

ANTIDEPRESSANT MEDICATION MANAGEMENT



The following is information on the HEDIS® measure regarding the importance of members with a diagnosis of major depression and treated with antidepressant medication remaining on antidepressant medication treatment.

Patients included in this measure are adults 18 years and older with a diagnosis of major depression that were newly treated with antidepressant medication and remained on their antidepressant medications.

Newly treated means patients with antidepressant medication during a period of 105 days prior to the day new antidepressant medication was prescribed with no pharmacy claims for either new or refill.

This measure does not apply to members in hospice.

Two rates are reported:

Effective Acute Phase Treatment

At least 84 days (12 weeks) of treatment with antidepressant medication. Beginning on the date new antidepressant medication was prescribed through 114 days after the date new antidepressant medication was prescribed for 115 total days. This allows gaps in medication treatment up to a total of 31 days during the 115-day period.

Effective Continuation Phase Treatment

At least 180 days (six months) of treatment with antidepressant medication (Antidepressant Medications List), beginning on the date new antidepressant medication was prescribed through 231 days after the date new antidepressant medication was prescribed for 232 total days. This allows gaps in medication treatment up to a total of 52 days during the 232-day period.



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TIPS FOR HELPING YOUR PATIENTS

- Before scheduling an appointment, verify the member is a good fit, with access to transportation to the location and time of their appointment.
- Make sure the member has regular appointments with a practitioner that has prescribing authority for at least 180 days after a new prescribed antidepressant medication.
- Engage parents/guardian or significant others in the treatment plan. Advise them of the importance of treatment and attending appointments.
- Aftercare appointment(s) should be with a healthcare provider. Preferably with a licensed behavioral therapist and/or a psychiatrist.
- Talk about the importance of follow-ups to keep the member engaged in treatment.
- Identify and address any barriers to member keeping appointments.
- Provide reminder calls to confirm appointments.
- Reach out proactively within 24 hours if the member does not keep a scheduled appointment to schedule another.
- Providers should maintain appointment availability for members with major depression diagnosis.
- Closely monitor medication prescriptions and do not allow total gap days to be more than 31 days during the Effective Acute Phase or 52 days during the Effective Continuation Phase.
- Emphasize the importance of consistency and adherence to the medication regimen.
- Advise the member and significant others of side effects of medications. Including what to do if side effects are severe.
- Reinforce the treatment plan and evaluate the medication regimen considering presence/absence of side effects, etc.
- Coordinate care between providers, beginning when a provider makes the major depression diagnosis. Encourage communication between behavioral health providers and patients' primary care provider (PCP).



- Coordinate transitions in care between providers. Share the care transition plans with the PCP.
- Instruct on crisis intervention options.
- Submit claims in a timely manner with correct service coding, medication name and diagnosis.

To refer a member or receive guidance on services, please call Lucet at 1-877-206-4865.

Lucet is an independent company that serves as the behavioral health manager for Blue Cross and Blue Shield of Louisiana and HMO Louisiana, Inc.