

The Colorado Business Group on Health would again like to thank you for participating in the National Institute of Mental Health Study of Depression Management in the Workplace study.

DID YOU KNOW?

Depression is just more than a bad day. Symptoms must last two weeks or more including change in sleep, change in eating, self-doubt, concentration problems, or fatigue.

WANT TO SEE THE LIGHTER SIDE OF DEPRESSION AT THE WORKPLACE?

Try <http://www.caremanagementfordepression.org/employer/bullhorn.html>

READY TO THINK ABOUT ASKING YOUR PLAN TO IMPROVE DEPRESSION TREATMENT?

Free Technical Assistance from Donna Marshall at 303-922-0939 or Donna.Marshall@cbghealth.org.

- Specific ways that your company can ask health plans to improve
- Your plan's HEDIS (Healthcare Effectiveness Data and Information Set) depression scores
- Sample contract language
- Sample plan performance standards

Thank you once again for participating in this important study,

Colorado Business Group on Health
12640 West Cedar, Suite A
Lakewood, CO 80228
Office: 303.922.0939
Fax: 303.922.0938

<<http://www.coloradohealthonline.org/>> www.coloradoHEALTHonline.org