



Write Your Own Wellness Story

Take the First Step Toward a Healthier You. **Schedule a PHA.**



On-site Event Details

Tulsa Police Academy

6066 E. 66th St. North, Tulsa, OK

APR 23 7 am - 1pm

APR 24 7 am - 1pm

Appointments are encouraged and available, otherwise it is first come first served.

Show Me The App!



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 Easy Steps

1 Schedule

Visit www.careatc.com/activate or download the CareATC app and follow the registration prompts.

3 Easy Ways:

- 918.948.6360
- www.careatc.com/patients
- CareATC app

2 Fast 8 Hours Before

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

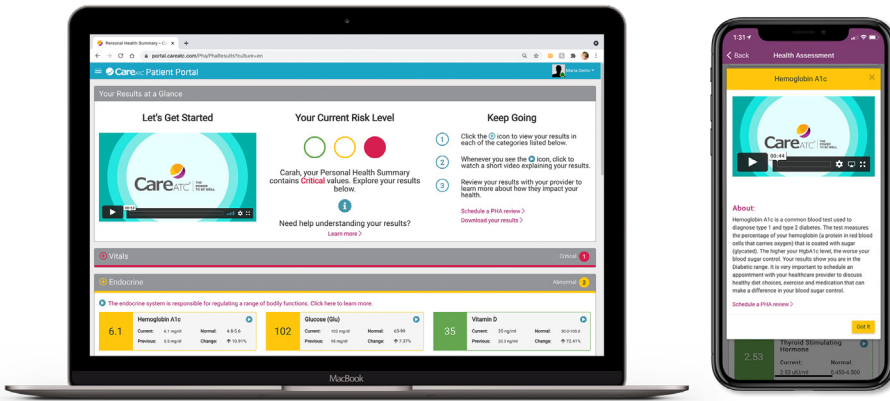
- **Fast** from food including mints, gum and lozenges, drinks and tobacco products.
- **Drink** plenty of water. Black coffee is allowed.
- **Take** prescriptions that don't require food.

3 Schedule a PHA Review with a CareATC provider to identify any potential health issues and discuss a plan of action you might need to improve or maintain your health.

After your PHA, view your results and personalized results video within 48 hours on the CareATC app or Patient Portal. The paper booklet results arrive by mail within 2 weeks.

Under HIPAA regulations, all patient information is confidential.





Be sure to view your **personalized PHA video results** on the CareATC app or Patient Portal.

Frequently Asked Questions

Why does the Trust need Personal Health Assessments?

The Personal Health Assessment is a preventive tool that enables members to identify potential health risks before they turn into large health plan claims. The goal is to identify and treat the small percentage of individuals on the Trust Health Plan that spend the majority of total claim dollars. Improving the health of all the plan members starts with measurement. The plan cannot know what health conditions need to be addressed until the health of the individual members is known.

What happens during a Personal Health Assessment?

First, participants complete a brief medical history form. We then measure their height, waist, weight and blood pressure. Lastly, we take a single blood sample from their arm. This total PHA process takes about fifteen minutes to complete.

What information will the Trust receive about their members?

CareATC provides the health plan with a comprehensive aggregate report of all members health. This report includes aggregate information on demographics, health risk factors and health conditions. It does not include participants' personal information. This information is provided only to the administrators of the plan (Rooney) for the purpose of determining members wellness rate incentive level. The trustees DO NOT have access to this information.

Confidential

CareATC commits to enacting, supporting, and maintaining confidentiality of procedures and activities as required by HIPAA. Personal health information is not shared with an employer or the Trust.

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 918.948.6360**

