

## Depression

### Health Advantage by Medica<sup>SM</sup>

—A personalized depression management program

*A free resource for managing depression*

Depression is almost as common as the flu — almost 19 million adults in the U.S. suffer from depression every year\*. It can occur on its own or result from a medical illness.

Now there's a free resource for overcoming depression and its impact on your life — Health Advantage by Medica, a personalized depression management program.

Designed by Medica and United Behavioral Health, Health Advantage by Medica gives you information, resources and referrals so you get the support that will be most helpful to you.

#### The Right Treatment for You

This program gets you the help you need in a few simple steps.

§ **Giving you more choices** — If you are feeling persistently sad or have symptoms of depression, your primary care physician or other health care provider can recommend you for the program.

We will give you a call and invite you to participate. If you choose to participate in the program, we mail you a member packet, which includes educational materials, resources and forms for you to fill out and return to us. The program is completely voluntary.

§ **Understanding your needs** — After we receive the signed forms, we will work with you, your physician and other care providers to understand your needs. If you do not already see a therapist, we can arrange for you to visit a mental health clinician whose expertise is the match for your needs and preferences.

§ **Coordinating your care** — Your doctors work to provide you with the best care. We help them work together as a team. We will help them communicate to each other.

§ **Working with you** — A Health Advocate regularly checks in with you by phone to answer any of your questions, plus provide ongoing support and assistance. We will provide you with educational materials to help you get the care you need. We can refer you to resources that are helpful to you.

#### Feel Better Faster

When people get the right resources and treatment for depression, they usually feel better faster and often see an improvement in their overall health. Take advantage of this program by calling our toll-free number today. We are here for you every step of the way. Call 1-866-658-4662 (toll-free) (TTY: 1-800-543-7162).

This program is available through a partnership between Medica and United Behavioral Health. All calls and use of services are kept confidential. Information is restricted to treating doctors.

\*National Institute of Mental Health