Health Care Providers: An Important Part of Your Team

Working with your health care providers is an important part of managing and treating depression. You may work with 2 kinds of providers: your primary care provider and a behavioral health or mental health specialist.

Your primary care provider is your “usual” provider. This is who you see when you have your yearly checkup. A behavioral health or mental health specialist is someone who specializes in treating conditions like depression. Both types can work with you to develop a treatment plan and can prescribe medications that may help. However, if you are taking certain medications or your primary care provider thinks it would be helpful, you may want to see a specialist.

Specialists can play a key role in your treatment. They have specialized training that can help with different aspects of your depression. For example, they may offer therapy or counseling. This can help you learn the following:

- Coping and problem-solving skills
- Techniques for replacing negative thoughts and practices with positive ones
- How to identify what makes your symptoms worse

How often you should see your provider varies. During difficult times, your provider may want to see you fairly often. If your depression is well-managed, your provider may just want to see you for regular check-ins. If you have any questions or your symptoms change, you don’t need to wait until your next appointment. Call and talk to your provider about what to do. Don’t stop taking a prescribed medication or change the dose without first talking to your provider.

If you need help finding a provider, call Jennifer at 1-888-588-4420 ext. 5342. TTY users call 1-800-627-3529 or 711. These calls are free.

Source: Mayo Clinic
Improve Your Mood by Moving Your Body

Exercise can help improve depression and lessen anxiety. Exercising releases “feel good” chemicals in your brain. At the same time, it can reduce other chemicals that can make depression worse. Exercise can also be a social activity. Being social can be hard when you are depressed, but it is important. Using exercise as a way to interact with others can help. You might exercise with people you know, or you might make new friends through exercise classes or the place where you exercise. Another way exercise helps is by giving you something to focus on. Concentrating on meeting exercise goals or thinking about the scenery while you’re outside can take your mind away from negative thoughts.

You don’t need to turn into a “gym rat” to get the benefits of exercise. You don’t even need to join a gym! Exercising can be simple physical activity like going for a walk, playing sports, or even gardening. Talk to your provider about what types of activities are best for you and work together to come up with an exercise plan. Then start moving! Keep at it, even if you start feeling better. Exercise may help keep depression and anxiety from coming back.

Mobile Apps for Mental Health

Mobile apps are becoming more and more common, and there are an increasing number of apps that you can use to help manage your depression. Some help you monitor your mood and some help with positive thinking. Others provide helpful information about depression, medication, and thought patterns. You can find a list of several depression apps at www.adaa.org/find-help/support/mental-health-apps. Read through the descriptions, talk with your provider, and see if any of them may be helpful. Please note that not all the apps listed at the site above are free.

Source: Healthline

You’re Not Alone!

As you work to manage depression, know that you don’t have to do it alone! Keep your provider up to date on how you are feeling and let them know about any struggles you are having. Your provider can work with you to make changes to your treatment plan if necessary and can recommend books and websites that you can use to learn more about depression and ways to manage it. For starters, you can find a lot of information from organizations like the National Alliance on Mental Illness (NAMI) (www.nami.org/Support-Education) and the Depression and Bipolar Support Alliance (www.dbsalliance.org).

Support groups are also available as a way to connect with others who face similar challenges. And, don’t forget that your family and friends are good resources, too! It can be hard at first, but try to be open and honest with your feelings. Let a close friend or trusted family member know when you need to talk.

Source: Mayo Clinic

Depression and Diet

Did you know there is a link between the food you eat and the way you feel? This is because the foods you eat interact with the chemicals in your brain that affect your mood. Eating too much or too little of certain foods can contribute to depression. A diet rich in fruits, vegetables, whole grains, healthy fats (including avocados and canola, peanut, coconut, and olive oils), lean red meat, poultry, fish, and beans can help with depression symptoms. Limiting the processed foods, saturated fats, and refined sugars in your diet can also help. One way to avoid these is by lowering the amount of packaged food and fast food you eat. Diet alone can’t heal depression, but a good diet can help you feel better. Talk to your provider about what kinds of foods, and how much, are right for you.

Source: Healthline
Smoke? Stop!
There is a link between smoking and depression. It’s not clear if people who smoke are more likely to be depressed or if people who are depressed smoke to try and feel better. Either way, if you smoke, it is important to stop! Quitting smoking is hard. It can be especially hard if you are depressed. That’s because when you stop smoking, your body goes through withdrawal, and withdrawal can cause mood changes, including increased sadness. Being prepared for these changes can help. Also, remember that withdrawal symptoms get better within a few weeks.

Care Coordination and Case Management:
We’re Here for You
PrimeWest Health provides Care Coordination and Case Management programs to help keep members healthy. These programs let us work with you and your health care providers to make sure you get the services you need. Your care coordinator or case manager can do the following:

• Help you when you have questions about your health care or prescriptions
• Schedule medical appointments as needed
• Promote good health practices that may prevent problems
• Help arrange services you need to stay safe and healthy at home

PrimeWest Health encourages you to take advantage of these programs. Let your care coordinator or case manager know when and how they can help you get the care and services you need. If you do not know who your care coordinator or case manager is, call one of the following:

• Jennifer at 1-888-588-4420 ext. 5342
• Member Services at 1-866-431-0801
• TTY users call 1-800-627-3529 or 711

These calls are free.
Contributors:
Jennifer Bundy, RN, MSN, PHN, CMCN, CCP
Susan Paulson, MD

Health and wellness or prevention information

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.

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 번호로 연락하십시오.

โปรดทราบ. คุณสามารถติดต่อเราได้โดยไม่ต้องเสียค่าใช้จ่ายตามกฎหมาย, ซึ่งใช้ประโยชน์โดยทั่วไป.

Hubachiisa. Dokumenttiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenne naa.
**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
- 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

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.