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OFFICE of the
STATE COMPTROLLER

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

A banner for the Health Enhancement Program (HEP). On the left, text reads "HEALTH ENHANCEMENT PROGRAM (HEP)" in bold, followed by "BY THE STATE OF CONNECTICUT. ADMINISTERED BY QUANTUM HEALTH." Below this, two blue boxes contain the text "Monthly Online" and "Well-being Seminars". Underneath the boxes, it says "Open to employees, spouses, and dependents". On the right, there is a photograph of a person's hands typing on a laptop keyboard. The laptop screen displays a row of colorful icons representing various health topics like a heart, a brain, a person, and a gear.

New seminars are open for registration!

New for September

- Fall Asleep and Stay Asleep, Naturally
- COPD Basics
- Heart Disease (HF/CHF) Basics
- Developing Stress Hardiness
- Hypertension Basics
- The Joy of Living

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.



Diabetes Basics

Tuesday, August 15, 1:00pm [REGISTER: Diabetes Basics](#)

Thursday, August 24, 11:30am [REGISTER: Diabetes Basics](#)



Hyperlipidemia Basics

Thursday, August 10, 4:00pm [REGISTER: Hyperlipidemia Basics](#)



COPD Basics

Tuesday, August 29, 1:00pm [REGISTER: COPD Basics](#)

Thursday, September 7, 4:00pm [REGISTER: COPD Basics](#)



Heart Disease (HF/CHF) Basics

Tuesday, September 12, 1:00pm [REGISTER: Heart Disease \(HF/CHF\) Basics](#)

Thursday, September 21, 11:30am [REGISTER: Heart Disease \(HF/CHF\) Basics](#)



Hypertension Basics

Tuesday, September 26, 1:00pm [REGISTER: Hypertension Basics](#)

General Well-being Seminars



Boost Your Immune System

Wednesday, August 2, 6:00pm [REGISTER: Boost Your Immune System](#)

Friday, August 11, 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.



Writing Your Wrongs

Wednesday, August 16, 4:00pm [REGISTER: Writing Your Wrongs](#)

Friday, August 25, 12:00pm [REGISTER: Writing Your Wrongs](#)

The purpose of this session is to increase participants' awareness of their feelings and present journal writing as a coping skill.



Fall Asleep & Stay Asleep Naturally

Wednesday, August 30, 6:00pm [REGISTER: Fall Asleep and Stay Asleep, Naturally](#)

Friday, September 8, 12:00pm [REGISTER: Fall Asleep and Stay Asleep, Naturally](#)

Participants will learn about the gold standard treatment for insomnia in sleep medicine: cognitive behavioral therapy (CBT). This technique will help you fall asleep and stay asleep.



Developing Stress Hardiness

Wednesday, September 13, 4:00pm [REGISTER: Developing Stress Hardiness](#)

Friday, September 22, 12:00pm [REGISTER: Developing Stress Hardiness](#)

When our single focus is on experiencing the moment, being fully present in any activity we're performing, we are practicing mindfulness, a kind of meditation in daily life. The more mindful you are, the more efficiently, joyfully and skillfully you can walk through life.



Joy has the power to open our hearts, remove fear, instill hope, and foster healing. Joy stimulates our immune system, increases our energy, and gives us mental clarity. It helps us heighten our level of consciousness so we can more readily tap into our inner wisdom.

As we offer ourselves to joy, we experience the breath of human emotions, realize our connection to all life, feel compassion, and dance lightly with the dramas of our lives. As our joy expands, we feel deeply connected to ourselves and to something bigger than ourselves.

*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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