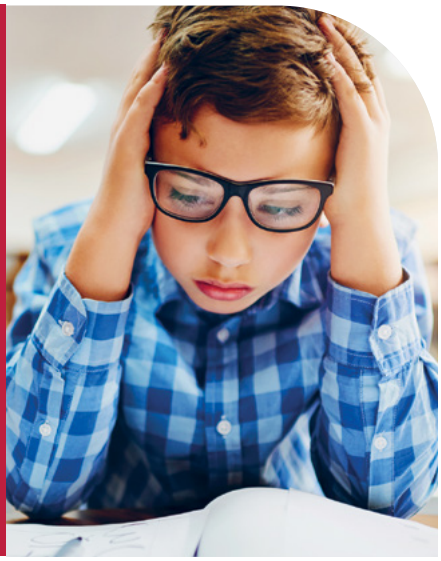
# Understanding ADHD

(Attention-Deficit/Hyperactivity Disorder)

**ADHD is a disorder that is common in children—both boys and girls—and has three common symptoms:**

- Difficulty paying attention or staying focused
- Being overactive or having trouble sitting still
- Impulsivity (acting without thinking first)

These behaviors may cause difficulty at school, at home, or with friends. A treatment plan developed with a doctor can help to reduce these symptoms and improve everyday functioning.



## ADHD Treatment Plans May Include Medications And Therapy

### Medications

For many children, medications help to reduce hyperactivity and improve their ability to focus and learn. There are different types and dosages of medications for ADHD. **Children taking medications to treat ADHD must be closely monitored by the doctor who prescribed the medications.**

Follow-up doctor's appointments are recommended once a child begins taking medication to treat ADHD. The doctor may recommend additional visits based on how well the medication is, or is not, working.

If an in-person doctor's visit is not an option for your family, a telemedicine visit, which allows you to speak with your child's doctor over the phone or online, may be an option. **Be sure to write down the appointment dates!**

- Follow-up appointment with the doctor who prescribed the medication **within 30 days of filling the ADHD-related prescription**

  Date of Appointment _____

- ADHD follow-up visits with any doctor **two more times within the next nine months**

  Date of Appointment _____

  Date of Appointment _____

Once your child begins taking their prescribed medication(s), if you have any concerns or they experience any side effects, call the doctor who prescribed it right away.

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## Therapy

Adding therapy to a treatment plan may help children and their families better cope with some of the challenges that children with ADHD may experience. Mental health professionals can also teach parents and children new skills and ways of thinking, for example:

- **Parenting skills** that can help parents encourage and reward positive behaviors in their children
- **Stress management techniques** that can benefit parents by increasing their ability to deal with frustration so that they can respond calmly to their child's behavior
- **Support groups** that can help parents and families connect with others who have similar experiences and concerns

*Source: National Institute of Mental Health*

## Start with Gia®

Gia connects you to a doctor via in-app messaging, video, or phone call.

Sign in to Gia online at **my.mvphealthcare.com**

**OR**

Download the *Gia by MVP* mobile app to get started.

- Visit **mvphealthcare.com/GetGia**
- Scan the QR code using the camera on your mobile device

Age restrictions may apply for some services.
Members without an MVP Medical plan do not have access to Gia.

## MVP is Here to Help

To find a behavioral health care provider, visit **mvphealthcare.com/FindaDoctor**. For personalized results, before you search, sign in to Gia and select *Get Care*. Or in the *Gia by MVP* mobile app, tap *Find Care*.

## Online Resources for Parents

The Centers for Disease Control and Prevention: Protecting the Health of Children with ADHD
**www.cdc.gov/adhd**

National Institute of Mental Health
**www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd**

## Questions?

Call the MVP Customer Care Center at the number on the back of your MVP Member ID card or sign in to *Gia* to send a secure message.

MVP has resources and programs to support members living with a behavioral health concern. To learn more, visit **mvphealthcare.com/behavioralhealth**.