

Magellan of Virginia

Medicaid Member Newsletter

Magellan administers behavioral health services for members enrolled in Virginia's Medicaid and FAMIS programs. This newsletter is for members receiving behavioral health services in Virginia and their families. The newsletter contains information and education about available behavioral health services. It does not suggest a need for mental health or substance abuse services.

Contact information: Toll-free: 1-800-424-4046 | TDD: 1-800-424-4048 | TTY: 711

Beating the Winter Blues

Many people get the blues when winter arrives. There are several causes, including fewer hours of daylight and cold temperatures.

Symptoms

Not everyone has the same symptoms. Common signs of the winter blues include:

- Sad or "empty" feelings.
- Increased appetite and weight gain.
- Increased sleep and daytime sleepiness.
- Less energy and ability to concentrate.
- Loss of interest in work or other activities.
- Withdrawing from social activities.
- Unhappiness and irritability.
- Feelings of guilt or hopelessness.

How can you beat the winter blues?

- Take walks during the daylight hours.
- Get in the sunlight as much as possible.
- Get plenty of exercise.
- Keep a regular sleep schedule.
- Eat healthy foods and a balanced diet. Include vegetables and fruit.
- Keep active with friends and family.
- Find hobbies you enjoy, such as arts and crafts.

Call us or talk to your doctor if you still feel down. Get help right away if you are in crisis.

Magellan shares its approach to managing care

Every person is unique. Magellan considers this when approaching care. We do this through a model called eMbraceCare. The individual is at the center of care as part of a treatment team.

This team includes the following.

- **Magellan.** We oversee the services and offer support.
- **The provider.** The provider gives the member the needed treatment.
- **The individual.** Each person is an active part on their own team.
- **Families.** It is also important for family members to be involved.

Our role is to help members through the stages of treatment. These stages include:

- Finding a provider.
- Providing support during a crisis.
- Approving services.
- Making sure the individual has a plan when leaving the hospital.
- Coordinating care based on each person's needs.

Through our model, we:

- Sign members up for the right kind of treatment. We make sure they receive the support they need from the start.
- Work with providers to make sure treatment is easy to access. We also respect each person's:
 - a. Culture.
 - b. Preferences.
 - c. Goals.
- Coordinate care for each member. Some may not need as much care coordination. Others may need more. The type of services we offer depends on what each person needs to achieve wellness.
- Track progress to make sure our services are helping. We want to make sure we always improve.

We empower members to live meaningful lives in the community. We want you to achieve your goals. And we support you in living up to your full potential.

Visit www.MagellanofVirginia.com for more about the benefits available to you.

"Passport to Care": A New Guide to Wellness

The *Passport to Care* is a booklet that looks like a travel passport. This booklet will help members understand and take part in their total health care. It is a "how-to" support guide. Members, families and peer supporters can use the passport to work with medical and behavioral health providers and talk about taking steps to be healthy.

The booklet helps you learn about the importance of health care check-ups. And it helps you talk to providers about:

- Medications
- Side effects
- Other aspects of a personal wellness plan

Visit Magellan of Virginia's website and its For Members page to access the *Passport to Care* and other health and wellness tools and resources.

