



I Have Depression... Now What?

Did you know that depression affects about 16 million American adults every year? In fact, one out of every six adults will have depression at some point in their life. Depression can happen to anyone at any time. If you're dealing with depression right now, you may feel lost, or not know what to do next. But don't worry – with proper treatment, depression symptoms often get better.

Treating Depression

The first step to ensuring your treatment plan works well is having open conversations with your primary medical provider (PMP) or other specialist about your symptoms and medication. Lots of people don't fully understand depression or the medication they've been prescribed.

Talk to your PMP or other specialist about any questions or concerns you have about your medication. Make sure you understand your medication and how you're supposed to take it. This will be key to successfully managing depression. Also, ask your PMP or other specialist about counseling and therapy services for depression.

Get rewarded for taking your medication as prescribed!

As a CareSource member, you are already signed up for our free rewards program, MyHealth Rewards! Through MyHealth Rewards, you can earn \$15 for refills up to four times a year on your depression medications. That's a total of \$60 a year, just for taking your medication!

Track your reward points by going to the *Health* tab in your **My.CareSource.com** account.

Tips to Ensure Medication Works Well

- Take your medications as prescribed.
- Schedule a follow-up visit with your PMP or other specialist within 30 days of starting your medication.
- Take your medication around the same time every day.
- Tell your PMP or other specialist if you're having any side effects. Keep in mind, medication can be changed if side effects become an issue.
- Refill your medication every month.

Worried you won't be able to remember to refill your medication every month? We're here for you! Do one of the two things below to help remind you to refill your prescription:



1. Download the CareSource app to your smartphone. We will send you an alert that your medication is due to be refilled.



2. Opt in to receive text messages from CareSource. We will send you a text every month, reminding you that you need to refill your medication.

Need help with anything else?

Call Member Services at:

1-844-607-2829 (TTY: 1-800-743-3333 or 711)

or visit **CareSource.com/Indiana**.

Having thoughts about hurting yourself?

Call the CareSource Behavioral Health Crisis Line at:

1-833-227-3464 24 hours a day, 7 days a week.

Sources: Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>.