



Put Your Health First

# Schedule Your Personal Health Assessment



## On-site Event Details

**Monday, July 18 -  
Tuesday, July 19**  
5:30am - 11:00am

**Training Room** at the  
Bob Bennett Utilities and  
Transportation Facility

3400 Sunrise Rd.  
Round Rock, TX 78665

Anyone who receives  
their PHA will be entered  
in drawings for great wellness  
prizes!

The Personal Health Assessment (PHA) is a comprehensive health screening to evaluate your cardiac, kidney, and endocrine function. It is the first step in learning important personal information about your risk levels for certain preventable medical conditions and includes a check of your blood pressure, height, weight, waist measurement, complete blood count and lipid panel.

## 2 Easy Steps

### 1 Schedule

- 800.993.8244 (hablamos español)
- [www.careatc.com/patients](http://www.careatc.com/patients)
- CareATC app

**Activate your account to schedule**  
Visit [www.careatc.com/activate](http://www.careatc.com/activate) or  
download the CareATC app and  
follow the “New here?” prompts.

### 2 Fast 8 hours before

- **Fast** from food (including mints, gum and lozenges), drinks and tobacco products.
- **Drink** plenty of water (black coffee allowed).
- **Take** prescriptions that don't require food including blood pressure medications.

**After your PHA**, view your results within 48 hours, and your personalized **PHA Live** video, on the CareATC app or Patient Portal. Written results will arrive by mail within 2 weeks.

**Schedule a PHA Review** appointment with Rock Care to identify any potential health issues.

*Under HIPAA regulations, all patient information is confidential.*



Show Me  
The App!

Download the app  
to schedule anytime,  
anywhere!



THE  
POWER  
TO BE WELL.

## The Personal Health Assessment (PHA) is a snapshot of your health.

It empowers you to make better decisions and navigate your health. As you take the PHA every year, you'll be able to track values that change.

By participating you and your provider will be able to identify potential health risks before they become problematic.

PHA Live Video



View your personalized **PHA Live** video to better understand your results on the CareATC app or Patient Portal at [www.careatc.com/patients](http://www.careatc.com/patients).

### 3 easy ways to schedule your Personal Health Assessment (PHA)

(PHA is not a drug test)

- 1 CareATC app**  
Select "Schedule Appointment", then select PHA Draw.
- 2 Online Patient Portal**  
[www.careatc.com/patients](http://www.careatc.com/patients), login, select "Schedule a PHA".
- 3 Call 800.993.8244**

#### How long will my PHA take?

The PHA 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 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 your medications that don't require food.

### PHA results

#### → If you opted 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 CareATC app or visiting the online Patient Portal at [www.careatc.com/patients](http://www.careatc.com/patients). Be sure to watch your personalized **PHA Live**.

#### → If you opted for a paper booklet

Your results will arrive by mail within 2 weeks.

### 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 appointment with Rock Care. Depending on your results, medications may be prescribed. Continue to monitor your health.

### Any costs to complete a PHA?

No, the PHA is available at no cost to 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.