

Ask for help.

- Depression and anxiety are brain diseases just like high blood pressure is a physical disease. Many people find the best treatment for depression and anxiety is a combination of medication and therapy. Your doctor can prescribe medications that can help. Therapy is covered by South Country.

How We Can Help

- South Country covers services* that can help you with:
 - ✓ **anxiety and depression** - We cover the initial screening along with inpatient and outpatient mental health services.
 - ✓ **tobacco cessation service** - As a member, you can access telephone-based and online help and education at no charge. Call the EX Program at 1-833-EXCOACH (1-833-392-6224), TTY users call 711.
 - ✓ **blood pressure checks and medications** - We cover the screening for high blood pressure (hypertension) and supplies to monitor your blood glucose.

*Review your Member Handbook or Evidence of Coverage for details about covered services.

We also have a booklet that helps explain anxiety, depression and high blood pressure more thoroughly. If you would like a copy, please contact Member Services at the phone number on the back of this brochure.

FOCUSED ON

Community, Family, Health

South Country Health Alliance Member Services

1-866-567-7242 ♦ TTY 1-800-627-3529 or 711

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

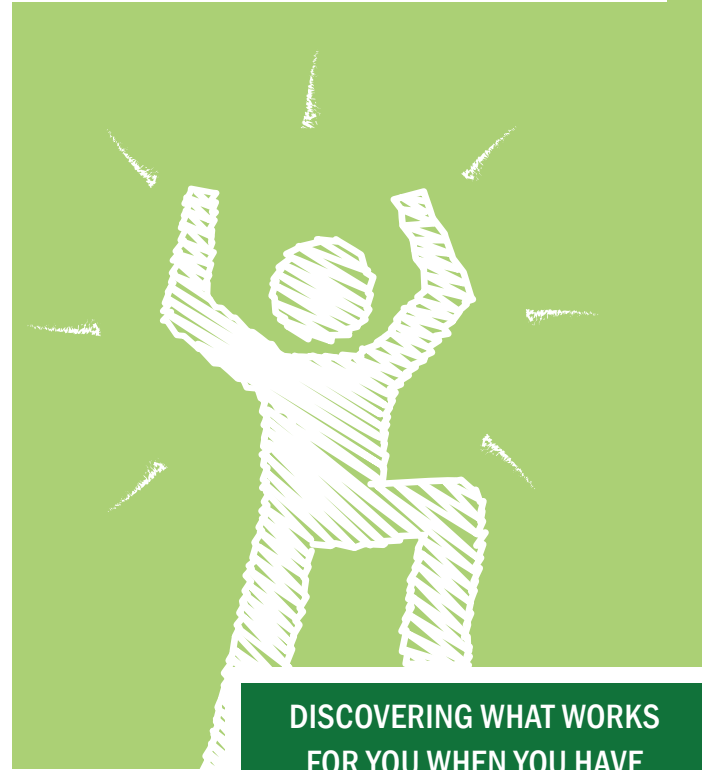
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1-866-567-7242, TTY 711.

members@mnscha.org

You Got This



DISCOVERING WHAT WORKS
FOR YOU WHEN YOU HAVE
ANXIETY, DEPRESSION AND
HIGH BLOOD PRESSURE

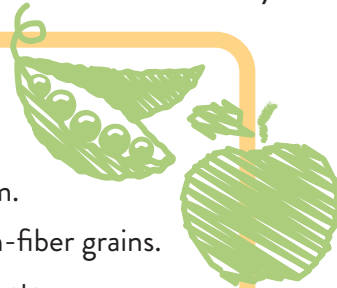


You Can Feel Better.

Even though anxiety, depression and high blood pressure are different, making a few healthy changes in your lifestyle can have an effect on all three, resulting in better overall health. If you need help finding a medical or mental health provider, please contact us.

Follow a heart-healthy diet

- ✓ Limit salt use when you cook.
- ✓ Do not buy foods that are high in sodium.
- ✓ Eat plenty of fruits, vegetables, and high-fiber grains.
- ✓ Switch to low-fat or fat-free dairy products
- ✓ Choose skinless poultry, lean meats, fish, beans and nuts.



Relax your body

- ✓ Having tense muscles can be tiring. Learning skills to relax your body can be very helpful to manage anxiety and depression and can help address issues related to high blood pressure.



If you smoke, make a plan to quit

- ✓ Depression is more common in people who smoke.
- ✓ Your chances of having a heart attack decrease just one year after you quit smoking.



Maintain contact with friends and family

- ✓ Make a list of people you want to stay in contact with.
- ✓ Commit to connecting with them by scheduling get-togethers, calling them on the phone, or sending them emails or letters.



Be more active

- ✓ Our bodies are made to move. Moving 30 to 60 minutes a day is great for your physical health like high blood pressure.
- ✓ Moving releases hormones into your body which helps decrease anxiety and depression symptoms. Walking is one of the best ways to move.



Know about the medications you take

- ✓ Some medications may increase your blood pressure. Talk to your doctor.
- ✓ Tell your doctor about any side effects you have with your medications.



Good sleep habits are important

- ✓ Sleeping too much or too little can affect high blood pressure and anxiety and depression. If you need help with getting good sleep, contact your doctor or mental health provider.



Limit the use of drugs and alcohol

- ✓ If you are having trouble cutting back or stopping use of drugs or alcohol, South Country covers treatment to help you address drug and/or alcohol use. We can help you find a provider.

