

**FeelingBetterNow®, a new mental health care program, is now available to you, your spouse and your dependant children as part of your OTIP long term disability (LTD) benefits plan.**

**[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)**

One in five Canadians currently suffers from a serious mental health issue such as depression, anxiety, attention deficit disorder or substance abuse. Each of us likely knows someone in our family, workplace or circle of friends affected by a mental disorder.

Managing mental illness is one of the toughest problems faced by individuals and physicians. *Only one in eight individuals affected receives proper mental health diagnosis and treatment.* Statistics indicate that 40 to 45% of the total claims submitted to OTIP's LTD plan are for mental/nervous conditions. Mental/nervous conditions also appear as secondary diagnoses in many physical disabilities. Early diagnosis and proper treatment are crucial to successful recovery.

To help address this overwhelming issue, leaders in the mental health care community developed an innovative Web-based mental health care program called FeelingBetterNow®.

FeelingBetterNow® assists with the prevention, early diagnosis and ongoing management of common mental health disorders. This collaborative online system can assist your doctor in providing you with optimum mental health care.

*The College of Family Physicians of Canada has reviewed and approved FeelingBetterNow® as a practice management tool available to assist family physicians in patient care. The Ontario Medical Association received FeelingBetterNow® so well that it will be adding the program as a health insurance benefit for its members and their families in 2009.*

FeelingBetterNow® allows you to anonymously and confidentially complete mental health evaluations online. The program generates the following documents, which you can print and take to your family physician to assist in diagnosis and treatment.

- Diagnostic Risk Maps – your risk for certain conditions based on your response to the questionnaire.
- Care Maps – guidelines for treatment.
- Follow-up Maps – track your progress every three weeks and provide up-to-date reports regarding changes in your condition.

### **Program Access**

To access this resource, visit [www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip) after March 1, 2009. To enter the site, you will need your LTD group policy number, L7025-901, and the access code OTIPRAEO.