



Why metabolic testing is needed

For patients with severe mental illness and/or on antipsychotics

Adults with severe mental illness (SMI) and/or who take antipsychotic medication are at increased risk for diabetes, dyslipidemia, cardiovascular disease and premature death.^{1,2,4} Studies show metabolic testing is critical for optimal health outcomes.⁴

Why testing matters

Despite clinical guidance for ongoing metabolic monitoring, many patients with SMI who are prescribed antipsychotics don't have recommended baseline or follow-up labs completed.³ These are missed opportunities to identify risk, intervene early, support safer, whole-person care and help prevent complications.³

Who needs testing

- Adults with SMI (e.g., Schizophrenia, bipolar disorder, schizoaffective disorder)
- Adults prescribed antipsychotic medications with *or* without additional cardiometabolic risk factors

What kind of metabolic testing is needed

- Hemoglobin A1C (HbA1c)
- Low-density lipoprotein cholesterol (LDL-C)

When to complete testing

- At initial SMI diagnosis or when antipsychotic medication is initially prescribed
- At least annually for all adults prescribed antipsychotics
- More frequently as clinically indicated

Annual metabolic testing is recommended

You can help ensure consistent, holistic care each year by:

- Ordering metabolic labs or confirming that labs were completed within the past year
- Encouraging patient follow-through
- Coordinating and documenting integrated care with other behavioral and medical providers



Coordination of care tools and resources

To coordinate care and referrals for members, please call the number on the back of the member's ID card.

You may also visit liveandworkwell.com and take the following steps:

- Scroll down to the footer, select Find a provider under the Resources section
- Answer the question to be guided to the provider directory
- Choose a plan type
- Add the member's zip code to find providers in their area

Remember to ask for contact information for other treating providers as you coordinate patient care. You may use the [Confidential Exchange of Information Form](#) to facilitate.

Find more educational materials, best practices and screening tools at:

- Behavioral health providers: [Clinical and Quality Measures Toolkits](#)
- Medical health providers: [Behavioral Health Toolkits](#)

¹ Bui, T.N.T., et. al. Metabolic Monitoring for Adults Living with a Serious Mental Illness on a Second-Generation Antipsychotic Agent: A Scoping Review. *Administration and Policy in Mental Health and Mental Health Services Research*. 2025; 52: 289–317. <https://link.springer.com/article/10.1007/s10488-024-01408-9>.

² Poulos J, Normand SLT, et. al. Antipsychotics and the risk of diabetes and death among adults with serious mental illnesses. *Psychological Medicine*. 2023; 53 (16): 7677-7684. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10758338/>.

³ Kaoser R, Lavergne MR, et. al. Monitoring rates for metabolic syndrome in adults treated with atypical antipsychotics: a population-based study. *Canadian Journal of Psychiatry*. 2026. <https://pmc.ncbi.nlm.nih.gov/articles/PMC12904800/>.

⁴ Shin, S., et. al. (2024). Impact of institutional quality improvement initiatives on metabolic monitoring in mental disorder in patients treated with antipsychotics: A meta-analysis of intervention studies. *Journal of Global Health*, 14, 04074. <https://doi.org/10.7189/jogh.14.04074>