

## Manatee Healthy Choice News and Views

# Medicine Cabinet Alert!

Healthy Ways to Live your Days

May 2010

### Telephone Directory

#### Customer Service

(941) 748-4501  
ext 6415 and ext 6417  
(941) 741-2960

#### Employee Health Benefits

(941) 748-4501 ext 6403

#### Member Advocacy

(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

#### Lifestyle Assistance and Modification Program (LAMP)

(941)741-2995

#### Diabetes/Nutrition Program

(941) 748-4501 ext 6410

#### Communications Coordinator

(941)748-4501 ext 3964

#### Fitness/Exercise Programs

(941)748-4501 ext 3979

#### Pharmacy Advocate

(941) 748-4501 ext 6406

#### Prescription Solutions

(800) 797-9791

#### Precertification

(941) 741-2963

### Emotional Wellness

May is National Mental Health Awareness Month. Unfortunately there is a stigma to the concept of mental health, but what we should all focus on is striving for Emotional Wellness.

Emotional Wellness includes our mood, thinking and behavior as we cope with everyday life. It also helps determine how we handle stress, relate to others and make choices. Feelings of worry, anxiety, sadness or stress happen to everyone at some point, but for some people, these feelings, thinking and behavior are severe enough to reduce the ability to function in daily life and don't go away over time.

Severe mental health conditions and illnesses, such as chronic clinical depression, schizophrenia, and bipolar disorder, are real medical concerns, affecting about one in five families in the U.S. Fortunately, they are often treatable with medications and talk therapy.

### LAMP Program Update

LAMP is the Lifestyle Assistance and Modification Program that is part of the "Your Choice" Health Plan. LAMP provides a comprehensive array of services to help members address their emotional wellbeing as well as assistance for members who may be presenting with depressive or other behavioral health symptoms. What is important to know is that most medical conditions, including those related to mental health and substance abuse, cannot be addressed with medication alone. Insight into the feelings and thinking that contribute to the symptoms and subsequently altering your behaviors to promote a healthier lifestyle can have significant impact on impairing symptoms. Oftentimes, this insight is gained through the counseling process, or talk therapy. All members of the "Your Choice" Health Plan are allowed 5 free sessions with a counselor/therapist every year to address their emotional wellness or diagnosed behavioral health conditions. Additional sessions are available for a small copay.

To assist in addressing the lifestyle changes necessary for emotional wellness, LAMP plays an active role out at the worksites by conducting the De-Stress Open Houses where the entire "Your Choice" Team of Advocates have hands on techniques to assist people in reducing their stress, in addition to conducting individualized Team-based workshops to address stress, and other work-related struggles.

**For more information on any of the services that LAMP provides, please call (941) 741-2995 and speak to a LAMP Advocate.**

### Don't Forget to Take Your Medicine!

Prescription medications are an important part of helping people who have severe psychiatric conditions. But just like any other medication, they can't work if you don't take them. If you have trouble remembering to take the medication, check out:

[www.FreeRxReminder.com](http://www.FreeRxReminder.com) or [www.BlueberryRx.com](http://www.BlueberryRx.com)

These sites provide free email or text message reminders to help you remember your medication, whether it's for a psychiatric condition, or for another illness.

If you are unable to take your medication because of its side effects, or if you are thinking about stopping your medication, talk to your doctor.



# Medicine Cabinet Alert!

## Depression – What it is and how it's treated

Many people ask what is the difference between feeling sad and having depression. All of us have felt sad at different times in our lives, such as when someone we love has died, after a divorce or break-up, or when work or family problems happen. But certain feelings and symptoms may be a sign that something more is going on than just sadness. Behavioral health experts have stated specific symptoms that define a diagnosis of depression if a person has at least 5 of the following 9 symptoms at the same time for a consistent amount of time and represent a change from previous functioning, and at least one of the symptoms is either a depressed mood or loss of interest or pleasure:

- a depressed mood during most of the day, particularly in the morning
- fatigue or loss of energy almost every day
- feelings of worthlessness or guilt almost every day
- impaired concentration, indecisiveness
- excessive sleeping almost every day
- markedly diminished interest or pleasure in almost all activities nearly every day
- recurring thoughts of death or suicide (not just being scared of death)
- a sense of restlessness or being slowed down
- significant weight loss or gain (more than 5% of body weight) in a month

If you think you or someone you know may have depression, it's important to talk with a doctor. A Depression Screener with questions to help you learn more about depression is available at [http://www.rand.org/health/surveys\\_tools/depression/index.html](http://www.rand.org/health/surveys_tools/depression/index.html).

There are many different types of antidepressant medications available for the treatment of diagnosed clinical depression. Two common classes of antidepressants are selective serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs). They work to balance the chemicals in the body that can cause depression. Several low cost generic options are available from both classes.

SNRIs  
Duloxetine (Cymbalta)  
\*Venlafaxine (Effexor,  
Effexor XR)  
Desvenlafaxine (Pristiq)

SSRIs  
\*Citalopram (Celexa)  
Escitalopram (Lexapro)  
\*Fluoxetine (Prozac)  
\*Paroxetine (Paxil)  
\*Sertraline (Zoloft)

*\*Denotes generic products are available*

**Effexor  
contains the  
same active  
form of drug  
as Pristiq**

**Remember:  
Manatee members pay \$0 copay for all  
generic medications at MHN Preferred  
Network Pharmacies!**

**Celexa  
contains the  
same active  
form of drug  
as Lexapro**

### Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

**Prescription Benefit Manager:**  
**Prescription Solutions, Inc.**  
**For: Manatee Health Network**  
**Bradenton, Florida**

**Prepared by:**  
**Pharmacy Healthcare Solutions, Inc.**  
**P.O. Box 101632**  
**Pittsburgh, PA 15237**

**Editor: Melissa Sherer Krause, Pharm.D.**  
**Contributors:** Christopher K. Williams, Pharm.D.,  
Ashley Gibbons  
**Designer: Linda Richardson**