

# ODS DEPRESSION CARE PROGRAM

Are you struggling with depression? We can help.



As a participant in our **Depression Care Program**, your health coach will help you:

- » Work one-on-one with a trained health coach over the phone or via e-mail
- » Set goals and learn how to achieve those goals
- » Track your progress to better health



Meet Anna, 37, who was diagnosed with depression.\*

Anna had always been a bubbly person, but when she was diagnosed with a medical problem, her outlook started to change. Soon, she wanted to sleep all day and barely took care of basic daily needs, like brushing her teeth. She cried daily and started isolating herself from her friends. Eventually, Anna met with a doctor, who diagnosed her with depression.

When she first called her ODS health coach, Julie, Anna wasn't sure if phone coaching would help. But within a few weeks she began to feel hopeful again. Julie helped Anna make lifestyle changes to alleviate her depression and get her health back on track. Gradually, Anna returned to normal.

Anna is happy she enrolled in phone coaching. By the end of the program, she felt like herself again.

*\*Names and details have been changed.*

COACHING IS EASY.

Phone 503-948-5548

Toll-free 877-277-7281

TTY 800-433-6313

E-mail [depression@odscompanies.com](mailto:depression@odscompanies.com)

[www.odscompanies.com](http://www.odscompanies.com)

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