



If you would like more information about Healthy You, please call SummaCare at 877-888-1164 or go to www.summacare.com/healthy.

DEPRESSIONCARE

A Healthy You program for SummaCare members with depression

DepressionCare is a depression prevention and management program that provides tools, health coaching and resources to help you manage your depression and live a healthier life. Participation and support activities in this voluntary program are tailored according to your disease severity and needs. This program is available in addition to and/or separate from any EAP benefits that may be available through your employer.

As a DepressionCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing depression
- Access to a SummaCare nurse to answer questions or provide health coaching support and materials
- Help finding a doctor, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for depression to help with any post-discharge needs for care or services
- Advice and reminders regarding preventive and self-care for your overall health

If you qualify for additional DepressionCare services, you will be contacted by a SummaCare Registered Nurse and invited to participate in personalized health coaching. If you agree to health coaching, you will receive:

- A depression assessment conducted over the telephone
- A personalized depression self-management plan tailored to your goals and needs (some information to help with this plan may be provided by your doctor and/or psychiatrist/psychologist)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Ongoing telephone contact with a nurse to help coach you through accomplishing your health goals

You may also receive:

- Access to the SummaCare WebMD portal featuring an online library of depression health information, symptom tracking tools and educational videos about managing depression
- A 24-hour phone number to speak with a nurse about depression or other health questions

