MINNESOTA 10 x10: Improving Health for Persons with Bipolar Disorder or Schizophrenia

Note to Patients and Family Members

In addition to following your mental health treatment plan, it is important to pay attention to your physical health in order to live a healthier, longer life.

People with mental health conditions need to work with their primary care physicians and other health care providers to make sure that these basic health issues are addressed.

Lifestyle Tips to Help You Have a Healthier, Longer Life:

- Try to Maintain a Healthy Weight -- If you need to lose weight, ask for help regarding diet and exercise. Avoid Smoking -- If you don’t smoke, don’t start because smoking (even second hand smoke) reduces your life expectancy. If you do smoke, get help to quit.
- Avoid (or Minimize) Alcohol-- Use alcohol sparingly, if at all. If you or your doctor is concerned, get help to quit. Remember, alcohol may not mix well with your medications.
- Maintain a Healthy Heart --Try to maintain good cholesterol levels. Ask your doctor to do a blood test for this annually and follow any advice regarding nutrition and exercise.
- Avoid (or Manage) Diabetes --Be aware of your blood sugar levels.
  o If you are not diabetic, ask your doctor to do a test of your “fasting blood sugar” annually to make sure that you are not at risk.
  o If you are diabetic, ask your doctor to test your “hemoglobin A1c” at least annually and follow any advice regarding nutrition and exercise.

Please give this sheet to your doctor as a checklist of health topics to review annually.

Patient Name: ________________________________        DOB: ___________________________

Primary Care Visit – Date: _____________________
<table>
<thead>
<tr>
<th>Health Topic</th>
<th>Date (if different from above)</th>
<th>Results (Circle One for each Health Topic)</th>
<th>More Healthy</th>
<th>Unhealthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td></td>
<td>18.6 to 29.9</td>
<td>≥30 or ≤ 18.5</td>
<td></td>
</tr>
<tr>
<td>Tobacco Use</td>
<td></td>
<td>No tobacco use</td>
<td>Ongoing tobacco use</td>
<td></td>
</tr>
<tr>
<td>Alcohol Use*: Men</td>
<td></td>
<td><em>Men</em>: ≤ 4 drinks / day and ≤ 14 drinks / week</td>
<td><em>Men</em>: ≥ 5 drinks /day or ≥ 15 drinks / week</td>
<td></td>
</tr>
<tr>
<td>Alcohol Use*: Women</td>
<td></td>
<td><em>Women</em>: ≤ 3 drinks / day and ≤ 7 drinks / week</td>
<td><em>Women</em>: ≥ 4 drinks per day or ≥ 8 drinks per week</td>
<td></td>
</tr>
<tr>
<td>Blood Pressure</td>
<td></td>
<td>≤140 ≤ 90</td>
<td>≥ 141 ≥ 91</td>
<td></td>
</tr>
<tr>
<td>LDL</td>
<td></td>
<td>≤129</td>
<td>≥ 130</td>
<td></td>
</tr>
<tr>
<td>Blood Sugar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>If not diabetic</em></td>
<td></td>
<td>&lt;125</td>
<td>≥ 126</td>
<td></td>
</tr>
<tr>
<td><em>Fasting blood sugar</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>If diabetic –</em></td>
<td></td>
<td>&lt;8</td>
<td>≥ 8</td>
<td></td>
</tr>
<tr>
<td><em>Hemoglobin A1c</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* A drink is 12 oz of beer, 8 oz of malt liquor, 5 oz of wine, 1 ½ oz hard liquor

**Note to Physicians:**

Please return results to the patient and to appropriate caregivers.

**Thank you!**
Please identify those (in addition to this client / patient / consumer) with whom to communicate, using your usual forms for consent for release of information.

- Psychiatrist
- Certified Nurse Specialist
- Physician’s Assistant
- Nurse Practitioner
- Primary Care Provider
- Therapist
- Pharmacist (Medication Therapy Management)
- Medical Specialist
- Public Health Nurse
- IRTS (Intensive Rehab Treatment Services)
- ACT (Assertive Community Treatment Team)
- Shelter
- Housing + Supports
- TCM (Targeted Case Management)
- Social services
- ARMHS (Adult Rehab Mental Health Services)
- Certified peer specialist
- Community mental health center day treatment
- Supported employment
- Emergency department
- Inpatient psychiatry
- Support groups:
  - Mental health
  - Chemical health
  - Other
- Health plan
  - Disease management
  - Case management

Identify individuals and programs that can support continuity of care to help improve health among persons with mental illness