



Treatment Works!

A daily personal action plan will help you and your doctor make good decisions about your treatment. Your action plan includes information to share with your doctor at each visit.

- **Know your medication** (dose, schedule and side effects)
- **Keep a daily log** of your sleep, appetite, mood and energy
- **Write down the things** that make your symptoms better or worse
- **Weigh yourself** once a month and keep track of any medical issues that come up

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| Take Your Medication as Prescribed | Experts agree that medication is an important part of your treatment plan. Talk to your doctor about any side effects or changes you may want to make. | |
| Monitor Your Symptoms | Sleep, energy, appetite and mood are important signs of your body functions. Track any changes in a daily log. These functions become more regular as you continue with treatment. Go to the Education and Resource Center at Cignabehavioral.com for a mood tracker, as shown on the attached page of this flier. | |
| Keep Your Follow-up Appointments | Keep your follow-up appointments as scheduled. There you learn about your illness and your medicines, talk about how you are doing, and make changes to your action plan. | |
| Know What Makes Your Symptoms Worse | Everybody has things (triggers) in their life that can make their symptoms worse. Know your triggers so you can manage them better. | Types of triggers and stressors: <ul style="list-style-type: none"> ■ Alcohol or other drugs ■ Stress in your family or personal life ■ Stress in your job ■ Changes in your physical health |
| Get Active With Your Treatment Plan! | Work with your doctor to keep a plan for your treatment that feels right for you. Talk to your doctor if you think any changes in your treatment plan will be helpful. | Track your progress: <ul style="list-style-type: none"> ■ Use the daily mood log on the back of this flier ■ Share the information with your health care provider ■ Make copies for further use |

The content of this flier is consistent with recommendations published by: The American Psychiatric Association, www.psych.org/psych_pract/treatg/quick_ref_guide/MDD_QRG.pdf; National Institute of Mental Health, www.nimh.nih.gov/health/topics/depression/index.shtml; and the Center for Quality Assessment and Improvement in Mental Health, www.cqaimh.org/tool_edu.html.

Education Resources

for Persons with Depression or Bipolar Disorder

American Psychiatric Association
1000 Wilson Blvd., Suite 1825
Arlington, VA 22209

www.psych.org
703.907.7730

American Psychiatric Association (APA)

APA is a medical specialty society with over 35,000 physicians working together to ensure humane care and effective treatment for all persons with mental disorders.

Recommended educational offerings:

- Let's talk Facts About Depression
- Let's talk Facts About Bipolar Disorder

Depression and Bipolar Support Alliance
730 N. Franklin St., Suite 504
Chicago, IL 60610-7224

www.dbsalliance.org
Toll-free 800.826.3632

Depression and Bipolar Support Alliance (DBSA)

DBSA is the nation's leading patient-directed organization focusing on the most prevalent mood-related mental illness, depression and bipolar disorder.

Recommended educational offerings:

- Myths and Facts about Depression and Bipolar Disorder
- Just Diagnosed? You are not alone
- Introduction to Depression and Bipolar Disorder
- Dual Diagnosis and Recovery

Mental Health America
2000 N. Beauregard St., 6th Floor
Alexandria, VA 22311

www.nmha.org
Toll-free 800.969.6642

Mental Health America (MHA)

Formerly The National Mental Health Association
MHA is the nation's oldest non-profit advocacy organization.

Recommended educational offerings:

- Bipolar Disorder – What you need to know
- What is Bipolar Disorder? – A Guide to Hope and Recovery in African Americans
- Mood Disorders

National Alliance on Mental Illness
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042

www.nami.org
Toll-free 800.950.6264

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grass roots mental health organization dedicated to improving the lives of persons with serious mental illness and their families.

Recommended educational offering:

- Understanding Bipolar Disorder – What you need to know about this medical illness

National Institute of Mental Health
Public Information & Communication Branch
6001 Executive Blvd.
Room 8184, MSC 9663
Bethesda, MD 20892-9663

www.nimh.nih.gov
Toll-free 866.615.6464

National Institute of Mental Health (NIMH)

NIMH is the leading federal agency for research in mental and behavioral disorders.

Recommended educational offering:

- A Story of Bipolar Disorder

Source: STABLE Resource Toolkit: www.cqaimh.org/stable_toolkit.html

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