

# 2020 Personal Health Assessment (PHA)

## IMPORTANT INFORMATION – PLEASE READ

OnSite Health will conduct Personal Health Assessments (PHAs) for all eligible St. Joseph County health insurance plan members. Participating in the PHA is quick and easy, and provides you with great insight to your current health. Please review this information and get ready to participate in the coming weeks.

### Why participate in the PHA?

- Each eligible member saves money on their health insurance plan deductible
- The PHA is provided at no cost to you
- The PHA is completely confidential, secure, and protected by HIPPA privacy regulations
- A personalized comprehensive report will be created for you outlining your current health status

### Who is eligible to participate in the PHA?

- Full, Part-time, or retired employees on the County's Health Insurance Plan.
- Spouse of one of the above and are covered under the county's health insurance plan. **Please share** this information with your eligible spouse as this informational is only being distributed to employees.
- Temporary, contracted, or seasonal employees are **not** eligible. Adult children covered on the health plan are not required.

### What is involved in the PHA?

The complete PHA is made up of two parts:

1. **Biometric screening** – Height, Weight, Blood Pressure, BMI, Body Fat%, and Pulse
2. **Fasting Blood Draw** – Lipid and Comprehensive Metabolic panel lab analysis

### Schedule an Appointment by October 23rd

- Type the following into your Internet browser search bar or search box: [onsitehealth.simplybook.me](https://onsitehealth.simplybook.me) (If you do not have access to the Internet, please contact your human resources support person)
- Select **YOUR** work location. **Spouses** select your County employee's work location. **DO NOT** select another location; each location has only enough appointment slots for the employees and spouses of their respective locations.
- Select your appointment and flu shot option

### Fasting Instructions

This PHA requires you to fast. Please follow the below fasting instructions:

- Begin fasting (no eating or drinking anything other than water) 10 – 12 hours prior to your appointment.
- **DRINK A LOT OF WATER**, 16oz or more, during the fasting period to remain hydrated. The more water you drink, the more prominent your veins become and the **easier** it is for your blood to be drawn.
- During the fasting period, do not consume ANY food or calories, including even small items such as gum, mints, coffee, juice, etc.
- Do not smoke during the fasting period.
- Do not exercise excessively prior to the appointment.
- Take any prescribed medication as normal on the day of your appointment.
- Diabetics: follow your physicians' instructions regarding fasting.

Your PHA results will be mailed to your home within two and a half weeks of your actual test.

THANK YOU! We look forward to another successful PHA event again this year!

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