



## Medical Director's Corner

[From the Desk of Gary R. Proctor, MD, CMO Federal Division, ValueOptions®](#)

For those of you who have not been to the [Achieve Solutions](#) section on the Humana Military website lately, I wanted to make you aware of some recent enhancements that I encourage you to browse. Achieve Solutions is an online program, available in both English and Spanish for patients to access when they might be experiencing stress or have other mental health concerns. It's filled with behavioral health and work/life content. The site contains more than 6,000 articles covering 200 different topics, such as Anxiety, Health and Wellness, Relationships, Depression and more. It can be used as an adjunctive resource in your treatment of patients needing self directed guidance and educational materials on mental health.

### Teen Life

One recent enhancement to [Achieve Solutions](#) is Teen Life, a resource designed specifically to help teens and their parents tackle hard-to-cope-with life issues. This resource includes topics ranging from alcohol and drugs to managing emotions to choosing a college and obtaining financial aid.

### Life Manager

The second addition I would like to mention is Life Manager. This is a "one stop shop" instrument that brings together various resources and services to help military members and their families meet their unique needs. Life Manager can help individuals assess mood, focus on a variety of concerns and can even help identify solutions to life's challenges, both large and small.

### Suicide Awareness

Lastly, there is a new resource on suicide awareness. As we all know, suicide and suicide attempts can affect not only the individual, but family members, co-workers and friends. It has a huge impact on not only the healthcare industry, but society as a whole. Patients who visit [Achieve Solutions](#) have the ability to view two Suicide Awareness Videos and obtain information about available resources and services. A video for family members of military service members lists suicide signs and provides guidance on how to help a loved one who may be suicidal. The other video addresses active duty service members and acknowledges that some may have feelings of depression or suicidal thoughts. This brief video lists depressive symptoms and includes a depression self-quiz. Those individuals, who screen positive on the assessment, are encouraged to call a specific contact number linking them to a 24/7 on-call TRICARE South behavioral health clinician who will assist them with obtaining appropriate behavioral health services. Other national resources are also included.

Knowledgeable patients who are more aware of their potential stresses, and who are more fully educated on the various symptoms related to behavioral health disorders are a key component to overall health of a population. It is quite evident that emotional health can affect physical health through many different ways such as diet, exercise and compliance with medications. As you are well aware, many times unexplained symptoms have a behavioral health component. One barrier for patients is potential stigma. Most patients do not have any problem seeking assistance for physical pain, but some are hesitant to get help for difficulties related to stress, "a psychological pain." In order to help patients focus on some of the emotional factors that may be occurring in their lives, I again encourage you to become familiar with these new online resources and consider recommending them to the appropriate patients so that they can perhaps overcome some of the barriers to overall health and wellbeing.