

# Personal Health Assessments FAQ

## Will my employer receive any information about my results?

CareATC provides employers with a comprehensive aggregate report of all employees' health. This report does not include individual participants' confidential or personal information and is fully compliant with HIPAA regulations.

## What is a Personal Health Assessment (PHA)?

Personal Health Assessments provide a snapshot of your health through laboratory screenings, medical history, and physical factors. The PHA is not a drug test.

## Why do I need a PHA?

The Personal Health Assessment is a preventative tool that enables you to identify potential health risks before they become catastrophic.

## What happens during a PHA draw?

First, you will complete a brief medical history form. We will then measure your height, weight, waist measurement, and blood pressure. Lastly, we take a single blood sample from your arm.

## How will I receive my results?

You will receive a customized, confidential summary of your PHA results. CareATC mails this confidential report directly to your home. It is also available to you to view online. You are the only person that will have access to this confidential information.

## Why do I have to fast?

Food and liquid get broken down in the stomach and absorbed into the bloodstream, which affects the levels of certain substances in the blood - such as sugars, minerals, enzymes, cholesterol and other fats.

Measuring the levels of these substances is crucial to diagnose certain conditions - such as diabetes, anemia and high cholesterol.

Eating or drinking before the test may raise the levels of substances in the blood, leading to inaccurate results. Incorrect results could lead to a wrong diagnosis.

Please fast 8 hours before your PHA screening.

## What is a Personal Health Assessment (PHA)?

### Vitals

- ✓ Height
- ✓ Weight
- ✓ Body Mass Index (BMI)
- ✓ Waist Measurement
- ✓ Systolic Pressure
- ✓ Diastolic Pressure
- ✓ Tobacco Usage

### Heart

- ✓ Total Cholesterol
- ✓ HDL Cholesterol
- ✓ LDL Cholesterol
- ✓ Ratio of Cholesterol to HDL
- ✓ Triglycerides
- ✓ Very Low Density Lipoprotein (VLDL)

### Liver

- ✓ Albumin Serum
- ✓ Total Protein
- ✓ Globulin
- ✓ Alk Phosphatase
- ✓ AST (SGOT)
- ✓ ALT (SGPT)
- ✓ Bilirubin Total
- ✓ A/G Ratio

### Endocrine/Miscellaneous

- ✓ Glucose
- ✓ Hemoglobin A1c
- ✓ Thyroid Stimulating Hormone

### Kidneys

- ✓ Sodium
- ✓ Potassium
- ✓ Chloride
- ✓ Carbon Dioxide
- ✓ Blood Urea Nitrogen (BUN)
- ✓ Creatinine Serum
- ✓ BUN/Creatinine Ratio
- ✓ Calcium

### Complete Blood Count

- ✓ White Blood Cells
- ✓ Red Blood Count
- ✓ Hemoglobin
- ✓ Hematocrit
- ✓ Platelets

## PHA Do's

- ✓ **Complete the PHA Questionnaire and reserve your appointment slot in advance at: [careatc.com/patients](http://careatc.com/patients)**
- ✓ Drink plenty of water before the PHA blood draw
- ✓ You may also drink black coffee and chew sugar free gum and mints
- ✓ 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

- x Don't eat anything 8 hours before your blood draw
- x Don't drink anything other than water & black coffee
- x Don't use any tobacco products

**Three easy ways to schedule an appointment:**

- ↓ CareATC App
- 🖱️ [careatc.com/patients](http://careatc.com/patients)
- ☎️ 800.993.8244

