



# Perinatal Depression Screening Program

---

An estimated 13 percent of new mothers experience postpartum depression after childbirth.\*

Postpartum depression is different from the “baby blues.” Up to 70 percent of all new mothers experience the “baby blues,” a brief condition that doesn’t impair functioning and doesn’t require medical attention.\*

## How can a Member Find Information about the Depression Screening?

Start Smart for Your Baby® is our perinatal program that incorporates the concepts of case management, care coordination and disease management in an effort to provide pregnant and soon to be pregnant Centene members with healthier babies.

Currently pregnant and postpartum members will receive a Start Smart for Your Baby® packet. The packets contain valuable information to help women have a healthy pregnancy with a positive outcome.

These include materials such as planning a healthy pregnancy booklet (discussion of prenatal care, helpful charts, role of diet/exercise, etc.), a book for documenting the pregnancy journey, tips for staying healthy during pregnancy and a depression screening survey. The depression screening tool we use is the Edinburgh Postnatal Depression Scale.

*\*American Psychiatric Association, 2009*

This Page is intentionally left blank.



## How We Provides Support

We are committed to helping our members have a healthy pregnancy and ensure a positive outcome. Your office can provide the screen then fax the completed screen to us at 866-704-3063.

Depression screening has proven to be an effective means of early identification for Perinatal Depression.

Our depression screening program identifies women at risk for Perinatal Depression. We work closely with the members and their provider(s) to provide information and available resources to help members access the services they need.

We offer a variety of services for members who are pregnant or who have recently delivered.

We encourage all pregnant or postpartum members to complete the depression screen and return it to us.

If a member elects not to complete the depression screen by mail, the health plan's case manager can administer it and route the completed screen to us through a shared computer network. A provider can also refer a member to us if they detect signs of depression.

## What do We do with the Results?

When a member completes and mails the depression screen, our Quality team carefully reviews the results and performs appropriate outreach to the member by mail. If the member does not respond to outreach from the case manager, a follow-up letter is sent within a week.

## What Happens if a Member is Not Depressed?

Members who mail a completed survey to us that identifies as not depressed will receive a letter providing resources and contact numbers should they need our services in the future.

## What Happens if a Member is Depressed?

If the member shows signs of depression, we contact the Primary Medical Provider or Obstetrician to make sure they are aware of these signs and take appropriate next steps including contact with the health plan based member's obstetrical case manager. We also contact the member so that we can help her find a behavioral health provider and explore opportunities available in the community.



**nh healthy  
families™**

1-866-769-3085

TDD/TTY 1-855-742-0123

[nhhealthyfamilies.com](http://nhhealthyfamilies.com)