infection. Antibody tests should not be used to diagnose COVID-19.

Please note: No additional blood draw will be required at the PHA event for the COVID-19 antibody testing.

COVID-19 Antibody Results



What does a positive antibody test result mean?

- The individual was previously infected with or exposed to **COVID-19**
- The individual's body has produced a measurable antibody response to **COVID-19**
- A positive test does not mean the individual is immune to **COVID-19**
- A positive test does not mean the individual can't be re-infected with **COVID-19** and spread it to others
- *Any antibody test result should not be used to guide or change recommendations on social distancing, personal protection (masking), or work related policies*



What does a negative antibody test result mean?

- There is no evidence the individual had a past **COVID-19** infection. If symptoms are still present, or cleared up less than two weeks prior, it may be too early to detect antibodies.
- The negative antibody result can't be used to rule out current or asymptomatic **COVID-19** infection
- It's unclear if asymptotically infected individuals develop any detectable antibody
- If you are immunocompromised, you may not create adequate or detectable antibodies
- *Any antibody test result should not be used to guide or change recommendations on social distancing, personal protection (masking), or work-related policies*