



People with a serious mental illness are at a higher risk of developing diabetes. Antipsychotic medications can also increase the risk of developing diabetes. It is important to get regular blood screens for diabetes while taking antipsychotic medications.

Excellent
at or below 7%

At Risk
above 9%

Very Poor
above 11%

To better understand what the HbA1c lab test and what it represents, visit the [American Diabetes Association \(ADA\) website](https://www.american-diabetes-association.org/) and set up a free user account to read “Factors Affecting Blood Sugar.”

professional.diabetes.org/pel/factors-affecting-blood-sugar-english

What is HbA1c?

HbA1c is a simple blood test that measures your blood sugar level over the last 3 months. The higher your A1c level is, the poorer your blood sugar control and the higher your risk of diabetes complications.

What is my HbA1c testing goal?

Get tested for Diabetes at least once a year using an HbA1c test. Ask your doctor about diabetes screening during routine visits.

I haven't been told that I have diabetes. Should I get lab work done?

Yes. It's important to get lab work done even if you have not been diagnosed with diabetes.

What causes changes in my blood sugar?

Diet, certain medications, and stress levels can impact blood sugar.

What tests should I be completing?

Your doctor will have you take one or more of the following blood tests to confirm a diagnosis: HbA1c test, fasting blood sugar test, and/or a glucose tolerance test.

Diabetes Screening for Members with Behavioral Health Conditions Who Take Medications





Things You Can Do To Stay Healthy:

Get Tested and Checked.

Ask your doctor about performing an HbA1c test and discussing the results with you. Your weight, waist size, blood pressure, fasting glucose, and fasting should also be routinely checked.

➔ Take Medication.

Take all medications as prescribed by your doctor.

➔ Maintain a Healthy Weight.

Talk to your doctor about what a healthy weight is for you.

➔ Regular Physical Activity

Talk to your doctor before starting any exercise programs.

➔ Eat Healthily.

Choose foods that are low in saturated fat, trans fat, salt and added sugars. Diets such as Mediterranean, DASH, plant-based, or low-carbohydrate are options to consider for having balanced nutrition.

Resources

Check out the “Diabetes Plate Method” of Eating Healthily:

diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html

Send Any Questions You Have to the CBH Pharmacy Team:

CBH.PharmacyInitiatives@phila.gov

Healthcare Provider Information and Resources

Aetna Better Health

1-866-638-1232

Disease Management:

aetnabetterhealth.com/pennsylvania/health-wellness/disease-management/

Health Partners Plans

1-800-553-0784

Self-Management Tools:

healthpartnersplans.com/health-and-wellness/self-management-tools/

Keystone First

1-800-573-4100

Diabetes Program:

keystonefirstpa.com/member/eng/programs/carecoord/diabetes/index.aspx

AmeriHealth Caritas

Diabetes Program:

1-877-693-8271, Option 2

amerihealthcaritaspa.com/member/eng/programs/carecoord/diabetes/index.aspx

UPMC For You

1-866-778-6073

upmchealthplan.com/medicaid/

PA Health & Wellness

1-844-626-6813

pahealthwellness.com

Disclaimer: The information contained in this tip sheet is for educational and informational purposes only and is not a substitute for professional advice from a physician or other health care provider. The clinical services described in this tip sheet may not be covered for all CBH enrollees. To find out about what services are available to you under your CBH benefit package and how to receive them, please contact CBH Member Services at 1-888-545-2600.

This document was developed in partnership with collaborating providers and the Southeastern Pennsylvania Medicaid MCOs that participate in the HealthChoices and Community HealthChoices programs.

Diabetes Screening for Members with Behavioral Health Conditions Who Take Medications

