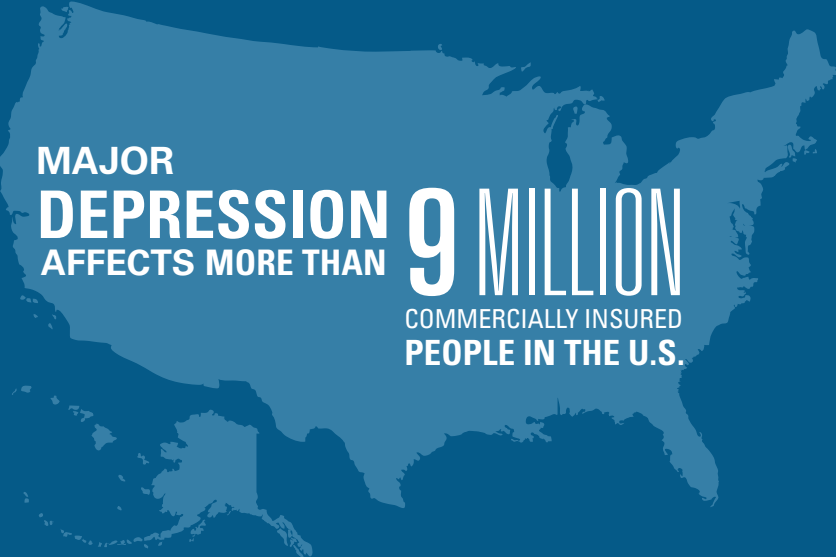


Major Depression and Your Employee's Health

Major depression is a complex condition that has a substantial impact on overall health and wellness. In Arkansas, major depression diagnosis rates are higher than the national average — and rising. It's crucial to effectively address and manage this condition to improve the health of your employees.

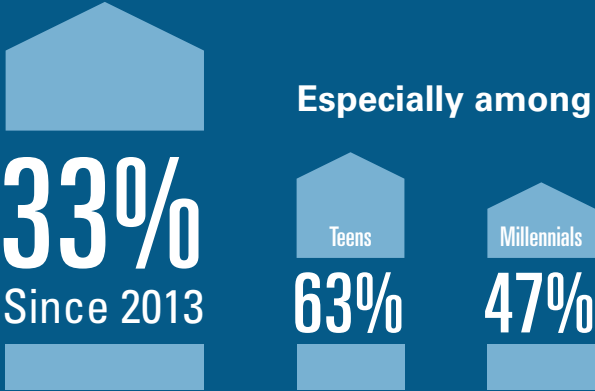


People diagnosed with depression are...

- 2x** as likely to suffer from **1+ CHRONIC DISEASE**
- 3x** as likely to suffer from a **PAIN-RELATED DISORDER**
- 7x** as likely to suffer from **ALCOHOL OR SUBSTANCE USE DISORDER**

Which can lead to a loss of nearly **10 YEARS OF HEALTHY LIFE**

Depression diagnoses



Women are **2x** as likely to be diagnosed as men.

How We Help with Behavioral Health

Arkansas Blue Cross and Blue Shield behavioral health programs can help with education, early intervention, diagnosis and ongoing treatment, so your employees can focus on the work at hand. With behavioral health benefits, your employees have a 24/7 toll-free number that's staffed with licensed professionals who can help:

- Find the right doctors and treatment facilities to meet your employees' unique needs
- Confirm provider participation in an employees' health plan network
- Provide information about services and resources in the community
- Assist employees and their doctors in working together toward employees' goals
- Get information about topics such as depression, anxiety, substance use, bipolar disorder and other conditions
- Arrange coaching and support services through our case management program
- Provide precertification for inpatient and outpatient services

Let Arkansas Blue Cross help you create a benefit plan that includes education, diagnosis and treatment for behavioral health.

Questions?

Talk to your Arkansas Blue Cross representative today.



Arkansas
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