

## DEPRESSION SCREENING



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

**Depression Screening** is one of the preventive services that is covered by Medicare.

### **What is depression?**

Depression is a mental health condition that affects mood. Depression screenings should be conducted by your primary care provider (PCP) or another trusted doctor to ensure that you are correctly diagnosed and treated.

### **Risk Factors:**

It is possible to develop depression with or without the risk factors listed below. It is important to note that the more risk factors you have, the most common it will be for you to develop depression. The most common risk factors are:

- Family History of Mental Illness
- Chronic Physical or Mental Disorders
- Major Life Changes and Stress
- Little or No Social Support
- Psychological Factors
- Low Socioeconomic Status

- Female Gender
- Age
- Insomnia, sleep disorders

**Who's covered?**

All people with Medicare.

**How often is it covered?**

Medicare covers one depression screening per year. The screening has to be done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals.

**Your cost if you have Original Medicare**

You pay nothing for this test if your doctor accepts assignment.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at [alcastellanos@prinsuco.com](mailto:alcastellanos@prinsuco.com).