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OFFICE of the  
STATE COMPTROLLER



### Wellness Tip of the Month: Prioritize Heart Health ❤️

- Show your heart some love! Focus on heart-healthy habits like reducing sodium, managing stress, and getting at least 150 minutes of exercise per week. Even small changes—like swapping sugary drinks for water—make a difference!

*Want more tips? Join our seminars to support your wellness journey!*

## HEP Chronic Condition Basics Seminars

**Did you know** the State of Connecticut health plan offers **30-minute health seminars** led by Wellspark health professionals?

- These seminars are designed to help you take charge of your well-being and are **not recorded** to ensure your privacy.
- If you're in the [HEP Chronic Condition program](#), attending a 'Basics' seminar can satisfy your education requirement. Simply include your medical insurance ID# when registering to get credit!



### **Breathing Better with Asthma (Asthma Basics)**

[REGISTER: Tuesday, March 18, 1:00pm](#)

[REGISTER: Thursday, March 27, 11:30am](#)

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### **Conquering Coronary Artery Disease (CAD Basics)**

[REGISTER: Tuesday, March 4, 1:00pm](#)

[REGISTER: Thursday, March 13, 4:00pm](#)

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### **Handling High Blood Pressure (Hypertension Basics)**

[REGISTER: Tuesday, February 18, 1:00pm](#)

[REGISTER: Thursday, February 27, 11:30am](#)

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### **Conquering Congestive Heart Failure (CHF Basics)**

[REGISTER: Thursday, February 13, 4:00pm](#)

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### **Triumph Over Tobacco (Your Journey)**

[REGISTER: Wednesday, February 19, 4:00pm](#)

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## **General Well-being Seminars**



***New webinar!***

### **Confronting Loneliness: Creating Connection**

[REGISTER: Friday, February 28, 12:00pm](#)

Attend this seminar to understand the complexities of loneliness, its profound effects on health and well-being, and practical strategies for finding relief. Learn to recognize the signs of loneliness in yourself and others, gaining insights into effective interventions and support systems. Empower yourself with knowledge and tools to combat loneliness and foster meaningful connections

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### **(Boosting) Your Immune System**

[REGISTER: Wednesday, March 19, 4:00pm](#)

[REGISTER: Friday, March 28, 12:00pm](#)

Did you know there are ways you can boost your immune system to maximize its effects? Unlike a security system, your immune system isn't plugged in and fully charged all the time. Life happens. We can get run down. Your immune system is something that should be nurtured. Learn natural ways to boost your immune system.

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### **Mindful (Not Mind Full)**

[REGISTER: Thursday, March 6, 6:00pm](#)

[REGISTER: Friday, March 14, 12:00pm](#)

Mindlessness, like forgetting why you opened the fridge or missing your exit on the highway, happens when our focus scatters. In contrast, mindfulness, akin to meditation, hones our attention to the present moment. It's about being fully engaged in each activity, enhancing efficiency, joy, and skill in navigating life. So, mindfulness is tuning into life's fullest experiences.

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### **(Healthy) Food as Medicine**

[REGISTER: Friday, February 14, 12:00pm](#)

While medicine can have an impact on preventing, reducing or treating chronic disease, diet can have an even bigger impact. Participants will learn to view food as more something that drives out hunger but the fuel that powers your body. Participants will learn about healthier choices to help prevent or manage many chronic diseases.

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\*Participation in well-being seminars is optional and is one of three ways to fulfill chronic condition requirements under your Health Enhancement Plan (HEP). While trained health professionals lead the well-being seminars among HEP members for educational and informational purposes, discussion of chronic conditions does not

particular diagnosis and should not be relied upon as medical advice.

Please note that due to the participatory nature of the seminars, HEP members may share medical information otherwise protected by HIPAA but no patient-client relationships are established.



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