

Aetna Better Health® of Michigan
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AETNA BETTER HEALTH® OF MICHIGAN

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Aetna Better Health® of Michigan
Postpartum Depression: Meeting Patients' Needs

Dear Provider:

Postpartum depression (PPD) is a devastating emotional experience that affects families and communities. PPD is characterized by insomnia, anxiety, confusion, and suicidal ideation and can occur at any time during the first year after birth. **Approximately 10 to 20 percent of women suffer from PPD after childbirth**, causing serious health implications for both mothers and newborns.

Poor bonding, impaired infant development, and poor breastfeeding habits are some of the negative consequences associated with PPD. **Suicide is the leading cause of death during the postpartum period, occurring in 11 per 100,000 births.** It is important that early screening and intervention occurs with these patients.

Screening tools are available for your postpartum patients. Screening tools for PPD include the Edinburgh Postnatal Depression Scale, the Patient Health Questionnaire-9, and the Postpartum Depression Screening Scale.

Please encourage your patients to reach out to their care manager at Aetna Better Health of Michigan for additional support and information about enhanced benefits.

Earn \$100 incentive for antepartum care examinations performed in accordance with HEDIS guidelines. We offer all providers the opportunity to take part in our HEDIS P4P program. The program pays providers annual bonuses based on the measures they complete. Each measure has a specific incentive amount paid after a target score is achieved. P4Q enhances quality of care by incentivizing providers to focus on preventive and screening services. Learn more here:

<https://www.aetnabetterhealth.com/michigan/providers/increased-earning-opportunities.html>.

You can call Provider Relations. We're here for you Monday through Friday, 8 AM to 5 PM: **1-866-316-3784** (TTY: **711**).

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