

# Your Health, Made Easier

Start with a Personal Health Assessment



Complete Your PHA at the CCG  
Health & Wellness Center

June 2 - September 11, 2026

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 Sept 11, 2026** to avoid a premium surcharge.

**Non-participation** will result in a 22% medical premium increase for the 2027 plan year. Wellness participation includes completing a PHA and participating in coaching if deemed at risk.



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The App!



CATC-01496

## 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.

## Complete Your Personal Health Assessment

### 1 Schedule Your PHA

Fasting 8 Hours before your appointment is recommended.

### 3 Easy Ways:

- 📱 CareATC Mobile App
- 💻 [www.careatc.com/patients](http://www.careatc.com/patients)
- 📞 706.438.4595

### 2 Schedule Your PHA Review

Meet with your CareATC provider to:

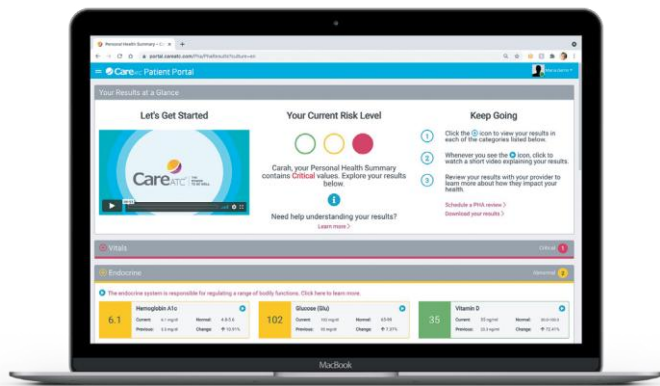
- Review your screening results
- Identify any potential health issues
- Discuss a personalized plan to help you improve or maintain your health

### After Your PHA

- View your results within 48 hours
- Watch your personalized results video



Under HIPAA regulations, all patient information is confidential.



Be sure to view **your personalized PHA video results** in 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. PHA is not a drug test.

### 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 in the CareATC app or online Patient Portal.

### 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.

## Three easy ways to schedule your PHA:

### 1 CareATC app

Select **Schedule a Visit**, choose patient name, and then select **Personal Health Assessment**.

### 2 Online Patient Portal

Log in at [www.careatc.com/patients](http://www.careatc.com/patients) and select **Schedule a Personal Health Assessment (PHA)**.

### 3 Call 706.438.4595



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