Health Enhancement Program (HEP)
Welcome to the State of Connecticut Health Enhancement Program

Care Management Solutions Inc. (CMSI) administers HEP for the State of Connecticut Employees and Municipalities that join the partnership plan.

Purpose of HEP
To positively impact the overall health of its participants through two components: Preventive Requirements and Chronic Condition Education and Counseling
How HEP Works

- All requirements and chronic condition education are measured per calendar year

- Preventive requirements are determined by age and gender

- Chronic conditions are determined through claims and medication history on an individual basis

- All requirements (preventive and chronic education) are to be completed by December 31 of each year

- If you have joined HEP at any time after January 1st of the current year, you will have until the end of the following year to complete your requirements
# Preventive Requirements

## HEP Requirements

<table>
<thead>
<tr>
<th>Preventive Screenings</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0 - 5</td>
</tr>
<tr>
<td>Preventive Visit</td>
<td>1 per year</td>
</tr>
<tr>
<td>Vision Exam</td>
<td>N/A</td>
</tr>
<tr>
<td>Dental Cleanings*</td>
<td>N/A</td>
</tr>
<tr>
<td>Cholesterol Screening</td>
<td>N/A</td>
</tr>
<tr>
<td>Breast Cancer Screening (Mammogram)</td>
<td>N/A</td>
</tr>
<tr>
<td>Cervical Cancer Screening (Pap Smear)</td>
<td>N/A</td>
</tr>
<tr>
<td>Colorectal Cancer Screening</td>
<td>N/A</td>
</tr>
</tbody>
</table>

For those with a chronic condition: The household must meet all preventive and chronic requirements to be compliant.
Chronic Condition Education and Counseling

The HEP program requires participants who have been identified with one or more of the following chronic conditions to complete annual educational requirements related to their disease, as well as accept a call from a CMSI registered nurse if one should reach out:

- Diabetes (Type 1 or 2)
- Asthma
- COPD
- Heart Disease/Heart Failure
- Hyperlipidemia
- Hypertension

All educational materials can be found at CTHEP.com
Benefits of HEP

HEP does not only benefit your health, it also rewards employees and their dependents with a number of financial benefits by remaining compliant with the program:

- Lower premium payments – Non-HEP employees pay an additional $100 per month in premium
- Lower out-of-pocket expenses – Non-HEP employees pay annual $350 individual/$1,400 family in-network medical deductible
- Office visit co-pays are waived for anything related to the chronic conditions
- Lower to $0 co-pays for medications used to treat any of the chronic conditions mentioned earlier
Visit CTHEP.com to Create Your Online Account
Register Online

- Online portal access will be available approximately one month after your effective date.
- You can access information using the links below the login screen before you register.
- Register at CTHEP.com.
Help, Forms & Contacts

• Under Help, Forms & Contacts you can locate the Physician Notification Form. This form should be used when a service was performed prior to joining your new plan.

• Please have your physician fill it out and you can fax it back to us.

Fax 1.855.207.1640.
View Your Personal Requirements via the Web Portal

Once registered, you can:

- Check your compliance status
- Click on the “My Compliance Status” drop-down to check your family status
- If identified with a chronic condition, click “fix this” to take a 5 question survey or read a fact sheet to complete the requirement online
Questions or Concerns?

Contact our call center to receive guided support at 1.877.687.1448 Monday-Thursday 8am – 6pm and Friday 8am – 5pm

You can also contact a customer service representative via email at HEPQuestions@connect2yourhealth.com