

# Write Your Own Wellness Story

Take the First Step Toward a Healthier You. **Schedule a PHA.**



Complete Your PHA at the  
CCG Health & Wellness Center

**June 3 - September 12, 2025**

**CCG Health & Wellness Center**

1124 Broadway  
Columbus, GA 31901

**Tuesday, Wednesday, Friday**  
**7:00am - 11:30am**

PHA's are BY APPOINTMENT ONLY.  
Walk-ins are not permitted.

*For those not completing a PHA in the HWC, Physician Attestation forms must be submitted by September 12, 2025 to avoid a premium surcharge.*

**Non-participation** will result in a 22% medical premium increase for the 2026 plan year. Wellness participation includes completing a PHA and participating in coaching if deemed at risk.



Show Me  
The App!



## Important Information About Your Upcoming PHA

A Personal Health Assessment (PHA) takes a snapshot of your current health. By participating in a PHA, you and your provider will be able to identify potential health risks before they could become problematic. A PHA includes a check of your blood pressure, height, weight, waist measurement, and blood draw.

## 2 Easy Steps

### 1 Schedule

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

### 3 Easy Ways:



#### CareATC app

Select "Schedule Appointment", then select PHA Draw.



#### Online Patient Portal

[www.careatc.com/patients](http://www.careatc.com/patients), login, and select "Schedule a PHA". Select "At a Health Center" if scheduling a PHA at the CCG HWC. Select "Outside Provider" to download Physician Attestation form if utilizing outside provider.



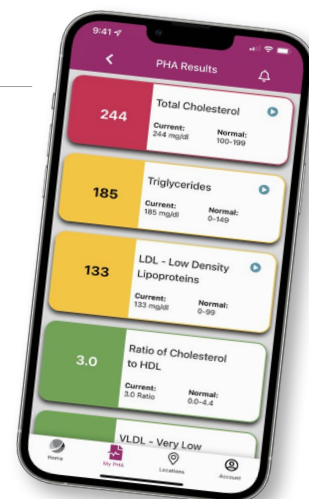
**706.438.4595**

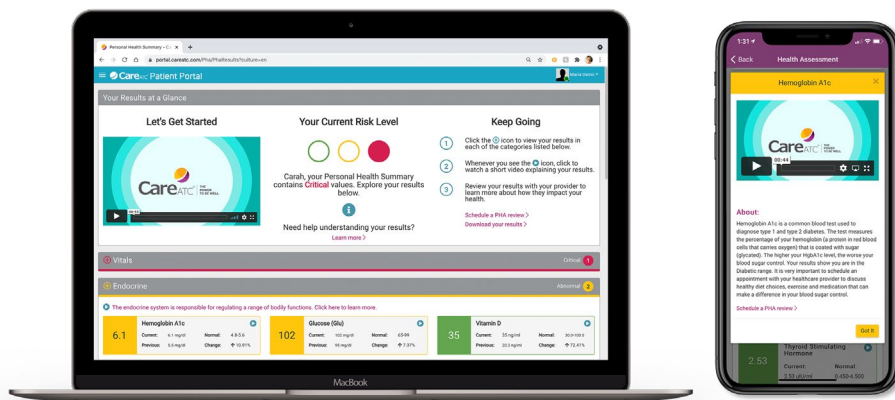
### 2 Schedule a PHA Review with a CareATC

provider to identify any potential health issues and discuss a plan of action you might need to improve or maintain your health.

**After your PHA**, view your results and personalized results video within 48 hours on the CareATC app or Patient Portal. The paper booklet results arrive by mail within 2 weeks.

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





Be sure to view your **personalized PHA video results** on the CareATC app or Patient Portal.

## Frequently Asked Questions

### What does a PHA include?

A PHA includes a check of your blood pressure, height, weight, waist measurement, and blood draw.

### Is there a cost to completing my PHA?

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

### Can my spouse complete a PHA?

Spouses covered under the health plan are encouraged to participate. Spouses must sign-up for their own PHA appointment.

### How long will my PHA take?

Your PHA appointment generally takes 15 - 20 minutes.

### When will I receive my results?

You'll receive your results digitally within 48 hours. You can access your results on the CareATC app or online Patient Portal. You'll also receive a printed booklet by mail within 2 weeks of your PHA blood draw if you opted for a paper booklet.

### What should I do after my PHA?


Schedule a PHA Review appointment with your CareATC medical provider to discuss your results and any plan of action you might need to improve or maintain your health.

### Are my health results shared with my employer?

Under HIPAA regulations, all patient information is confidential. Your personal health information is never shared with your employer or anyone else.

### Three easy ways to schedule your Personal Health Assessment

(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".
- 3 **Call 706.438.4595**

