



Healthy Blue



Antidepressant medication management (AMM)

Why is the HEDIS® antidepressant medication management (AMM) measure important?

Major depression is a serious mental illness with a significant burden of symptoms. It is the most common psychiatric disorder in individuals who die from suicide. Integrating the right antidepressant medication with appropriate behavioral therapy routinely leads to positive benefits and outcomes for members. Compliance with antidepressant medication is an essential component in treatment guidelines for major depression.

AMM measure description

The AMM measure applies to members with major depression who are 18 years and older. HEDIS requires an adequate course of newly started medication.

Providers should monitor two phases of medication compliance. The start date for each phase is when the prescription was first filled.

- Effective acute treatment phase: 84 days (12 weeks) minimum with gaps in treatment up to a total of 30 days.
- Effective continuation treatment phase: 180 days (six months) minimum with gaps in treatment up to a total of 51 days during the two phases combined.



For best practices in medical record documentation, include:

- The date of service.
- A diagnosis of major depression.
- Clear evidence that an antidepressant medication was prescribed.

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What can providers do to improve AMM rates?

- Schedule a follow-up appointment no later than four weeks after starting a new prescription.
- Remind patients about their appointments.
- Assist patients in setting up a follow-up appointment with a prescriber when patients are transitioning to another level of care.
- Implement targeted outreach for patients at risk of non-adherence via phone calls, medication prompts, or case management.
- Educate staff about the importance of adherence to prescription medications, side effects, and benefits of antidepressant medication.
- Educate patients about the importance of not stopping medication even if they “feel better” without speaking to a provider first.
- Involve the patient and family in a collaborative discussion of treatment options and promote patient participation in decision-making.
- Screen for social drivers of health (SDOH) barriers that may prevent the patient from being able to properly pick up medication or take properly.

Healthy Blue is the trade name of Community Care Health Plan of Nebraska, Inc., an independent licensee of the Blue Cross Blue Shield Association.