



Canadian Cardiometabolic Risk Management Postcard

Edit this text for contact info, address etc

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Helping people with serious mental illness live healthier and longer

I am asking for your support to have well-planned physical health monitoring.

LET'S WORK TOGETHER:

- My mental health team
- My family MD
 - My family
 - and Me

Please call: _____

I often miss out on monitoring of my risks for obesity, diabetes and heart disease.

I want to be clear on who is monitoring my physical health

I need information on healthy:

- Medication options
- Diet Choices
- Activity Levels

Poor physical health contributes to 15-20 years loss of life

I may have higher rates of:

- Inactivity
- Smoking
- Poor eating habits

I am **2-3 times more likely** to develop diabetes

I am **2-3 times more likely** to suffer a heart attack or a stroke