

PBH is required to develop Preventive Health Programs as part of improving care to consumers and to meet national accreditation rules. PBH believes that members who are well informed about their illness are better able to manage their illness and; therefore, have better outcomes. The purpose of these initiatives is to educate patients on their diagnoses, the treatment of such, and how to maximize treatment. Information about preventive health programs offered by PBH is mailed annually to consumers. To request information about the specific Preventive Health Programs, call the PBH Access Center at 1-800-939-5911.

PBH is initiating two Preventive Health Care Initiatives this fiscal year for our members who have the diagnosis of either Depression or Attention Deficit with Hyperactivity Disorder (ADHD). We at PBH feel that these two programs will improve the treatment and outcomes for our patients with Depression or who suffer from ADHD.

[Depression Preventive Health Initiative – Click here](#)

The goal of the initiative is to educate the patient on the importance of attaining remission of depression and keeping their illness in remission. We will use the [PHQ9](#) to aid the patient in tracking and evaluating their depression. This is as a tool that the patient can use online or by telephone by calling our Access number. The [PHQ9](#) is a widely accepted depression screening and outcome tool used in the primary care setting. If the patient is not in remission then we will advise them to contact their provider for a consultation. We have emphasized that the clinician is the only one who can definitively decide if they are not in remission. The patients will be sent a DVD, a brochure on depression, a satisfaction survey, and letter explaining the program. The letter will explain the importance of putting depression into remission and how to access the [PHQ9](#). At the six month and one year mark another mailing will be sent to consumers to measure their satisfaction with the program and again directs them to periodically monitor their symptoms using the [PHQ9](#). Our goal is to achieve and maintain remission of consumers Depressive symptoms.

ADHD Preventive Health Initiative

The PBH ADHD Preventive Health Initiative focuses on the treatment of ADHD. It is instructive as per the illness and its complications. The initiative explains the importance of medication management for ADHD. The complications of ADHD such as poor school performance, substance use, poor social adjustment etc. are also explained to the parent in a handout. The parent is then given treatment options for these complications and comorbid conditions. The parents are instructed to contact their provider if the child has persistent symptoms or suboptimal functioning in these areas. The parents will be sent a brochure on ADHD by the PriMed Education Center. An initial survey will also be sent to the parents asking them some basic questions about their child and about our ADHD Preventive Health Care Initiative. They will then have a second mailing at six months reiterating the importance of medication treatment and the complications of ADHD. A questionnaire will be given that will list many of the common symptoms of ADHD and the parents will be encouraged to consult their provider if the child is still symptomatic. Finally a third survey will be mailed a one year to measure the parent's satisfaction with our program.