

Personal Health Assessment

Schedule yours today!

The Personal Health Assessment (PHA) is a comprehensive health screening tool that identifies several risk factors including diabetes, high blood pressure, obesity, & high cholesterol. A confidential summary report will be mailed directly to your home detailing your results.

Who is required to take a PHA? Any employee, retiree, spouse, and dependent age 18 and older covered on the City's Health Insurance Plan are required to take a PHA to gain access to the City of Edmond On-Site Clinic. (Children ages 2-17 can be seen at the clinic without a PHA.)

PHA's are scheduled at each location on the following dates

Cross Timbers Municipal Complex

2004 Old Timbers Drive • Room 132B

Tuesday, June 3 6:00 am - 11:00 am

Downtown Community Center

28 East Main Street • Banquet Room

Wednesday, June 4 6:00 pm - 11:00 pm

Thursday, June 5 6:00 am - 11:00 am

Friday, June 6 6:00 am - 11:00 am

Saturday, June 7 7:00 am - 12:00 pm

What testing is included in the PHA?

Height
Weight
BMI
Waist Measurement
Blood Pressure
Tobacco History

Heart

Total Cholesterol
HDL Cholesterol
LDL Cholesterol
VLDL
Triglycerides

Endocrine/Misc.

Glucose
HgbA1C
TSH
PSA (Males 45 or older)

Liver

Albumin Serum
Total Protein
Globulin
Alk Phosphatase
AST (SGOT)
ALT (SGPT)
Bilirubin Total

Kidneys

Sodium
Potassium
Chloride
BUN
Creatinine
BUN/Creatinine Ratio
Calcium
Carbon Dioxide

Complete Blood Count

White Blood Count
Red Blood Count
Hemoglobin
Hematocrit
Platelets
MCV
MCH
MCHC
Lymphs
Monocytes
Eos
Basos
Neutrophils

Those completing a Personal Health Assessment will be entered in a drawing for a chance to win one of forty \$50 Visa Gift Cards.

40 cards available

1 gift card per family

Schedule your PHA today!

Call CareATC Patient Access Center

800.993.8244

Monday - Friday 6:00 am to 5:00 pm



Personal Health Assessment

Schedule yours today!

City of Edmond is partnering with CareATC to provide you with a Personal Health Assessment (PHA), a comprehensive health screening that can help your doctor identify early health issues. This comprehensive tool is available at no cost to employees and spouses covered under the City's Health Insurance Plan.

You will meet our team of skilled Health Assessment Technicians at your conveniently scheduled PHA blood draw. Once you submit your completed PHA Questionnaire at the scheduled blood draw, our team will measure your height, weight, and blood pressure and then take a blood sample from your arm.

For accurate results, you will need to be fasting at least twelve hours before your Personal Health Assessment blood draw. Fasting is defined as eating and drinking nothing but water: this includes no gum, mints, candy, or tobacco products.

The results of your CareATC Personal Health Assessment are private and will NOT be reviewed by your employer. Results will be compiled in your confidential CareATC Personal Health Assessment Booklet and will be mailed directly to your home. The booklet will contain a unique username and password to www.careatc.com, where you can access and review your PHA results on our secure website.

Those completing a Personal Health Assessment will be entered in a drawing for a chance to win one of forty \$50 Visa Gift Cards. *(40 cards available, 1 gift card per family)*

PHA Do's

- ✓ Complete the PHA Questionnaire and bring to your PHA blood draw
- ✓ Drink plenty of water before the PHA blood draw
- ✓ 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

- ✗ Eat anything 12 hours before your PHA draw
- ✗ Drink anything other than water
- ✗ Consume candy, gum, mints, or tobacco products

Employees, retirees, and spouses can access information about the City of Edmond Employee Health Clinic and other Employee Benefits at www.edmondok.com/benefits

Login: cityofedmond

Password: benefits

For more information please call Nicole Clowers at 405-359-4634



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