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# Preventing Disease Starts with a **Personal Health Assessment**

## Complete Your PHA at the CCG Health & Wellness Center

### July 10 - October 20, 2023

**CCG Health & Wellness Center**
2000 10th Avenue, Suite 410
Columbus, GA 31901

**Tuesday, Wednesday, Friday
7:00am - 11:30am**

PHA's are BY APPOINTMENT ONLY. Walk-ins are not permitted.

*For those not completing a PHA in the HWC, Physician Attestation forms **must be submitted by Oct 20, 2023** to avoid a premium surcharge.*

***Non-participation** will result in a 22% medical premium increase for the 2024 plan year. Wellness participation includes completing a PHA and participating in coaching if deemed at risk.*

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THE POWER TO BE WELL.

## 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 fasting blood draw.

## 3 Steps to a Successful PHA

**1 Schedule Your PHA Appointment**

Activate your patient account to schedule online or on the app by downloading the CareATC app or by visiting www.careatc.com/activate and following the registration prompts.

**3 Easy Ways to Schedule Your PHA**

- 📞 800.993.8244 (hablamos español)
- 🖥 www.careatc.com/patients
- 📱 CareATC app

**2 Fast 8 hours before Your Appointment**

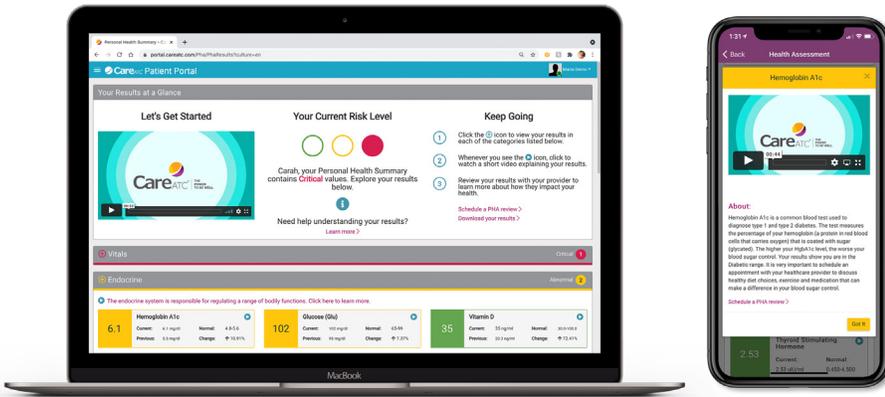A fasting blood draw provides a more accurate picture of your health.

→ **Fast** from food including mints, gum and lozenges, drinks and tobacco products.

→ **Drink** plenty of water. Black coffee is allowed.

→ **Take** prescriptions that don't require food.

**3** Once you receive your results, 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.

***Download the app*** *or visit www.careatc.com/patients to view your PHA results within 48 hours after your PHA.*

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

PHA Results

Total Cholesterol
244
Current: 244 mg/dl    Normal: 100-199

Triglycerides
185
Current: 185 mg/dl    Normal: 0-149

LDL - Low Density Lipoproteins
133

CCG-00389

*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 a fasting blood draw.

### Why do I need to fast?

To receive the most accurate results, a PHA requires you to be fasting from all food, drinks and tobacco products *(black coffee allowe*d) 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 medications you typically take that don't require food.

### 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/patients, login, select "Schedule a PHA".

**3** Call 800.993.8244

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