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

Mild

PHQ-9 Score: 5-9

WATCHFUL

WAITING

Repeat PHQ-9 **Assessment at** scheduled follow-up visit/appointment

Consult if additional concerns for differential diagnosis

Moderate

PHQ-9 Score: 10-14

**MONITOR** 

Repeat PHQ-9 Assessment at scheduled follow-up visit/appointment

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

Provide educational information around depression

**Provide community** resource referrals as needed

**Click here** to access the member website (Use access code "Clinician")

\*\* The HEDIS® AMM measure recommends patients remain on antidepressant medication for at least 180 days (6 months)

Moderately Severe

PHQ-9 Score: 15-19

## **ACTIVE TREATMENT**

Repeat PHQ-9 Assessment at least monthly

Assessment 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 selfmanagement tools

**Provide community** resource referrals as needed

Severe

PHQ-9 Score: 20-27

## **IMMEDIATE TREATMENT**

Repeat PHQ-9 Assessment at least monthly

Immediate initiation of pharmacotherapy

\* Expedited referral to Behavioral Health therapy 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 have the member sign a release of information form.

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

