

Feeling the December blues?

It may be seasonal affective disorder

What's seasonal affective disorder?

Seasonal affective disorder is a clinical diagnosis that may explain why you feel blue in the winter. According to Mental Health America, symptoms may include:

- Sleep problems
- Irritability
- Fatigue or low energy level
- Decreased sex drive
- Diminished concentration
- Increased appetite, especially for sweets and carbohydrates

Symptoms of SAD may resemble other psychiatric conditions. Always consult your doctor for a diagnosis.

Who is affected by SAD?

MHA reports about 500,000 people are affected, peaking from December to February. Women are more likely to be affected than men.

What causes SAD?

Decreased sunlight is thought to be part of the cause of SAD.

Treatment

As with other types of depression, antidepressant medications and talk therapy can be effective.

We can help

Call the number on the back of your Blue Cross Blue Shield of Michigan or Blue Care Network ID card for mental health and substance abuse services. If you're a BCN member, you don't need a referral from your primary care physician for these services.

Health Advocate is a 2014 pilot program available at no additional cost to members who have an individual Blue Care Network plan, a fully insured employer group Blue Care Network plan or a participating self-funded employer group Blues plan. Members in government programs — such as Blue Cross Complete of Michigan and BCN Advantage — are not eligible. Health Advocate is an independent company that contracts with BCBSM and BCN to provide health advocacy services to BCBSM and BCN members.



Save time. Worry less.
HealthAdvocate™.

Toll free 1-855-425-8585 or 711 (TTY)

Brought to you by
Blue Cross Blue Shield of Michigan
and Blue Care Network at no extra
cost. Details are [here](#).

Top reasons for you to call:

- Support for your **whole** family
- Appointment scheduling help, including for second opinions
- Help in sorting through information from doctors, dentists, specialists and other providers
- Research of elder care services, including transportation to appointments



Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

HealthAdvocate™
Always at your side