



## How to Purchase Depression Care Management for Your Employees

Depression Care Management (DCM) can produce a return on investment for many employers through the savings generated by improving workplace productivity and reducing absenteeism. Employers who provide care management to employees with depression get better

All disease management programs for depression are not the same. AspenPointe TeleCare provides, **as a minimum,**

all the necessary components of evidence-based care. With non-clinically proven programs that do not contain these components, you may fail to achieve your return on investment.

Disease management programs for depression should include the following components of evidence-based care:

- Education for patients regarding depression and its treatment.
- Six monthly outreach calls in the first six months.
- Six quarterly outreach calls between 7-24 months even if the patient feels better.
- Care Management protocols to contact healthcare professionals if patients fail to improve or begin to feel worse again.

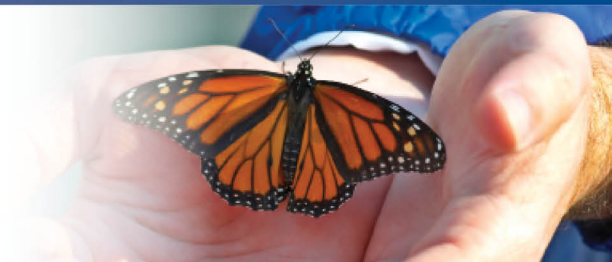
We evaluate the progress of patients when they start the program and every six months through the length of the program. Our program evaluation demonstrates the following:

- Decrease in patient depressive symptom severity
- Improvement in patient's overall physical and mental health, physical and social functioning and ability to work
- High level of customer satisfaction with the depression care management program
- Improvement in the productivity and work attendance of participating employees
- Cost savings associated with improved productivity and work attendance

Depression Care Management reduces absenteeism by 28.4% each year.

ASPENPOINTE

SINCE 1875...



Depression Care Management reduces lost productivity at work by 90.1% each year.

**Eligibility Criteria:**

Through individual employer groups.

**Need assistance, or provide a referral:**

Call (719) 572-6100

Monday - Friday from 8:00 a.m. to 5:00 p.m.



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

(719) 572-6100 | (800) 285-1204 | [WWW.ASPENPOINTE.ORG](http://WWW.ASPENPOINTE.ORG)