

# Depression

DISEASE MANAGEMENT



are you ready to  
get **help?**

## Depression Disease Management

This is a program by telephone open to The Health Plan members who have been told they have major depression. There is no cost to the member and it is offered with your doctor. It is a program the member chooses to be a part of.

The program encourages the following of treatment and provides ongoing mood and symptom monitoring.

Program includes:

- Learning material to be sent through the mail
- Telephone education – weekly calls then monthly follow-ups
- Taking care of your depression
- Being supportive to members

Program Goals:

- Educate you and your family about depression
- Improve patients self-management skills
- Support treatment that you receive from your doctor, psychologist or therapist

## Member Commitment

1. Willingness to get telephone calls and talk with a disease manager
2. willingness to follow the treatment plan
3. taking medication as directed

Members can be referred to the program by calling Behavioral Health Services at **1.877.221.9295** or **740.695.7896**. Members can also fill out a form on The Health Plan website under Disease Management.

Recovery can, will, and DOES happen.