METABOLIC MONITORING FOR CHILDREN AND ADOLESCENTS ON ANTIPSYCHOTICS

CBH encourages physicians to include you and your child in decisions regarding the use of antipsychotic medications and encourages you to understand why your child is taking medication(s) and know what to expect from the medication(s). CBH wants you and your child to feel comfortable with taking medication.

Helping your child manage their antipsychotic medication may help reduce their symptoms, such as delusions (false beliefs) and hallucinations (seeing or hearing things that are not there). This can lead to fewer disruptions to their daily life and reduce the risk of hospitalization. However, these medications can cause side effects such as high blood sugar and high cholesterol. This can raise your child's risk of diabetes and heart disease later in life. You must work with your child's doctor to regularly have lab work done to help prevent or manage these problems.

Diabetes and Blood Sugar

Why is checking my child's blood sugar important?

High blood sugar can lead to diabetes. If not controlled, diabetes can cause other problems like heart disease, nerve damage, eye problems, and kidney disease.

By knowing your child's blood sugar, you can work with your child's doctor to prevent or manage diabetes.

What is a hemoglobin A1c (HbA1c) test?

The HbA1c test is a blood test that measures your blood sugar level over the last 3 months. A high HbA1c may mean your child is at a higher risk for problems related to diabetes.

What is my child's HbA1c testing goal?

The goal for most children with type 2 diabetes is less than 6.5%. Based on your child's situation, your child's doctor may work with you to set a goal specifically for your child.

How often should my child have their HbA1c checked?

It is recommended that you check it every year, but your child's doctor may choose to check more or less frequently. Ask your child's doctor when your child's next HbA1c test is due and what the results mean.

Heart Disease and Cholesterol

Why is checking my child's low-density lipoprotein cholesterol (LDL-C) important?

LDL-C is a type of cholesterol that can build up in the arteries if there is too much, which can reduce blood flow to the heart and increase the risk of heart disease and heart attacks.

By knowing your child's LDL-C, you can work with your child's doctor to prevent or manage heart problems.

What is my child's LDL-C goal?

The goal for many children with high cholesterol is less than 130 mg/dL. Based on your child's situation, your child's doctor may work with you to set a goal specifically for your child.

How often should my child have their LDL-C checked?

It is recommended that you check it every year, but your child's doctor may choose to check more or less frequently. Ask your child's doctor when your child's next LDL-C test is due and what the results mean.

Where can my child get their labs done?

The following table lists local laboratory providers where you can get your child's bloodwork done. We recommend that you call ahead and check a laboratory provider's hours of operation to ensure you can walk in without an appointment.

Health Plan	Laboratory Provider(s)
Community Behavioral Health	LabCorp | Atlantic Diagnostics
Geisinger Health Plan	LabCorp | Quest Diagnostics | Jefferson Health
Jefferson Health Plans	Quest Diagnostics
Keystone First	LabCorp

Health Plan	Laboratory Provider(s)
PA Health and Wellness	LabCorp | Quest Diagnostics
United Healthcare	LabCorp | Quest Diagnostics
UPMC for You, Inc.	Quest Diagnostics

What if I need help taking my child to their lab appointments?

The Medical Assistance Transportation Program (MATP) is a shared-ride transportation service available to people receiving Medical Assistance (Medicaid) and is funded by the Pennsylvania Department of Human Services (DHS). In Philadelphia County, the program is run by Modivcare. You can use MATP rides to go to medical appointments or to any service covered by Medical Assistance, such as lab appointments or medication pickup at a pharmacy. You can call Modivcare at 1-877-835-7436 to get more information and to register for services.

Resources from Health Plans		
Geisinger 1-855-227-1302 Diabetes Care	**Jefferson Health Plans** 1-800-553-0784 Self-Management Tools	**Keystone First** 1-800-573-4100 Diabetes Program
United Healthcare 1-800-414-9025 Diabetes Education	**UPMC For You** 1-866-778-6073	**PA Health & Wellness** 1-844-626-6813

CBH Website: Pharmacy Education and Resources for Members

Includes medication wallet card, guides, tip sheets, and other valuable tools and resources to get informed about and properly use medications you may be prescribed

SCAN ME!

CBH Member Services
888.545.2600
cbhphilly.org

988 SUICIDE & CRISIS LIFELINE

You are one phone call away from getting help.

Compassionate, trained professionals answer all calls 24-hours a day, 7 days a week. Callers will receive counseling, guidance, assessment, and referrals/warm transfers to other services as indicated.

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.

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