

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Use a "✓" to indicate your answer.

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

If your answer to question number 9, was a 1, 2 or 3, please contact your provider or the Behavioral Health Access Center in New York at **1-800-568-0458** (or for members in Vermont call PrimariLink at **1-800-320-5895**).

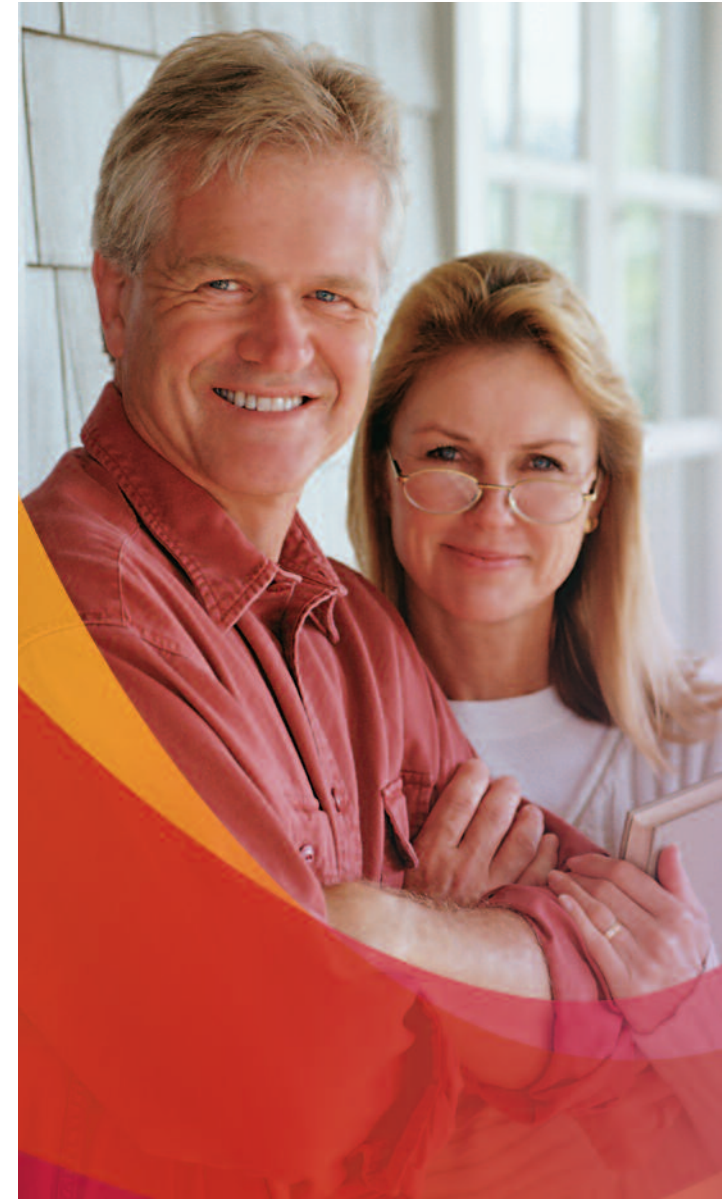
Add columns: + +

Total:

If your total is greater than 10, this program may be right for you! Call **1-866-942-7966** to find out more.

This questionnaire can be an indication of the severity of depression, but should not be used as a diagnostic tool. All scores should be reviewed with your Primary Care Physician, Mental Health Provider or other medical professional.

Depression Care Program



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The Depression Care Program

and how it can help you.

The Depression Care Program was created to help you understand and get the most out of the treatment options available to you!

Symptoms of depression

People with major depression experience a number of symptoms all day, nearly every day, for at least two weeks. This may include feeling sad, "blue", "down in the dumps" or a loss of interest in things you usually enjoy.



Some other symptoms that may occur with the above include:

- Feeling slowed down or restless
- Having trouble sleeping or sleeping too much
- Loss of energy or feeling tired all the time
- Having an increase or decrease in appetite or weight
- Having problems concentrating, thinking, remembering, or making decisions
- Feeling worthless or guilty; or
- Having thoughts of death or suicide

You will be paired with your own Personal Health Coach to assist you in achieving your goals for optimal wellness.



You will work with your coach over the phone at a time that is convenient for you. Together you will develop a personalized plan that will help you to:

- Decrease your physical symptoms of depression
- Improve your self-management and coping skills
- Support you in managing your treatment plan
- Improve your function and quality of life

Program Goals

To help you feel better through:

- Education about depression
- Regular visits with a health care professional
- Taking medication as prescribed (if applicable)
- Exercise
- Proper nutrition
- Participating in hobbies
- Relaxation techniques
- Stress reduction
- Improvement of problem solving skills

If you would like to hear more about this free program and to see if you qualify, call 1-866-942-7966.

