



Dear Behavioral Health Provider,

Rocky Mountain Health Plans (RMHP) is committed to advancing high-quality, patient-centered behavioral health care across Colorado. As part of this effort, we're gathering feedback from providers like you on the use of **Measurement-Based Care** in various settings.

What is Measurement-Based Care?

Measurement-Based Care (MBC) involves using brief, standardized tools—such as surveys or symptom rating scales—to regularly assess a patient's symptoms and progress throughout treatment. These tools help guide clinical decisions, similar to how checking blood pressure informs physical health care.

Examples of MBC in Practice:

- **Outpatient Therapy:**
 - A therapist uses a tool like the PHQ-9 at set check points throughout care to track depression symptoms. If scores remain high, treatment may be adjusted.
- **Primary Care Behavioral Health (PCBH):**
 - A Behavioral Health Consultant uses tools like the GAD-7 or PHQ-9 during brief visits to guide interventions and monitor progress.
- **Intensive Outpatient Programs (IOP):**
 - Patients complete symptom checklists at set check points throughout care. The care team uses this data to tailor group sessions and individual support.

Why It Matters:

MBC creates a shared understanding of progress between provider and patient, supports timely adjustments to care, and improves outcomes.

☐ **We'd love to hear from you!**

Please take a few minutes to complete our brief survey and share your experience with behavioral health services and measurement-based care:

☐ [Take the Survey](#)

Thank you for your dedication to improving behavioral health care in our communities.

If you have any questions, please email Kylanne.Briggs@uhc.com

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