



State of Connecticut Health Plan Healthy Living Programs

State of Connecticut employees, Partnership Plan, and their spouses and dependents

Orthopedic Care

Virtual services 7 days a week for joint pain and mobility issues. Includes an 8-week Spine Health Program with virtual coaching.

Enrollment: Any time at upswinghealth.com/partner/ct

Diabetes Prevention

A 12-month virtual class using CDC curriculum to prevent type 2 diabetes, with coaching and healthy lifestyle challenges.

Enrollment: Sign-up for the next class using the contact information on carecompass.ct.gov/diabetes

Diabetes Management and Diabetes Reversal

Diabetes Management Program: Provides free monthly test strips for members diagnosed with type 1 and type 2 diabetes as well as connects them with diabetes health coaches for advice and support.

Diabetes Reversal Program: A virtual clinic for participants diagnosed with type 2 diabetes, focusing on weight loss, blood sugar reduction, and medication reduction through personalized nutrition plans and support. No medication, surgery, or calorie counting required.

Enrollment: Apply any time at virtahealth.com/join/soc

Weight Management

Virtual Weight Management: FlyteHealth is a virtual medical weight loss program for those 18 and older that combines medication with lifestyle behavior to help participants improve their health.

Children's Weight Management: Connecticut Children's offers a weight management program for eligible plan members under age 18.

Enrollment: Apply any time at carecompass.ct.gov/weight-management

Important: Medications prescribed for weight loss or weight management are covered only if they are prescribed by a Flyte of Connecticut Children's physician.

Health Incentive Programs

Health Enhancement Program (HEP)

HEP is a voluntary benefit for plan members, offering lower premiums and prescription savings for meeting annual preventive and chronic condition education requirements.

For a list of required exams and screenings based on age, FAQs and HEP well-being seminars, visit CareCompass.CT.gov/hep.

Providers of Distinction

"Providers of Distinction" offer top-quality care, coordinating the entire treatment process when a member selects a listed provider for an eligible procedure, they earn a cash reward. Upon claim processing, members will receive a confirmation letter with steps on how to receive the incentive check.

For more information on the Providers of Distinction, and to look up providers in the program, visit CareCompass.CT.gov/providersofdistinction.

Questions?

If you have any questions on the State of Connecticut health plan offerings, contact Quantum Health at 833-740-3258.



For more on State of Connecticut health plan programs, visit CareCompass.CT.gov/healthy-living