

Patients Taking Antipsychotics Are More Likely to Be Obese



Research shows BlueCross members who were prescribed antipsychotics are almost two times more likely to be obese than the general population.

Primary care physicians and behavioral health practitioners can make a difference by working together to help prevent weight gain and serious health conditions that can occur during the course of this treatment.

What Can You Do to Improve Outcomes?

- **Use alternative first-line interventions.** Psychological assessment and/or therapy should be considered during initial treatment, especially for patients who are under 21.
- **Emphasize eating well and moving more.** Encourage BlueCross patients to visit [bcbst.com](https://www.bcbst.com) to take advantage of our wellness programs, or the WellTuned blog at [bcbstwelltuned.com](https://www.bcbstwelltuned.com) for tips and resources on nutrition and exercise. Our case management staff offers personal assistance with local resources and health coaching for some plans. For more information, patients can call **1-888-416-3025**.
- **Ensure ongoing metabolic monitoring.** Due to the risk of diabetes and heart disease, your patients should have at least one LDL-C and fasting glucose or HbA1c test every year. When appropriate, make sure your patients' other providers are aware of the results. For more information and other resources, please visit provider.bcbst.com/working-with-us/behavioral-health.
- **Call on our Behavioral Health team.** We can schedule and make referrals. You can also call to speak to one of our Behavioral Health medical directors about medications that have less of a metabolic impact.

You can reach us on the **Primary Care Physician Consultation** line at **1-800-367-3403**.