



## New Hope for Patients with Depression

Depression can hurt and make it hard to enjoy life. Sometimes depression makes it hard to function. Even when treated, the risk of becoming depressed again is still high.

Our team wants to help; that's why we offer Enhanced Depression Management (EDM) to our patients. It's a team approach to treating depression that can speed up your recovery and help keep you from falling back into this difficult state.

EDM changes how your depression is managed. A care manager and consulting psychiatrist help your doctor coordinate and monitor your care. Most DIAMOND patients have little or no out-of-pocket expenses for these added services.

Insert Care Manager Card Here



## Enhanced Depression Management (EDM)

EDM was developed by the Institute for Clinical Systems Improvement (ICSI) in partnership with medical groups, health plans, corporations, patients and the Minnesota Department of Human Services. Over ninety clinics in Minnesota and Wisconsin offer EDM.

Following ICSI's model, the Michigan Center for Clinical Systems Improvement (MICCSI) is working with medical groups and health plans to offer EDM to patients in Michigan.

MICCSI is a non-profit, independent organization collaborating with providers, payers and health systems to improve quality of care, decrease health care costs and increase patient satisfaction.

For more information about EDM, please go to [www.miccsi.org](http://www.miccsi.org).

Insert Company Name

Primary Business Address  
Address Line 2  
Address Line 3  
Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: [someone@example.com](mailto:someone@example.com)

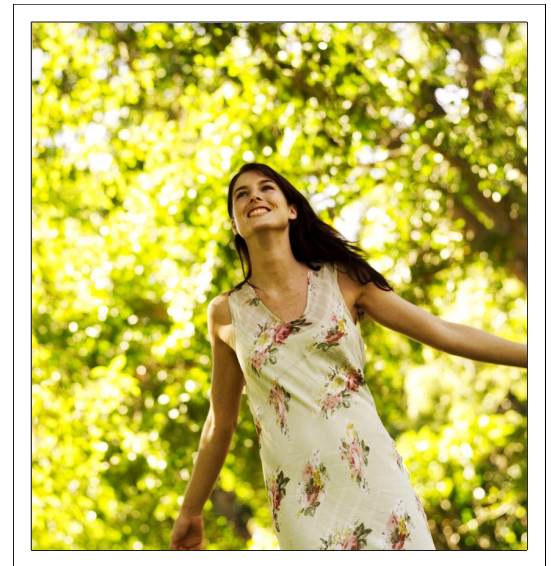
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# Enhanced Depression Management

A Better Way  
To Manage Your Depression





## Your Care

### Program Components

1. A checklist to help monitor your depression
2. A plan to keep in touch with you and track your progress
3. A medical guide to know how to best change your treatment if needed
4. A care manager to help you understand and reduce your depression symptoms
5. A psychiatrist to help your care team manage your depression better
6. Tools to keep you from falling back into major depression.

### A Team Approach

#### Primary Care Provider

Stays in charge of your care, and is now assisted by a care manager and a consulting psychiatrist.

#### Care Manager

Coordinates your care under your doctor's orders. He or she will contact you often to see how you are, educate you on depression and partner with you to manage your recovery.

#### Consulting Psychiatrist

Reviews your case with your care manager. If you are not getting better, he or she may suggest a medication change, a visit to a mental health provider or some other change in your care.

### Patient

With this support group, it is easier to be active in your own recovery. The care manager helps keep you on course. You have access to psychiatric expertise, and your doctor always knows how you are doing.

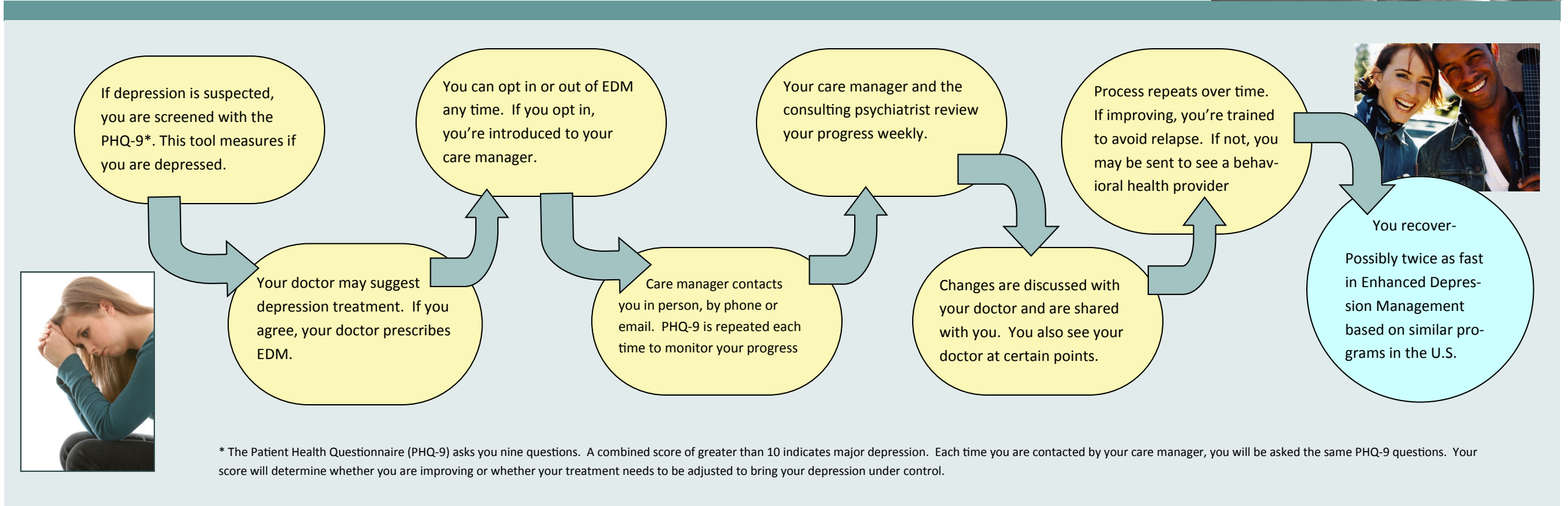
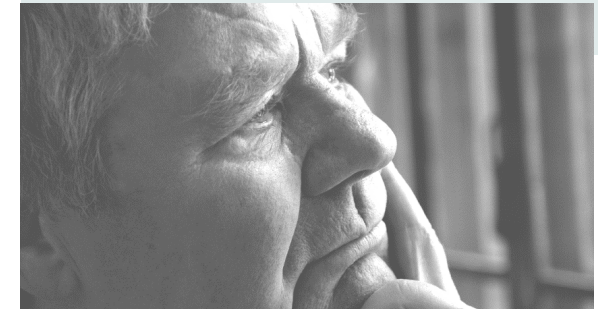
### Benefits of Enhanced Depression Management

Many patients continue to struggle with depression because they drop out of treatment or stay on medication that is not effective. With the DIAMOND care manager and consulting psychiatrist monitoring your care, this is less likely.

### Patients are reporting great results.

After 6 months in care, patients share:

- 43% of patients fully recovered
- An additional 13% reported their depression was reduced by 50%
- They share Enhanced Depression Management is better than what they were receiving before.



\* The Patient Health Questionnaire (PHQ-9) asks you nine questions. A combined score of greater than 10 indicates major depression. Each time you are contacted by your care manager, you will be asked the same PHQ-9 questions. Your score will determine whether you are improving or whether your treatment needs to be adjusted to bring your depression under control.