

Canadian Cardiometabolic Risk Management Postcard

Edit this text for contact info, address etc

(DELETE THIS BOX & PLACE LOGO HERE)

Helping people with serious mental illness live healthier and longer

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

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

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

I may have higher rates of:

- Inactivity
- Smoking
- Poor eating habits

LET'S WORK TOGETHER:



 My mental health team

- My family MD
 - My family
 - and Me

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

I need information on healthy:

- Medication options
 - Diet Choices
 - Activity Levels

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

Please call:

