

Depression Screening

Did you know that certain medical conditions may increase your risk of developing depression, and untreated depression may in turn worsen those medical conditions?

SYMPTOMS

We've all felt sad or blue at times, but depression is different. It's not a passing, temporary sadness—the kind you might feel after a bad day at work or after an argument with a friend. If you're depressed, you usually have at least one of two key symptoms. One symptom is feeling sad, down, hopeless, or irritable most of the day, almost every day. For some, this goes on for many weeks. For others, it comes and goes but is still the general mood. The other symptom is losing interest in your usual activities or feeling like you just don't enjoy things anymore. In addition to these emotions, depression can also make it more difficult for you to manage your other health issues.

TAKING ACTION

If you are experiencing any of the symptoms above, you may want to consider:

- Filling out the depression health questionnaire available through the Dialog CenterSM on www.ibxpress.com.
- Bringing the questionnaire with you to discuss with your health care provider at your next visit.

Depression can be diagnosed only after a careful interview in which a doctor or mental health professional asks about your symptoms as well as your medical and family history. The good news is that there are many effective treatment choices for depression.

ABOUT THE CONNECTIONSSM HEALTH MANAGEMENT PROGRAMS

If you have more questions about depression or treatment options, or if you need help filling out or scoring the questionnaire, call a Connections Health Coach at 1-800-ASK-BLUE (1-800-275-2583). For our hearing-impaired members, access our TTY line at 1-888-525-4481.

A Health Coach has time to listen, can provide up-to-date information, and can help you prepare for your next doctor's visit. Health Coaches are specially trained health care professionals, such as nurses, dietitians, and respiratory therapists. They are available by phone, anytime, 24 hours a day, 7 days a week, at no charge to you. If you think you may be depressed, find out about options for feeling better by talking with your health care provider or calling a Health Coach today. As another resource, you may also call your behavioral health provider at the number listed on your membership card.

