



NETWORK *Notification*

Notice Date: December 13, 2023
To: Marketplace Providers
From: CareSource
Subject: Provider Depression Reference Guide Available

Summary

CareSource wants to take every opportunity to partner with our providers. That is why we created the new [Provider Depression Reference Guide](#), made available on our Behavioral Health web pages, as a tool to help with depression screenings. This guide provides general information on screening and diagnosis. It also reviews commonly prescribed medications that align with treatment guidelines that can assist you in managing depression in your patients while promoting medication adherence.

Impact

The reference guide offers support to you and your CareSource patients.

Importance

The information in the **Provider Depression Reference Guide** is intended to strengthen our partnership and instill quality in every patient interaction and depression management.

Making pharmacotherapy choices for behavioral health management can be challenging. We understand that patients turn to their providers to help with these symptoms. Talking to patients about taking medications as prescribed, meal planning, appropriate exercise, and getting adequate sleep are crucial steps in attaining optimal health. Studies have found that patients with depression have better outcomes if depression is identified early and receive treatment.

The Provider Depression Reference Guide includes information about the following topics:

- Screening and diagnosis of depression
- Recommended action plan
- Dosing considerations for commonly prescribed antidepressant medications
- Potential side effects and management of side effects

The guide also includes links to the CareSource Preferred Prescription Drug Formulary, the CareSource Provider Network Directory, depression resources, and patient support resources.

Resources

In addition to accessing the **Provider Depression Reference Guide**, providers can also consider the following tips to help with patient medication adherence:

- ✓ Replace medication jargon with simple language.
- ✓ Use open-ended questions.
- ✓ Be aware of costs. Check the CareSource Preferred Prescription Drug Formulary.

- ✓ An understanding of a patient's culture can promote improved adherence and patient outcomes. Move your patient's prescriptions to mail order, if possible. Going to the pharmacy is often an obstacle.

Questions?

For questions, please contact CareSource Provider Services at **1-833-230-2101**, Monday through Friday, 8 a.m. to 6 p.m. Eastern Time (ET).

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