



People with diabetes are 2 to 3 times more likely to have heart problems (cardiovascular disease) or a stroke. Diabetes may also increase the risk of kidney disease. Because medications for your behavioral health conditions may increase the risks associated with diabetes, it's important to check your diabetes regularly.

Excellent
at or below 7%

At Risk
above 9%

Very Poor
above 11%

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.

What is blood sugar testing?

This is when you check your blood sugar at home with a blood glucose meter or other device. Your doctor will inform you on how and when to test at home.

What should I do about the results?

Track all readings and what makes your numbers go up or down and discuss those numbers with your doctor.

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.”

Things You Can Do to Stay Healthy

➔ Get Tested.

Ask your doctor when you are due for the cholesterol (LDL) and blood sugar (HbA1c) lab tests, and what the results mean.

➔ Take Medication.

Take all medications for diabetes as prescribed by your doctor.

➔ Track Your Blood Sugar.

Keep a log of your daily blood sugar readings and discuss those numbers with 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, or low-carbohydrate are options to consider.

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](#)

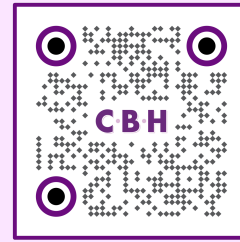
[PA Health & Wellness](#)
1-844-626-6813

[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**
- ➔ **[CBH Website: Tobacco Recovery Resources](#)**



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.