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OFFICE of the  
STATE COMPTROLLER

**April & May well-being seminars are open for registration!**

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

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

**Added to the schedule:**

- Breathing Better with Asthma (Asthma Basics)
- Conquering Cholesterol (Hyperlipidemia Basics)
- Triumph Over Tobacco (Your Journey)
- Mindful (Not Mind Full)
- (Boosting) Your Immune System

**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.



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

[REGISTER: Tuesday, April 30, 1:00pm](#)

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

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### **Conquering Cholesterol (Hyperlipidemia Basics)**

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

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

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### **Dominating DM (Diabetes Basics)**

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

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

[REGISTER: Tuesday, April 2, 1:00pm](#)

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

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

[REGISTER: Tuesday, April 16, 1:00pm](#)

[REGISTER: Thursday, April 25, 4:00pm](#)

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## **General Well-being Seminars**



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

[REGISTER: Wednesday, May 1, 4:00pm](#)

[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.

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## **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.

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

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

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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## **Food As Medicine for Your Body**

[REGISTER: Wednesday, April 17, 6:00pm](#)

[REGISTER: Friday, April 26, 12:00pm](#)

Discover the profound impact of diet on preventing and managing chronic diseases, emphasizing food as not only a means to satisfy hunger but also as vital fuel for the body.

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## **Stress Management in a Hurry (Rush to Relax)**

[REGISTER: Wednesday, April 3, 4:00pm](#)

[REGISTER: Friday, April 12, 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.

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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 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.



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