

Take control of your health. Live Happy. Live Healthy.

Dear Member,

If you or someone you know is dealing with depression, it's important to take control of your health by taking your medication as prescribed by your doctor. Keep in mind that it may take a few weeks for some medications to start working—so be sure to follow the drug usage instructions.

It's also a good idea to:

- Use a reminder system so you don't forget to take your medication.
- Consult your health care provider before taking other prescription or over-the-counter drugs.
- Report any side effects to your doctor.
- Never stop taking an antidepressant medicine without first talking to your doctor.
- Seek professional help if needed.

LIVE HAPPY, LIVE HEALTHY.

If you have questions about behavioral health matters, symptoms, treatment or medications, a licensed clinician from New Directions, our contracted partner, can help.

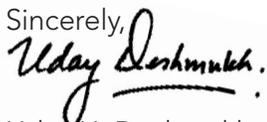


Call New Directions at **1-866-269-6399**, 24 hours a day, 7 days a week. If you're hearing impaired with a TTY device, please call 1-800-955-8771.



Floridablue.com is your one stop for health information online. Find more information about depression, keep your medical records organized, estimate your costs, sign up for FREE programs to help you reach your health goals and much more.

Take control of your health and live happier and healthier!

Sincerely,


Uday U. Deshmukh, MD, MPH
Senior Medical Director, Care Management
Florida Blue

10 things you can do to boost your mood.

For a quick mood boost, try one of these 10 things or come up with a list of your own. Do these things even when you're feeling good and help yourself get back on track to a healthier future.

1. Write down at least one thing you enjoy.
2. Do some form of exercise daily.
3. Spend time outdoors.
4. Join a support group.
5. Eat a healthy diet.
6. Write in a journal.
7. Play with a pet.
8. Get a good night's sleep.
9. Avoid alcohol.
10. Watch a funny movie or TV show.

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.