



OFFICE of the  
STATE COMPTROLLER

# State of Connecticut Benefits Information

Navigate your benefits coverage and get support for your health care needs.

833-740-3258

[CareCompass.CT.gov](https://CareCompass.CT.gov)

[Personal benefits portal & MyQHealth app](#)



## **CareCompass.CT.gov** *The State's Benefits Website*

- **Quick access to Forms and your personal benefits portal**
- **Explore Extensive Benefits:** Click "Active Employees" to review medical, pharmacy, dental, and supplemental benefits information.
- **View Clinical Programs:** A range of healthcare programs designed to enhance your well-being included with your medical benefits.
- **Plan with Confidence:** Visit [CareCompass.CT.gov/benefits-enrollment](https://CareCompass.CT.gov/benefits-enrollment) for plan comparison charts, decision tools, provider finders, and quick access to benefit guides.

## **Your personal benefits portal** *"Create Account" from CareCompass.CT.gov.*

- **One login:** Connect to your personal health care accounts, including HEP, medical, pharmacy, and dental coverage.
- **Care Coordinators:** When you have a benefit question, get assistance from your portal by scheduling a call, using the live chat feature, or sending a secure message.
- **Benefits checker:** Confirm the costs of your plan, lookup medical providers in your selected plan and discover the health benefits available to you.
- **Dependent access:** Any 18+ dependent on your plan can create their own account to view their benefits and get support when needed.

### **Life Happens:** **Adjust Your** **Benefits to Match**

You can update your benefit elections after a qualifying life event (marriage, divorce, birth, death, change of residence, etc.). Benefit changes must be consistent with life events and documented within 30 days.

For step-by-step instructions, visit [CareCompass.CT.gov/benefits-enrollment](https://CareCompass.CT.gov/benefits-enrollment) and select **E-Benefits Guide**.



**Get help with your health care needs, including understanding your coverage, claims issues, finding providers or condition management.**

Visit [CareCompass.CT.gov](https://CareCompass.CT.gov) to log in or create an account to your personal benefits portal\*, or call a Care Coordinator at **833-740-3258**.

Download the **MyQHealth** app from the **Apple App Store** (iOS) or **Google Play** (Android). Dependents over the age of 18 can create their own benefits portal accounts.

*\*Receipt of Anthem ID card is required before you can create an account.*