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Dear Valued Provider Partner:

AvMed and Optum are working together to provide you, our Network Physicians, with resources and tools to help you and our Members with integrated behavioral healthcare solutions. Optum offers a variety of resources for coordinating your patient's behavioral health needs. In order to provide easy access to these resources, AvMed has made them available on its Provider Website at: [Behavioral Health - AvMed](#). You can also access the Optum **Behavioral Health Toolkit for Medical Providers** at [Behavioral Health Toolkit for Medical Providers \(providerexpress.com\)](#)

Use these Toolkits to explore **tools and resources designed to help you care for your patients**, including:

- Depression screening program
- Diagnostic screening tools (PHQ-9)
- Clinical practice guidelines
- Webinars on targeted behavioral healthcare conditions commonly seen in the primary care setting
- Information on the Antidepressant Medication Management (AMM) and Follow-Up Care for Children Prescribed ADHD Medication (ADD) HEDIS measures

Depression Screening Program & Self Care from AbleTo App for your patients:

Comprehensive depression screening is the first step in identifying patients who may be suffering from depression and can also help determine the appropriate treatment. You can find depression screening resources, including the PHQ-9, and tools on our refreshed behavioral health benefits webpage, or directly from the Optum Behavioral Health Toolkit for Medical Providers webpage.

The Patient Health Questionnaire (PHQ-9) is:

- Endorsed by the National Quality Forum (NQF)
- Used to screen for depression and assessing depression severity
- Used successively during a treatment episode to monitor a patient's response to depression treatment

Self Care from AbleTo: In partnership with Optum we are bringing our Members, your patients, the AbleTo app. Self Care from AbleTo is a self-paced digital program that can help members reduce depression and anxiety, as well as improve their mood, with no out-of-pocket costs. Self Care uses tools and techniques **based on cognitive behavioral therapy (CBT) concepts and mindfulness**. With this program, members can learn to manage their emotions using weekly optional assessments, daily mood tracking, skill-building and topical content. Self Care can benefit members who may not seek or are not ready for traditional treatment methods by providing a lighter-touch, less intensive way to engage. It also provides supplemental support for members previously or currently in treatment.

Antidepressant Medication Management (AMM)

Members who are diagnosed with major depression and treated with antidepressant medications are recommended to remain on the medication for at least 6 months after starting a new antidepressant medication depending on how your patient is responding. Consistent follow-up and medication adherence will lead to the best outcomes for Members.

Follow-Up Care for Children Prescribed ADHD Medication (ADD)

Members who are 6-12 years of age, and who are newly prescribed medication for attention-deficit/hyperactivity disorder are recommended to have a subsequent follow-up visit within the initial 30-day period and two more within the next 9 months. Timely follow-up and medication adherence will lead to the best outcomes for Members.

AMM and ADD Resources and Optum On-Demand Webcasts with CEU's available:

Behavioral Health Identification, Treatment and Referral in Primary Care: 3-Part On-demand Series | OptumHealth Education:

This three part on-demand web series is free of charge and offers continuing education credits. It is designed to meet the educational needs of primary care physicians, PAs, nurses, and nurse practitioners who are interested in learning about pertinent topics in behavioral health.

You can find the Optum Web series and additional AMM and ADD resources guidelines, tools, and much more on our behavioral health benefits webpage, or directly from Optum's Behavioral Health Toolkit for Medical Providers webpage.

Continuity and Coordination of Care

In addition to your care, patients may also benefit from a referral to a Behavioral Health Specialist. If you refer your patient, be sure to have them sign a *confidential exchange of information form* or *release of information* form so you can coordinate care with their Behavioral Health Specialist. The [Optum Confidential Exchange of Information Form](#) can be accessed from the *Behavioral Health Toolkit for Medical Providers* webpage.

Additionally, AvMed provides a Provider Communication Form to assist all Primary Care Physicians and Behavioral Health Professionals with continuity and coordination of care. Please be sure to obtain consent from Members before sharing any patient details. **You can access the Provider Communication form on our behavioral health benefits webpage.**

Optum - A Resource for You and Your Patients

Through our relationship with Optum, we provide a broad, diverse network of experienced behavioral health providers, as well as expert case managers, working with AvMed clinical staff to coordinate your patient's care.

To obtain a list of our Network Providers or assistance with coordinating care for behavioral health or substance use treatment, please call Optum at 1-866-293-2689 (Commercial) or 1-866-284-6989 (Medicare Advantage) or go to [Behavioral Health, EAP, WorkLife & Mental Health Services | Live and Work Well](#). Optum also offers a **Substance Use Helpline: 1-855-780-5955**. The Helpline is available 24/7 for providers and patients to identify local MAT (Medication Assisted Treatment) and behavioral health providers, provide targeted referrals for evidence-based care, provide education to members/families about substance use, or assistance in finding community support services.

Sincerely,



AvMed Regional Medical Director



Charles LoPiccolo, M.D.
Optum Medical Director