



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 \(ADA\) 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 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.

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.

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

[ADA: What Is the Diabetes Plate?](#)

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.

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