

THE EDUCATOR >>>>



Information you can use to **TAKE CONTROL** of your health

Issue 2, 2024

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.



At the direction of the Quad Medical Plan, effective April 1, 2024, TakeControl program incentive discounts will be \$5 copays on generic prescriptions and \$15 copays on name brand prescriptions per month.

IMPORTANT PROGRAM REQUIREMENT

At the direction of the Quad Medical Plan, enrollment in Rx Savings Solutions is required to maintain active membership in the TakeControl program and qualify for prescription benefits.

Scan the QR Code above to learn more about the benefits of the Rx Savings Solutions program.



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





Emotional Support Connection

Available to Quad employees and families, the Emotional Support Connection makes it simple to speak with a licensed therapist for a variety of life's challenges – regardless of insurance. Visit myquadmed.com/esc to learn more.

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. Active members are eligible for discounts on condition-related supplies and medications by committing to the program and completing the requirements outlined for your condition. At the direction of the Quad Medical Plan, enrollment in Rx Savings Solutions is required to maintain active membership in the TakeControl program and qualify for prescription benefits. *Scan the QR Code to learn more about the benefits of the Rx Savings Solutions program.*

There is no cost to become an active member and it can be done at any time. If you choose not to become an active member, you still have free, unlimited access to TakeControl educators and can utilize the team at your convenience.

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.