



OFFICE of the
STATE COMPTROLLER

May & June well-being seminars are open for registration!

The graphic features the CARE COMPASS logo at the top left. Below it, the title "Well-being Seminars" is in a large, bold, dark blue font, followed by "Monthly Schedule" in a smaller, light blue font. Two bullet points are listed: "★ HEP Chronic Disease Basics" and "★ General Well-being Topics". Below these, the text "For employees, spouses, and dependents" is written in a light blue, italicized font. On the right side of the graphic, there is a circular inset image showing a person's hands typing on a laptop keyboard. The laptop screen displays various health-related icons like a heart, lungs, and a person running.

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

Added to the schedule:

- Finding Your (Work and Life) Balance
- Conquering COPD (COPD Basics)
- Conquering Congestive Heart Failure (CHF Basics)
- Writing Wrongs (Journal for Joy)
- (Boosting) Your Immune System
- Dominating DM (Diabetes Basics)

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 Condition 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.



Conquering COPD (COPD Basics)

[REGISTER: Tuesday, June 11, 1:00pm](#)

[REGISTER: Thursday, June 20, 4:00pm](#)



Conquering Congestive Heart Failure (CHF Basics)

[REGISTER: Tuesday, June 25, 1:00pm](#)



Dominating DM (Diabetes Basics)

[REGISTER: Tuesday, May 28, 1:00pm](#)

[REGISTER: Thursday, June 6, 11:30am](#)



Breathing Better with Asthma (Asthma Basics)

[REGISTER: Thursday, May 9, 11:30am](#)



Conquering Cholesterol (Hyperlipidemia Basics)

[REGISTER: Tuesday, May 14, 1:00pm](#)

[REGISTER: Thursday, May 23, 4:00pm](#)

General Well-being Seminars



Finding Your (Work and Life) Balance

[REGISTER: Wednesday, June 26, 4:00pm](#)

Creating balance in our lives 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 Wrongs (Journal for Joy)

[REGISTER: Wednesday, June 12, 6:00pm](#)

[REGISTER: Friday, June 21, 12:00pm](#)

Our spirit may be infinite but the hours in the day certainly are not. Participants will learn nitty, gritty ways to release, relax and let go of tension.



Mindful (Not Mind Full)

[REGISTER: Wednesday, May 15, 6:00pm](#)

[REGISTER: Friday, May 24, 12:00pm](#)

Learn to move from mindlessness to mindfulness, enhancing focus & joy in everyday life.



(Boosting) Your Immune System

[REGISTER: Wednesday, May 29, 4:00pm](#)

[REGISTER: Friday, June 7, 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.



Triumph Over Tobacco (Your Journey)

[REGISTER: Friday, May 10, 12:00pm](#)

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.



Visit Care Compass



follow on facebook

Copyright © 2024 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.