



HPR Depression Education Programs

Depression can be a debilitating disease, affecting as many as one in eight HPR members. The incidence of depression increases to one in four members with a chronic illness, such as diabetes. Because we are concerned about our members who suffer from depression, we have developed three programs aimed at improving the quality of life for these members:

- Increasing the Detection of Depression in Diabetics
- Antidepressant Medication Management
- Preventing Postpartum Depression

Increasing the Detection of Depression in Diabetics

This program is aimed at educating members with diabetes about the symptoms of and treatments for depression, and supporting these members' primary care physicians in assessing them for depression.

To enroll in this program, you must be:

- Age 18 or above.
- Currently enrolled as an HPR member.
- Currently diagnosed with diabetes (excluding juvenile diabetes or gestational diabetes).

Members who enroll in this program receive an educational packet including:

- An informative letter from HPR.
- A brief quiz to help you evaluate whether you are currently depressed.
- A Sacagawea "Golden Dollar" as a thank-you gift for completing the quiz and, depending on your answers, reviewing it with your doctor at your next appointment.

If you meet the criteria for this program and have not received HPR's educational packets on depression and diabetes, you may e-mail your request to dgilbert@hpr.org. If you prefer, you may call Customer Services at 707-525-4300 or 800-248-2070, Ext. 300.

Thank you for your interest in HPR's depression education programs!

Antidepressant Medication Management

This program provides support to HPR members diagnosed with depression. Specifically, we offer education about the benefits of taking antidepressant medication as prescribed by a physician.

To enroll in this program, you must be:

- Age 18 or above.
- Currently enrolled as an HPR member.
- Currently taking antidepressant medication, or have been prescribed antidepressant medication within the last 12 months by your primary doctor or psychiatrist.

Members who enroll in this program receive an educational packet including:

- An informative letter from HPR.
- A monthly newsletter (*Rhythms*) offering support and education regarding depression and medications that treat depression.
- A one-page survey about the use of antidepressant medication.

If you meet the above criteria and have not received educational about antidepressant medication management, you may e-mail your request to dgilbert@hpr.org. If you prefer, you may call Customer Services at 707-525-4300 or 800-248-2070, Ext. 300. **Please note that enrollment for the Rhythms newsletter will be closing July 31, 2001.**

Thank you for your interest in HPR's antidepressant management program!

Preventing Postpartum Depression

This program offers educational support for new mothers regarding the symptoms and treatment of postpartum depression.

To enroll in this program, you must:

- Be currently enrolled as an HPR member.
- Have been enrolled in HPR at the time of your baby's birth.
- Have delivered your baby on or after January 1, 2001.

If you meet the above criteria and have not received our educational newsletter about postpartum depression, please e-mail dgilbert@hpr.org and provide the following information:

- Your name.
- Your HPR ID number.
- Your mailing address.
- Your daytime phone number
- Your baby's date of birth.

Upon receiving your request, we will enroll you in our program and send you our educational support materials. If you prefer, you may call Customer Services at 707-525-4300 or 800-248-2070, Ext. 300.

Thank you for your interest in HPR's depression education programs!