Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna℠

What is depression?

Aetna Behavioral Health

www.aetna.com

48.03.315.1 (7/12)

Depression is a treatable condition

Think of depression the same way you think of any other illness. Anyone can get it. About one of every 20 Americans gets depressed every year.[1]

Depression isn't just feeling "down in the dumps." It is more than feeling sad after a loss or stressed by hard times. Depression can affect your thoughts, feelings, physical health and behaviors.

It's not a character flaw. It's not a sign of personal weakness. It's a serious illness. Yet many people do not get the treatment they need.

If you think you might be depressed, please tell your doctor. Most people can begin to feel better in several weeks when they are adequately treated.

Symptoms of depression

- Feeling down or sad
- Loss of interest in things you usually enjoy
- Feeling slowed down or restless
- Having trouble sleeping or sleeping too much
- Loss of energy or feeling tired all the time
- Having an increase or decrease in appetite or weight
- Having problems concentrating, thinking, remembering or making decisions
- Feeling worthless or guilty
- Having thoughts of death or suicide

If you have one or more of these symptoms, talk to your doctor about how you feel. Getting help is important because treatment can help you feel better.

What you can do

Talk to your doctor. He or she will decide with you what to do from there. Care for depression may include medications or counseling from a mental health specialist. Your doctor may also tell you to:

- Avoid alcohol
- Stay active and exercise more
- Practice relaxation exercises
- Seek support from family and friends

Be sure to ask your doctor questions and follow through with the treatment that both you and your doctor decide is best for you.

[1]The MacArthur Initiative on Depression & Primary Care. Re-engineering systems for primary care treatment of depression. *Clinician Manual For The Prepared Practice: Managing Depression In Primary Care.* 2009 Aug 30; p. 37. Available at: www.depression-primarycare.org/images/pdf/ce_manual.pdf.

Health benefits and health insurance plans are offered, underwritten and/or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna Behavioral Health, LLC and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products. Aetna Behavioral Health is the name of an internal business unit of Aetna.

This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Aetna does not provide care or guarantee access to health services. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, GR-23 and/or GR-29.

www.aetna.com

©2012 Aetna Inc.
48.03.315.1 (7/12)