



THE CONNECTION BETWEEN CHRONIC CONDITIONS AND MENTAL HEALTH >>>>

Did you know people with chronic conditions are at higher risk of depression? Did you also know that people with depression are at higher risk for other medical conditions? The fact is the two are frequently related.

Whether you just received a diagnosis or have been living with a chronic condition for years, it can have an impact on your mental health. Changes to our physical abilities can add stress to our lives and/or concerns about the future. Prolonged sadness, anxiety, or difficulty sleeping can ultimately limit our physical and social activity as well, increasing risk for developing disease.

It's important for both you and your care team to pay attention to the relationship between mental and physical health, especially for any of these conditions:



ASTHMA

Nearly half of asthma patients have depression symptoms. Stress from attacks, physical inactivity, and poor medication management can increase that risk.



COPD

Chronic obstructive pulmonary disease, which causes shortness of breath, can give a person increased anxiety (panic attacks) or guilt, especially if the person has a history of smoking. The risk of depression increases as COPD progresses and causes a limitation of physical activity and activities of daily living.



DIABETES

People with diabetes are 2-3 times more likely to have depression than someone without diabetes. Managing diabetes can be stressful and lead to symptoms of depression.



HEART DISEASE

Cardiac events like heart failure or heart attack can lead to depression, anxiety, and PTSD due to fear of another event and/or decreased quality of life and functionality due to the illness.



Did you know you can check your TakeControl program status in MyChart?
Contact the TakeControl team to learn more.



HII employees and their families have access to free, confidential mental health professionals through HII's HERO Program. To access the program, visit hiihero.com (using access code 'HII') or call 1-855-400-9185.

THE IMPORTANCE OF TREATING BODY AND MIND >>>>

Mental health disorders can disrupt our thoughts and mood and often interfere with our ability to cope with routine daily activities like sleeping, going to work, and raising a family. But just like chronic diseases, mental health disorders are treatable.



FOR PEOPLE LIVING WITH CHRONIC CONDITIONS

For some people, self-help options for education and developing personal coping strategies are enough. Others may need professional assistance through therapy or peer support networks. It's important to watch for the signs of depression, such as sadness, loss of pleasure, or low self-esteem following a recent medical diagnosis and seek help for yourself or a family member if needed.



FOR FAMILY & CARETAKERS

Chronic illness doesn't just affect the person who's been diagnosed. Often, family members need to adjust their roles or lifestyle to accommodate these new health concerns, which can add stress and strain to all involved. Caregivers, in particular, can become overwhelmed due to emotional, physical, and financial demands.



FOR KIDS & TEENS

For kids living with medical conditions, disruptions to school, friendships, and extra-curricular activities can lead them to feel left out or self-conscious. Some may develop anxiety or depression and need extra support to gain comfort, security, and resiliency. Parents should strive for consistency to build healthy habits and remember to watch for warning signs of social difficulties and/or changes in mood, sleep, or interests.

Each person's experience managing a chronic condition and mental health is different. Accepting and adapting to a lifelong change may require a variety of tools and techniques, from medication to nutritional coaching, therapy, meditation, or even hypnosis. Talk with your care team to determine the best options for you or your family member.

MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact the TakeControl team to learn more about becoming an **active** member.

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QuadMed

TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.