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Get Treatment for Depression

Neighborhood Health Plan of Rhode Island (Neighborhood) and Beacon Health Strategies (Beacon) work together to make sure you get the best care. We can help you treat depression.

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. It can also make you feel tired or like you want to hurt yourself or someone else.

Common symptoms include:

- Feeling sad much of the time
- Feeling helpless or hopeless
- Feeling tired or low on energy
- Feeling angry, anxious or restless
- Losing interest in activities you used to enjoy
- Thoughts of suicide (hurting yourself) or death

If you notice any of these signs for more than four weeks, get help right away. There are many things your provider can do to help you. Your provider can give you medicine and talk with you about your life to help you feel better.

Please call Beacon at **1-800-215-0058 (TTY 1-781-994-7660)** if you or someone you know needs help. They are available Monday through Friday, from 8:30AM to 5PM.

You can also visit these websites:

- Beacon Health Strategies, www.beaconhealthstrategies.com
- National Institute of Mental Health, www.nimh.nih.gov/health/publications/depression

TRUST

Neighborhood's Rhody Health Partners plan for adults with disabilities and adults without dependent children.

Tell Us How We're Doing!

We want our members to get the best care they can. One way to see how well we take care of you is a survey. Every year, we mail the CAHPS® (Consumer Assessment of Healthcare Providers and Systems) survey to some adult members. Based on the results, we look for ways to improve the care you're getting.

The 2014 CAHPS results told us how happy members are with their care.

- Most members (82%) rated Neighborhood an 8, 9 or 10 on a scale from 0-10.
- 87% were able to get needed care right away.

To serve you better, we keep adding quality doctors to our network. In 2014 we added 27 specialists, 16 primary care offices, and 3 urgent care centers.

We are most proud to hear that our Customer Service staff is able to help you any time you call us. Ninety-four percent of our members said we treated them with courtesy and respect.

If you receive a CAHPS survey in the mail or a phone call, please take a few minutes to answer it and let us know how we can get better. We want to hear from you!

CAHPS® is a registered trademark of the Agency for Healthcare Research and Quality (AHRQ).

INSIDE THIS ISSUE

- Your Breast Health p2
- Learn About Asthma p3
- Test Children for Lead p4
- Get Healthy Foods On-The-Go p5
- Quit Using Tobacco p6

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If you smoke or use tobacco you have probably thought about quitting many times. You may have tried to quit many times before. Most people try to quit many times before they actually quit for good. Like many other things, it takes practice.

Quit for Life. This program can help you quit smoking or using other kinds of tobacco.

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- **Quit for Life** - providing support
- Education
- **Quit for Life** is the best way for you to quit smoking or using other kinds of tobacco.



Quit for Life
1-800-459-6019 (TTY 711).

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Change of Address

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you to get important notices. Mail from EOHHS may not be delivered if your name is not on the mailbox. If mail is returned to EOHHS you may risk losing your health coverage.

- Make sure EOHHS has your current address
- If you move:
 - Fill out a Change of Address form at the post office at www.usps.com
 - **www.dhs.gov** (Department of Homeland Security Services (DHS) know your address
- Make sure where you get your mail is clearly marked with your last name
- Whether you get your mail in a curbside box, wall-mounted mailbox, a mail slot or other way, make sure it is easy for mail to be delivered to you

If you have questions or want to update your information, call 1-800-459-6019 (TTY 711).



close friends

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