

# Understanding Medication Management



Medication is often used as part of a comprehensive treatment plan to improve or alleviate the symptoms of many mental health conditions. They are most effective when taken consistently as prescribed by a doctor.

Patients are more likely to take their medication correctly when they understand the role medication plays in their overall treatment plan, and have a strong, encouraging support system.

Spring Health Medication Managers are ready to engage with patients and their new or existing care teams to ensure an integrated approach to treatment.

**16.5%** Of adults have taken prescription medication for their mental health<sup>1</sup>

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**2-10** Poor medication adherence leads to 2-10 absent days per employee every year<sup>2</sup>

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**\$18k** Improving medication adherence was found to improve employee productivity by \$18,000 annually<sup>3</sup>

## Medication Managers include:

- Psychiatrists
- Psychiatric Nurse Practitioners (PNPs)
- Other Physicians



## Collaborative care with fully integrated medication management

**Secure Data Sharing:** Spring Health Medication Managers have access to a shared electronic health record (EHR) with other Spring Health providers, allowing them to work collaboratively with other clinical care team members and ensure member progress.

**Trusted Referral Support:** If certain medication prescriptions are outside of Spring Health's scope, Care Navigators will work with each member's health plan to provide referral support to in-network providers and minimize additional cost. Regardless of a member's diagnosis, our team will refer them to the care they need.

### What to expect during a medication management appointment:



A medication evaluation



Medication prescription, if appropriate



Progress monitoring



Documentation viewable by the member's entire clinical care team in a shared EHR

# How medication management works

## Cleo's Journey

A 42 year old Operations Manager suffering from depression

1

Cleo activates her Spring Health benefit and takes a comprehensive assessment.

2

Her personalized care plan recommends therapy and a medication evaluation appointment. She is also prompted to speak with her Care Navigator.

3

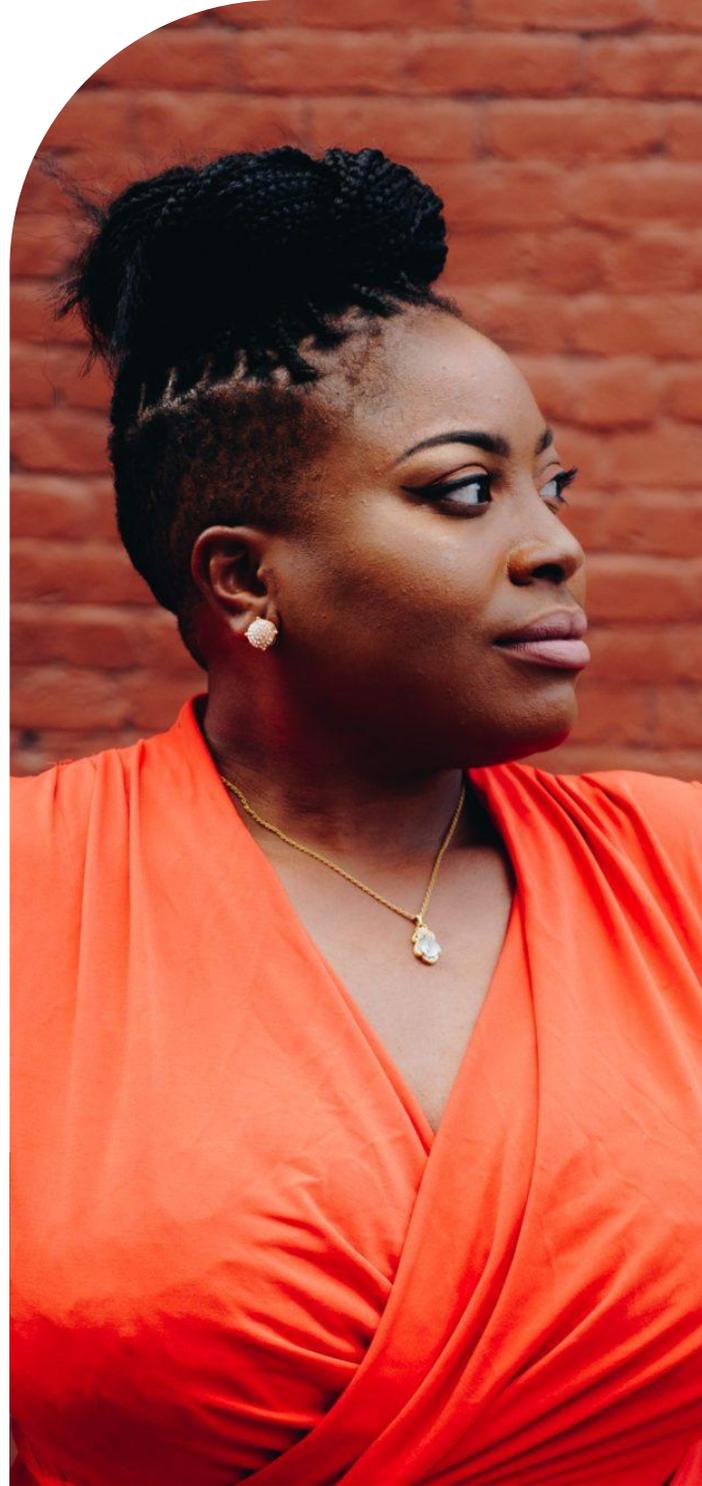
The Care Navigator helps Cleo understand her assessment results, find a therapist that's right for her, and connect with a physician or PNP for a medication evaluation.

4

Cleo meets with her medication manager and is prescribed the appropriate depression medication. She also starts to see her therapist on a weekly basis.

5

As Cleo continues her therapy and takes her medication, her mental health improves. 2-4 weeks later she has a follow up session with her medication manager to track progress and see if any medication adjustments are necessary.



### Learn More

Medication management is just one part of Spring Health's full spectrum of mental health support.

Contact [sales@springhealth.com](mailto:sales@springhealth.com) to learn more.

<sup>1</sup> Terlizzi, E., Zablotzky B. (2020, September). *Mental health treatment among adults: United States, 2019*. Center for Disease Control and Prevention.

<sup>2</sup> Lu, J. (2019, November 14). *Medication adherence: How to help employees stay on track*. GenYys Health Care Systems.

<sup>3</sup> L, J. (2018, May 16). *15 frightening stats on medication adherence*. Pillsy.