Welcome to PrimeWest Health's Focused Wellness program for depression. This program will help you learn more about how to manage your depression.

Did you know that, according to the National Institute of Mental Health, depression affects more than 17 million people age 18 and over in the United States in a given year? That means you’re not alone!

Symptoms of depression include the following:
- Losing interest in normal activities or things you used to enjoy
- Feeling sad, irritable, guilty, or worthless
- Fatigue or loss of energy
- Significant weight gain or loss

When these symptoms last for a short time, you may have a case of “the blues.” But, when these feelings last for more than 2 weeks and interfere with daily activities, it’s likely that you are depressed. There is no cure for depression, but it can be controlled with the help of your health care provider.

Sources: National Institute of Mental Health, WebMD

Depression Medication: Stick with It

If you have been prescribed antidepressant medication, keep taking it as recommended by your health care provider to get the best results.

If you are feeling better, you may not think you need your medication. However, it is important for you to keep taking it. Medication doesn’t cure depression. It relieves the symptoms by increasing the levels of a chemical called serotonin in your brain. (Research shows that low levels of serotonin may cause depression.) If you stop taking the medication, the symptoms will often return. You might also experience withdrawal if you stop taking your medication, which can further affect your mood.

On the other hand, if you aren’t feeling better, you may think it won’t make a difference if you stop taking it. If this happens, remember that medication can take a couple of weeks to work, so give it time. If it’s still not helping, talk to your health care provider. You can work together to find a medication that works.

Don’t stop your medication without talking to your health care provider first. If you have questions or concerns, ask!
Your Treatment Plan: The Path to Better Health

Developing a treatment plan will help you minimize the effects of depression and feel your best. You and your health care provider can work together to develop your treatment plan. It will likely include the following.

Self-monitoring

It can be helpful to keep track of how you are feeling every day to see if there are any patterns to what affects your mood. One way to do this is to start a mood diary. You will want to write in it often enough that you can track your mood changes, so try to do it at least once a day. Making several entries a day can help you trace your mood at different times. Make sure each entry includes the following:

1. Date and time
2. Your mood at that time or how it has changed since your last entry
3. What happened since your last entry. Include names of the people you were around, things you have done, and places you have gone.

Medication and therapy adherence

It is important that you take the medications your provider has prescribed in exactly the way they were prescribed. This can help you avoid setbacks in your treatment. You can read more about the importance of taking your prescribed medications in the article on the cover.

Additionally, if you are getting psychosocial therapy and/or counseling, it is important to keep going to your appointments. This part of treatment is just as important as the medications you may be taking.

Follow-up

Keeping appointments is an important way to make sure your medications and/or therapy/counseling are helping you as much as possible. It’s also important to see your provider to make sure your depression is not affecting any other areas of your health.

If you don’t have an appointment scheduled but feel you need to speak with someone, please make an appointment. Once you’ve scheduled the appointment, be sure to go to it!

You can share your treatment plan and other information about your condition with all your health care providers and caregivers by completing a form giving consent for them to see your health information. Talk with your care coordinator or your health care provider to learn more about this. Make a treatment plan with your provider. Then, don’t just plan to follow it—commit to following it!

Source: Health Day
Physical Effects of Depression
Depression doesn't just affect how you feel emotionally. It also affects how you feel physically. Depression can make you more sensitive to aches and pains. It can also cause you to sleep too much or too little. The fatigue and sleep problems sometimes caused by depression can weaken your immune system. It can also cause higher levels of stress hormones. This makes it harder for your body to repair itself.

Depression can also make it harder to follow your provider’s instructions. For example, if you don’t have a lot of energy, you are less likely to feel like making healthy meals or exercising. Not eating right and not exercising can cause weight gain. It can also raise your blood pressure and cholesterol levels and affect your blood sugar. These things can put you at higher risk for other chronic conditions such as diabetes and heart disease. Having depression along with another condition like diabetes or heart disease is called having “comorbid conditions.” To learn more about what this means, see the article on page 2.

The effect depression has on your mood and your body and the fact that it puts you at risk for other health problems makes treatment very important. Go to your appointments, take medication as directed, and do your best to follow your provider’s recommendations for diet and exercise.

Source: WebMD

Remember that every time you see your health care provider, it’s your time to ask questions and get the answers you need to be the healthiest you can be.

- Express any concerns you have about your health.
- Make sure you understand the “whats”—what your health problem is, what you should do about it, and what steps to take next.
- Also ask your provider the “whys.” Sometimes understanding why you should do something will help motivate you to do it.
- If you don’t understand something, speak up and ask your provider to tell you more or to explain it using different words.

If you have questions after you leave your appointment, you can call your health care provider’s office. You can usually speak to a nurse or ask to leave a message for the provider you saw. Your provider will call you back.
3905 Dakota St
Alexandria, MN 56308

Health and wellness or prevention information

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Note: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider’s advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.
Attention. If you need free help interpreting this document, call the above number.

Mلاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

Please note: if you need free assistance translating this document, please call the number above.

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

프로필. 푸와차 페바하도와가하모드슈이부에다라마카무비, 셰위 그질차하차월아셔슈시마비.

Hubachiisa. Dokumentii kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenne kallabi.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la’aan ah ee tarjumaadda (afeelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.
Civil Rights Notice

Discrimination is against the law. PrimeWest Health does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Auxiliary Aids and Services: PrimeWest Health provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Language Assistance Services: PrimeWest Health provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by PrimeWest Health. You may contact any of the following four agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)
Contact the **OCR** directly to file a complaint:
Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

**Minnesota Department of Human Rights (MDHR)**
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:
Minnesota Department of Human Rights
540 Fairview Avenue North
Suite 201
St. Paul, MN 55104
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

**Minnesota Department of Human Services (DHS)**
You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.
DHS will notify you in writing of the investigation’s outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact DHS directly to file a discrimination complaint:
   Civil Rights Coordinator
   Minnesota Department of Human Services
   Equal Opportunity and Access Division
   P.O. Box 64997
   St. Paul, MN 55164-0997
   651-431-3040 (voice) or use your preferred relay service

PrimeWest Health Complaint Notice
You have the right to file a complaint with PrimeWest Health if you believe you have been discriminated against because of any of the following:
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:
   Rebecca Fuller
   Civil Rights Coordinator
   PrimeWest Health
   3905 Dakota St
   Alexandria, MN 56308
   Toll Free: 1-866-431-0801
   TTY: 1-800-627-3529 or 711
   Fax: 1-320-762-8750
   Email: rebecca.fuller@primewest.org

American Indian Health Statement
American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.