

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

### **Note to Patients and Family Members**

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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.
  - 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.
  - 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.**

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Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Primary Care Visit – Date: \_\_\_\_\_

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

\* 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!**

## Minnesota 10 X 10: System of Health Care, Care Coordination and Supports

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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*