

## Table 4

### Physical health checks <sup>7</sup>

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- Weight and BMI, diet, nutritional status and level of physical activity
- Cardiovascular status, including pulse and blood pressure
- Metabolic status, including fasting blood glucose, glycosylated haemoglobin (HbA<sub>1c</sub>) and blood lipid profile
- Liver function
- Renal, thyroid function, calcium and lithium levels, for patients on lithium