

MVP Health Care® offers a program
that can help you.

The Depression Management Program includes a free, confidential screening that you can complete online, by phone, or by mail. You'll also have access to information about depression, its symptoms and treatment, and assistance assessing your treatment options.



Suffering from
depression?
We Can Help!



 **Call 1-866-942-7966**

Monday–Friday
8:30 am–5:00 pm Eastern Time
TTY: **1-800-662-1220**

 **Or visit mvphealthcare.com**



Depression Management Program

What are the signs of depression?

- Have you **lost interest** in activities you usually enjoy?
- Are you **sleeping too much, too little, or waking up** very early?
- Are you having **trouble focusing or remembering**?
- Do you have **unexplained physical symptoms** that don't go away?

If you answered “yes” to any of these questions, you may suffer from depression.

What is Depression?

- **Depression** is a common and serious medical condition.
- **Depression** affects nearly 10% of adults in the U.S.
- **Depression** is a leading cause of disability.
- **Depression** can impact your family, friends, health, and job.
- **Depression is treatable.**

What does the program include?

- Free, confidential screening that you can complete online, by phone, or mail.
- Information about depression, its symptoms, and treatment.
- Assistance in assessing your treatment options.

Your participation in the program is:

- **Confidential**—we won't share information without your permission.
- **Voluntary**—your participation is strictly your choice.
- **Free**—this program is part of your MVP behavioral health benefit.
- **Easy**—just call **1-866-942-7966** to sign up.

When you sign up for the program:

- You have access to important information about depression, its treatment, and suggestions for overcoming depressed feelings.
- You will gain access to a confidential screening, and with your permission, we will share the results with your doctor or other health care professional.

If you suspect you may be depressed, discuss your symptoms with your doctor and contact MVP Health Care.

Learn more and see if you qualify!

Visit mvphealthcare.com and select *Members*, then *Health & Wellness*, then *Health and Care Management Programs*, and then *Depression*. You can also speak with an MVP representative at **1-866-942-7966**.

