

Treating patients with major depressive disorder

Clinical Practice Guideline

We have adopted the American Psychiatric Association's Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Third Edition. You can find this guideline online at: www.psychiatry.org.

A guideline watch, summarizing significant developments in the scientific literature since publication of this guideline, may be available at: <http://psychiatryonline.org/guidelines.aspx>.

As an addendum to the American Psychiatric Association's Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Third Edition, the Antidepressant Medication Management (AMM) HEDIS^{®1} measure has been adopted and will be used to monitor progress and help ensure adherence to the adopted guideline. The Healthcare Effectiveness Data and Information Set (HEDIS[®]) is a set of standardized performance measures designed to ensure that purchasers and consumers have the information they need to reliably compare the performance of health care organizations. HEDIS[®] is sponsored, supported and maintained by the National Committee for Quality Assurance (NCQA).²

The two rates for the AMM HEDIS[®] measure are as follows:

- **Effective Acute Phase Treatment**

Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug for at least 12 weeks.

- **Effective Continuation Phase Treatment**

Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug for at least 6 months.

The following resources may be available to you and/or your patients with Aetna health benefits, based on their plan:

Aetna Depression in Primary Care Program

Our Depression in Primary Care Program is designed to support the screening for and treatment of depression at the primary care level. This program provides primary care physicians with a tool to screen for depression, as well as monitor response to treatment. Reimbursement is provided for the depression screening and follow-up monitoring. To find out more, please call toll-free **1-888-812-3862**, or visit www.aetna.com/healthcare-professionals/tools/Depression-Primary-Care.html.

We also offer a Behavioral Health Depression Disease Management Program* that provides members with access to a clinician, support with medication adherence, educational resources and case management services. The member can call **1-800-424-1828** for further information.

A secure member website to help members manage their health and keep track of their benefits

Aetna Navigator[®] secure member website (www.aetna.com), is an online resource for personalized health and financial information. Available 24 hours a day, 7 days a week, Aetna Navigator[®] allows members to find health care professionals, check what a procedure may cost, change their primary care physician and/or dentist, request a member ID card, track claims and health and wellness information.

Guidelines last reviewed and adopted 2/2012.

*Member eligibility may vary.

¹HEDIS[®] is a registered trademark of the National Committee for Quality Assurance (NCQA).

²The National Committee for Quality Assurance (NCQA) is a private, non-profit organization dedicated to improving health care quality.

A consumer health website for up-to-date health news and answers to certain health questions**

On the Aetna IntelliHealth® website (www.intelihealth.com), your patients can take quizzes on diabetes and smoking, read current articles on exercise and osteoporosis, and find answers to important health questions on many different topics and conditions.

A 24-hour phone line to get health information from registered nurses***

When your Aetna patients have health questions, even in the middle of the night, they can call our toll-free Informed Health® Line (**1-800-556-1555**) to speak with a registered nurse. They can also access our audio health library for a recorded collection on more than 2,000 health topics, available in English and Spanish.

The Reawakening Center

Our depression information website, www.reawake.com, provides participants with creative, supportive and non-threatening tools to uncover ways to deal with feelings and emotions and develop insight into when to seek professional help.

Online Behavioral Health Assessment (BHA) for your patients

The BHA is available at www.aetnabhra.com. Members can use our tool anytime and anywhere they feel comfortable to:

- Take an online survey that can uncover depression, anxiety or alcohol dependence issues
- Identify areas where they might need help
- Receive personal feedback with a chart that shows their progress and where appropriate, receive assistance from our Behavioral Health care managers

**Aetna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied by IntelliHealth. Information supplied by IntelliHealth is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician.

***While only a doctor can diagnose, prescribe or give medical advice, the Informed Health Line nurses can provide information on more than 5,000 health topics. Members should contact their doctor first with questions or concerns regarding their health care needs. Not all topics discussed within the audio health service are covered expenses under the individual's health benefits plan.

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This guideline is for informational purposes only, and is not intended to direct individual treatment decisions. All patient care and related decisions are the sole responsibility of providers, and this guideline does not dictate or control a provider's clinical judgment regarding the appropriate treatment of any individual patient.

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Our secure provider website

With the click of a mouse, you can instantly access information you need, when you need it, including:

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- Claims payment policies and code-editing logic with clinical rationale
- Referral submission or status
- Continuing medical education programs
- Clinical Policy Bulletins
- Clinical Practice Guidelines
- Preventive Services Guidelines
- Benefits eligibility for Aetna members, and more!

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The Aetna logo consists of the word "aetna" in a bold, lowercase, blue sans-serif font. A small "SM" trademark symbol is located at the top right of the letter "a".