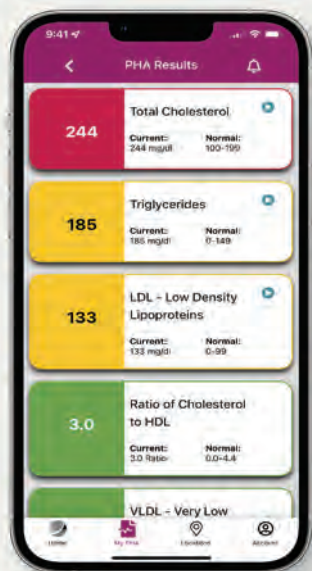


Write Your Own Wellness Story

Important Information About Your Upcoming Personal Health Assessment (PHA)



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



Why Take a PHA?

A **Personal Health Assessment** is a snapshot of your current health and a powerful tool to help you and your provider identify potential health risks before they become serious.

What's Included?

-  Blood Pressure Check
-  Height, Weight & Waist Measurement
-  Blood Draw for key health indicators

The Benefits for YOU

-  Early detection = better prevention
-  Motivation to build healthier habits
-  Personalized recommendations from your provider
-  Peace of mind knowing more about your health

Two Easy Steps to Better Health

1 Schedule your PHA appointment

Take the first step toward a healthier future by booking your Personal Health Assessment. Visit www.careatc.com/activate or download the CareATC app and follow the registration prompts.

3 Easy Ways:

-  314.314.7434
-  www.careatc.com/patients
-  CareATC app

2 Review your PHA

Meet with your provider—in person or virtually to go over your results and get a personalized plan for your overall wellness. This step is key to making the most of your assessment!

Under HIPAA regulations, all patient information is confidential.

