

DepressionCare

A Health and Wellness program for SummaCare members with depression

DepressionCare is a condition prevention and management program that provides tools, health coaching and resources to help you live a healthier life. Participation and support activities in this voluntary program are tailored according to your condition severity.



As a DepressionCare participant, you will receive:

- A letter explaining the program
- Educational information with advice on managing depression
- Access to a SummaCare registered nurse to answer questions or provide health coaching support and materials
- Help finding a healthcare provider, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for depression to help with post-discharge 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 healthcare provider and/or psychologist/psychiatrist)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Ongoing telephone contact with a nurse to help you achieve your health goals

As a SummaCare member you have access to:

- SummaCare's WebMD® Health Manager 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 registered nurse about depression or other health questions

If you would like more information about the DepressionCare program, please call SummaCare at **877.888.1164** (TTY **711**) or visit **summacare.com**.
