



# Schedule your Personal Health Assessment and **SAVE MONEY** on your ECISD/UBC Plan!

*Offer available to members on the East Central ISD/UBC Medical Plan only.*

## On-site Event Details

### Harmony Elementary School

10625 Green Lake Dr, San Antonio  
**Monday, MAY 16 7-8:30am**

### Highland Forest Elementary School

3736 SE Military Dr, San Antonio  
**Monday, MAY 16 10am-12pm**

### Heritage Middle School

8004 New Sulphur Springs Rd  
San Antonio  
**Tuesday, MAY 17 7-11am**

### East Central High School

7173 FM 1628, San Antonio  
**Wednesday, MAY 18 7-11am**

### Tradition Elementary School

12885 FM 1346, St. Hedwig  
**Thursday, MAY 19 7-11am**



### Legacy Middle School

5903 SE Loop 410, San Antonio  
**Friday, MAY 20 7-11am**

## 2 Easy Steps

### 1 2 Ways to schedule your PHA

 [www.careatc.com/patients](http://www.careatc.com/patients)

 CareATC app 

### New? Activate your account

Visit [www.careatc.com/activate](http://www.careatc.com/activate) or download the CareATC app and follow the prompts.

Or Call:  
1-800-993-8244

### 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.

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

## What is a PHA?

This is a comprehensive health screening to evaluate your cardiac, kidney, and endocrine function.

## Why should I complete a PHA?

→ It is the first step in learning important information about your personal risk levels for certain preventable medical conditions.

→ It includes a check of your blood pressure, height, weight, waist measurement, complete blood count and lipid panel.

## Is there any costs to complete a PHA?

No, the PHA is offered at no cost to eligible participants.

**\$25 Premium Savings per Month**  
(Annual value \$300 - starting SEP 1)  
Employee/Employee Child plan

**\$50 Premium Savings per Month**  
(Annual value \$600\* - starting SEP 1)  
Employee Spouse/Employee Family  
*\*Member & Spouse must both participate to receive savings.*

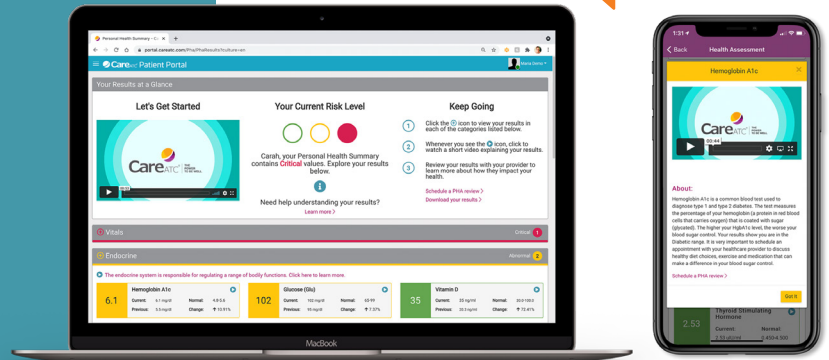


**THE  
POWER  
TO BE WELL.**

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 Results Videos



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

## 2 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".

### 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 medications you typically take 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 Results Videos**.

### → If you opted for a paper booklet

Your results will arrive by mail within 2 weeks.

## Spouses

When applicable, spouses are encouraged to participate in the on-site PHA events.

## Next steps

Schedule a PHA Review appointment with your medical provider. Depending on your results, your provider may prescribe medications. Continue to monitor your health.

## 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.