

I've had my Personal Health Assessment Now what?



Show Me The App!

View results within 48 hours on the app or Patient Portal

next steps

Be sure to view your **PHA Live** video that explains your results



By completing your Personal Health Assessment (PHA), you've taken a big step towards a healthier you. Here's what happens next:

- **Review your PHA.** Within 48 hours view your results and personalized **PHA Live** video on the CareATC app or Patient Portal at www.careatc.com/patients. If you opted for a paper booklet, results will arrive by mail within two weeks.
- **Schedule a PHA Review.** A PHA Review appointment will allow your medical provider to identify and address any potential health issues.

Activate your account to schedule by downloading the CareATC app or visiting www.careatc.com/patients and following the "New here?" prompts.

- **Monitor your health.** Based on your review, your medical provider may recommend additional testing or prescribe medication. Follow your treatment plan and continue to monitor your health with your provider. Compare your PHA results each year.

Under HIPAA regulations, all patient information is confidential.

Three easy ways to schedule an appointment:

- 📞 800.993.8244
- 💻 www.careatc.com/patients
- 📱 CareATC app



THE POWER TO BE WELL.