



OFFICE of the  
STATE COMPTROLLER

Your State of Connecticut health benefits offer **30-minute health seminars** led by Wellspark health professionals every month.

**HEALTH ENHANCEMENT PROGRAM (HEP)**  
BY THE STATE OF CONNECTICUT. ADMINISTERED BY QUANTUM HEALTH.

**Monthly Online**  
**Well-being Seminars**

*Open to employees, spouses, and dependents*

## December & January seminars are open for registration!

*See what's new for January*

- Coronary Artery Disease Basics
- Asthma Basics
- Hypertension Basics
- Boost your Immune System
- Writing Your Wrongs
- **New Seminar!** Work-Life Balance

**Seminar Registration:** Click on the REGISTER link. A confirmation email will be sent to you from Emblem Health. Just click 'accept' to add the meeting link to your Outlook calendar.

## HEP Chronic Disease Basics Seminars

Anyone in the [HEP Chronic Condition program](#) can satisfy the education requirement\* by participating in the corresponding 'Basics' seminar. To update chronic condition compliance, include your medical insurance ID# when registering for the corresponding seminar.



## Coronary Artery Disease Basics

Tuesday, January 9, 1pm [REGISTER: Coronary Artery Disease Basics](#)

Thursday, January 18, 11:30am [REGISTER: Coronary Artery Disease Basics](#)

---



## Asthma Basics

Tuesday, January 23, 1:00pm [REGISTER: Asthma Basics](#)

Thursday, February 1, 4:00pm [REGISTER: Asthma Basics](#)

---



## Hypertension Basics

Tuesday, December 12, 1:00pm [REGISTER: Hypertension Basics](#)

Thursday, January 4, 4:00pm [REGISTER: Hypertension Basics](#)

---



## Heart Disease (HF/CHF) Basics

Thursday, December 14, 4:00pm [REGISTER: Heart Disease \(HF/CHF\) Basics](#)

Tuesday, December 19, 1:00pm [REGISTER: Heart Disease \(HF/CHF\) Basics](#)

---

## General Well-being Seminars



## Work-Life Balance

Wednesday, January 24, 6:00pm [REGISTER: Work-Life Balance](#)

Friday, February 2, 12:00pm [REGISTER: Work-Life Balance](#)

**New Seminar!** Creating balance in our life can help maintain our physical and mental health. A balanced life can reduce the impact stress and burnout plays in our daily lives. In this learning experience, we focus on practical strategies such as managing time, setting boundaries, and creating a lifestyle that supports both professional success and personal fulfillment.

---



## Writing Your Wrongs

Friday, January 19, 12:00pm [REGISTER: Writing Your Wrongs](#)

The act of writing can be an avenue to that interior place where, free of pain and doubt, we can confront traumas and put them to rest and heal both mind and body. Research has shown that keeping a journal of your innermost feelings can improve your health. The purpose of this session is to increase participant's awareness of their feelings and present journal writing as a coping skill.

---



## Boost Your Immune System

Friday, December 22, 12:00pm [REGISTER: Boost Your Immune System](#)

Friday, January 5, 12:00pm [REGISTER: Boost Your Immune System](#)

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.

---



## Mindfulness

Friday, December 15, 12:00pm [REGISTER: Mindfulness](#)

Wednesday, December 20, 4:00pm [REGISTER: Mindfulness](#)

Discover the power of mindfulness – it's like meditation in everyday life, helping you stay fully present and enhance your efficiency and joy in daily activities.

---



## Are You Ready to Quit Smoking?

Wednesday, December 6, 6:00pm [REGISTER: Are You Ready to Quit Smoking](#)

There are many ways to quit smoking. Quitting is not easy. Participants learn about motivation techniques through the 5 R's: relevance, risks, rewards, roadblocks, and repetition.

---

\*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 imply any 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.



*Copyright © 2023 Office of the State Comptroller: Care Compass, All rights reserved.*

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.