

### **High-Level Stratification and Interventions for Depression**

PHQ-9 Score: 5-9 Mild PHQ-9 Score: 10-14 Moderate PHQ-9 Score: 15-19 Moderately Severe PHQ-9 Score: 20-27 Severe

### WATCHFUL WAITING

#### **MONITOR**

## ACTIVE TREATMENT

# IMMEDIATE TREATMENT

Repeat PHQ-9 Assessment at follow-up visit

Encourage use of self-help apps for depression

Assess for differential diagnosis

Click here to access the member website to search for behavioral health providers (Use access code "Clinician")

Repeat PHQ-9 Assessment at follow-up visit

Refer to behavioral health therapy and Optum Case Management for additional support

Provide educational information around depression

Provide community resource referrals as needed

Repeat PHQ-9 Assessment at least monthly

Assess for pharmacotherapy

Refer to behavioral health therapy and Optum Case Management for additional support

Coordinate with behavioral health treatment provider

Work with patient on using self-management tools

Provide community resource referrals as needed

Repeat PHQ-9 Assessment at least monthly

Initiate pharmacotherapy

Expedite a referral to behavioral health for individual, family or group therapy

Coordinate with behavioral health treatment provider

Monitor for medication adherence\*

Provide community resource referrals as needed

Effectively coordinating care between treatment professionals can lead to improved health outcomes. Please be sure to have the member sign a release of information form.

You may use your own form or <u>click here</u> to access the Optum Confidential Exchange of Information form.

\*It is recommended that patients remain on antidepressant medication for at least 180 days (6 months)
National Committee for Quality Assurance 2023 HEDIS Specifications; see NQF-Endorsed Measures at <a href="https://www.ncga.org">www.ncga.org</a>