



Important Update to Mental Health Medication Monitoring Schedule

Dear Valued Patients and Families,

We are writing to inform you about an important update to our medication monitoring practices for patients receiving treatment for **anxiety and depression**. After careful consideration and in alignment with recommendations from the American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatry, we are introducing a comprehensive new follow-up approach.

What's Changing

Previous Schedule: Twice-yearly medication follow-up appointments

New Schedule: Four interactions per year, consisting of:

- Month 0 - Annual Well-Child Check
 - Comprehensive physical examination
 - Overall health assessment
 - Medication and treatment review in context of total health
- Month 3 & 9 - Asynchronous E-visit
 - E-visits are secured messages exchanged between you and your NECP provider
 - Convenient, remote medication check-ins
 - Completed through our secure patient portal
 - Minimal charge to insurance for this service
 - Allows for timely communication and minor treatment adjustments
- Month 6 - In-Person Medication Management Appointment
 - Detailed face-to-face consultation
 - Medication effectiveness evaluation
 - Opportunity for in-depth discussion and assessment

Why We're Making This Change

- Provide more comprehensive and personalized patient care
- Enhance medication monitoring and management
- Offer more flexible and convenient interaction options
- Ensure closer tracking of patient progress and well-being

Next Steps

- The new schedule will begin once you request a refill 3, 6 or 9 months from the last checkup.
- You will receive an email prior to when your child is due for an E-visit with questionnaires and detailed instructions on how to initiate the E-visit in the patient portal.

If you have any questions or concerns, please contact our office. We are committed to providing the highest quality, most responsive care for your child and family.

Sincerely,
Northeast Cincinnati Pediatrics