

The PHA is a snapshot of your health that identifies risk levels such as cholesterol, blood pressure, diabetes and over 50 other physical factors.



In 24 Hours, Watch Your Personalized PHA Live Video

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

Questions?
800.993.8244

3 Ways to Schedule an Appointment

1. Mobile app

Download the CareATC app for convenient access and many great features.

- ✓ **First time app users:**
Call 800.993.8244 to get your username and password for app and online access.

2. Go online

Visit careatc.com/patients to login to your account, view your medical records and more.

3. Call 800.993.8244

For scheduling, or to get your username and password for online access.

Spouses and Dependents

City of Edmond employees and their eligible family members may participate by attending the annual PHA Screening Event in June or making an appointment at the clinic for a PHA Draw.

How long will this take?

The entire process generally takes approximately 7-10 minutes. Please allow an additional 5 minutes if you have not completed the PHA online questionnaire.

Fasting

In order to receive the most accurate results, you must fast from food and tobacco products (black coffee allowed) at least 8 hours prior to your appointment time. Drink at least 8 glasses of water the day before your appointment and a few glasses prior to your blood draw. Be sure to take any medications you typically take on the morning of your appointment.

PHA Results *(PHA is not a drug test)*

If you opted for text notification - within 48 hours of your PHA draw, you'll 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. If you opted for paper booklet - your results will arrive at your home by U.S. Mail within 2 weeks.

After your PHA Results

Schedule and attend a **PHA Review** with your Provider to identify and address any potential health issues. Continue to monitor your health.

Confidential *It's the law!*

Your individual results are never shared with another - including your employer. Your results remain confidential and secure with CareATC.