



If you have a behavioral health condition and diabetes (type 1 or type 2), you should check that your HbA1c is under control by having an HbA1c test performed. Check your HbA1c level to prevent serious diabetes complications, such as heart disease, stroke, high blood pressure, blindness, and kidney disease.

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 \(ADA\) Patient Education Library](#) to read "Factors Affecting Blood Sugar."

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 goal?

Keep your A1c level at or below 7%.

What is the HbA1c test frequency?

Talk to your doctor about how often you should get an HbA1c test.

What should I do if my test is over 9?

Contact your doctor to discuss the best way to improve your HbA1c levels.

Where can I get my test completed?

Talk to your doctor or call your Physical Health Managed Care Organization to find the right lab service in your health plan. Your doctor or health plan can help you find the location nearest you.

Things You Can Do to Stay Healthy

→ Get Tested.

Ask your doctor about performing an HbA1c test and discussing the results with you.

→ Take Medication.

Take all medications as prescribed by your doctor.

→ Check Your Blood Sugar.

Your doctor will inform you on how and when to use a blood glucose meter or other device at home.

→ Track Your Results.

Track when your numbers go up or down and discuss those numbers with your doctor.

→ Eat Healthily.

Choose foods that are low in saturated fat, trans fat, salt, and added sugars.

→ Regular Physical Activity

Talk to your doctor before starting any exercise programs.

→ Maintain a Healthy Weight.

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

Healthcare Provider Information and Resources

Geisinger
1-866-638-1232

→ [Diabetes Care](#)

Health Partners 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
1-800-286-4242

→ [Wellness & Prevention](#)

PA Health & Wellness
1-844-626-6813

[CDC: Preventing High Cholesterol](#)

[Mayo Clinic: Cholesterol Testing](#)

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!

**Get Assistance to Quit Smoking:**

- ➔ [1.800.QUIT.NOW](tel:1800QUITNOW)
- ➔ [CBH Website: Tobacco Recovery Resources](http://cbhphilly.org)



CBH Member Services
888.545.2600
cbhphilly.org



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.

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