

CBH encourages physicians to include you in decisions regarding your antipsychotic medication. CBH wants you to feel comfortable taking your medication and enables you to understand why you are taking it. Taking your medication may help reduce your symptoms, such as delusions (false beliefs) and hallucinations (seeing or hearing things that are not there). This can lead to fewer disruptions to your daily life and reduce your risk of hospitalization. Taking control of your medication is an essential and empowering step in caring for your mental health. Alongside medication, building a strong support system is crucial for your well-being. Therapy, Certified Peer Specialists (CPSs), and family support are crucial to recovery and symptom control.

## What You Need to Know About Your Antipsychotic Medication

- ➔ Always talk to your doctor before discontinuing a medication, as it can often be associated with unpleasant side effects and/or worsening of symptoms.
- ➔ Sometimes, the medication may take six to eight weeks to decrease symptoms significantly.
- ➔ If the medication is not effective after this time, contact your doctor.
- ➔ Contact your doctor or pharmacist if you have any questions about the medication.

Antipsychotic medications such as Risperdal® (risperidone) and Seroquel® (quetiapine) are prescribed for multiple reasons, including schizophrenia and bipolar disorder. It is important to know *why* you are being prescribed an antipsychotic medication.

Ask your doctor the following questions:	Ways to Remember to Take Your Medication
<ul style="list-style-type: none"><li>➔ Why am I being prescribed this medication?</li><li>➔ What should I do if I miss a dose?</li><li>➔ How will this medication help me?</li><li>➔ What is the best way to take this medication?</li><li>➔ How will I know if this medication is working?</li><li>➔ If I am unable to swallow the pill, can I crush this medication?</li><li>➔ When should I take this medication?</li><li>➔ How should I store this medication?</li><li>➔ What side effects are possible?</li><li>➔ Does this medication come in any other form?</li></ul>	<ul style="list-style-type: none"><li>➔ Set alarms for the times you need to take your medication.</li><li>➔ Sign up for a refill reminder with your local pharmacy.</li><li>➔ Use an app on your phone, like <i>Medisafe</i> or <i>EveryDose</i>, to send notification reminders for taking your medication.</li><li>➔ Keep medications next to your bed if taken after waking or before bed.</li><li>➔ Take a picture of your medications or use a wallet card to share with your doctor or pharmacist.</li><li>➔ Keep a list of your medications, including notes on how and when to take them (Consider using our medication wallet card).</li><li>➔ Use a pill box to organize your medication.</li><li>➔ Set a reminder for your medication refill.</li></ul>

Concerns When Taking Your Antipsychotic Medication	Ways to Help Manage Your Concerns
I feel fine and do not need to take medication for my mental illness.	You may feel well because you're taking your medications. Talk to your doctor before discontinuing any medication. Ask your doctor or pharmacist questions about your prescription until you are satisfied with the response.
I dislike how the medication makes me feel.	Talk to your doctor about your side effects and mood. Your doctor may be able to change your dose or switch medications. Alert your doctor immediately if you experience pain or discomfort because of a medication.
I dislike what the medication does to me.	
I have difficulty transferring medications from one pharmacy to another.	Contact your pharmacy or health plan about home delivery options.
I do not have easy access to a pharmacy.	
I have too much going on in my life and can't keep track of my medication.	Taking your medication can help clear your mind. With a clearer mind, you will be better able to manage your other problems and responsibilities.

## Do I Need to Get Blood Work Done When Taking Antipsychotic Medications?

Yes! Blood work is important to keep yourself safe and to ensure the medications are helping. Your healthcare team should monitor your test results and measurements regularly. The table below, which should be shared with your doctor, can help you keep track of how often the doctor should review each item.

### Monitoring Protocols for Members on Antipsychotic Medications\*

	Baseline	4 Weeks	8 Weeks	12 Weeks	Quarterly	Annually	Every 5 Years
Personal and Family History	✓					✓	
Weight (BMI)	✓	✓	✓	✓	✓		
Waist Circumference	✓	✓				✓	
Blood Pressure	✓	✓		✓		✓	
Blood Sugar (HbA1c)	✓	✓		✓		✓	
Cholesterol	✓	✓		✓			✓

*\*More frequent assessments may be warranted based on clinical status.*

## Where Can I Get Labs Done?

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

Health Plan	Laboratory Provider(s)
Community Behavioral Health	Atlantic Diagnostics, Parkway Clinical Laboratories
Jefferson Health Plans	Quest Diagnostics
Keystone First	LabCorp
Geisinger Health Plan	LabCorp, Quest Diagnostics, Jefferson Health
PA Health and Wellness	LabCorp, Quest Diagnostics
United Healthcare	LabCorp, Quest Diagnostics
UPMC	Quest Diagnostics

### CBH Website: Pharmacy Education and Resources for Members

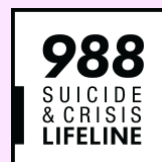
*Includes medication wallet card, guides, tip sheets, and other valuable tools and resources to get informed about and properly use medications you may be prescribed*



SCAN ME!



**CBH Member Services**  
**888.545.2600**  
**cbhphilly.org**



**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.*