

To: Prestige Health Choice Network Providers

Anxiety Disorders eLearning Training Module is now available for Prestige Health Choice providers

Our newest behavioral health online training is now available. Anxiety disorders, such as generalized anxiety disorder, phobias, and panic disorders, are some of the most common behavioral health conditions, and we recognize that primary care providers act as the front line in screening and treating these conditions. Accordingly, the Anxiety Disorders eLearning training module is an overview for providers, including a review of symptoms and how to incorporate an evidence-based screening tool and appropriate follow-up treatment into your practice.

Upon successful completion of this training, you should be able to:

- Describe anxiety disorders.
- Explain the differences between anxiety and anxiety disorders.
- Identify the types of anxiety disorders.
- Describe the symptoms of anxiety disorders.
- Use screening tools to measure and assess anxiety disorders.
- Describe methods to treat anxiety disorders.
- Locate resources and support available from Prestige Health Choice, including our Behavioral Health Provider Toolkit.

You can access the Prestige Health Choice Anxiety Disorders eLearning training module at www.prestigehealthchoice.com/provider/training-and-education/index.aspx, under the Provider Training and Education section. Please let us know you have completed the training by clicking on the Attestation Form link at the end of the training and completing the brief survey.

As part of our ongoing goal to support integrated care, we would like you to know about the following additional resources available to you:

- In-person, on-site behavioral health training from a clinical educator (contact your Provider Network Management Account Executive if you are interested).
- Our Behavioral Health Provider Toolkit.
- Additional eLearning modules (in development).

If you have any questions, contact your Provider Network Management Account Executive.

¹ <https://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders>