**Understanding HEDIS Measures: Antidepressant Medication Management (AMM)**

Healthcare Effectiveness Data and Information Set (HEDIS) measures can help enhance quality of care by identifying ways to support preventive care. By working with UnitedHealthcare on HEDIS medical record collection, your efforts can have a direct impact on better patient outcomes – from improved medication adherence to closing clinical care gaps to deeper member engagement in their own well-being.

We realize some of you have questions on specific measures. To help you improve performance for the Antidepressant Medication Management (AMM) measure, we’ve shared tips and recommendations.

**The HEDIS AMM Measure**

**AMM:** The percentage of members 18 years of age and older who were treated with antidepressant medication, had a diagnosis of major depression and remained on an antidepressant medication treatment. This measure is strictly related to medication compliance.

Two rates are reported:
- **Effective Acute Phase Treatment:** The percentage of members who remained on an antidepressant medication for at least 84 days or 12 weeks.
- **Effective Continuation Phase Treatment:** The percentage of members who remained on an antidepressant medication for at least 180 days or six months. The clock starts at the earliest prescription dispensing date for an ADHD medication during the intake period.

**Recommendations for Stronger Performance**

To improve diagnosis and treatment for this measure, please keep these recommendations in mind:
- Use screening tools such as the PHQ-9 to support identification of mild, moderate or severe depression.
- Use objective assessments to identify who would benefit from medication.
- Remember that not all dysphoria is major depression.
- Explore alternative non-pharmaceutical treatments.
- Offer supportive therapy instead of or in addition to medication.
- Educate patients about their medications:
  - Help them understand it may take up to 12 weeks for full medication effectiveness.
  - Emphasize the importance of taking medications for at least six months even if they feel better.
  - Discuss side effects and the importance of medication adherence.

**We're Here to Help**

If we can answer any questions for you, please contact uhc_hedis_help@uhc.com. Thank you.

*Under the Health Insurance Portability and Accountability Act (HIPAA), health care operations include disclosure of Protected Health Information for accreditation (e.g., Healthcare Effectiveness Data and Information Set reporting) and certification activities. These disclosures may be made to a business associate, acting on behalf of the covered entity. The American Recovery and Reinvestment Act of 2009 also permits release of records. Our vendors have executed HIPAA-compliant business associate agreements to perform the medical records reviews.*