



OFFICE of the  
STATE COMPTROLLER

Hello Plan Member,

I wanted to let you know about several important changes we are making to the Health Enhancement Program (HEP) in 2024. Our participation rates have been incredible, and HEP continues to result in better health care outcomes for plan members by encouraging preventive care and regular screenings. Recently, my office worked with the Health Care Cost Containment Committee to align HEP requirements with national standards and focus on those with the greatest impact. Therefore, beginning in 2024, several HEP requirements will be removed. These changes, combined with administrative improvements, will make complying with HEP requirements easier while maintaining the Program's health and financial benefits.

**Starting in 2024:**

- All requirements for dependent children have been removed, except dependent children (age 6+) must have at least one dental cleaning per year.
- The vision exam requirement has been removed for all participants.
- The HEP application for reinstatement is no longer required. If you are out of compliance, once you complete all outstanding HEP requirements, you will be automatically reinstated in the Program.

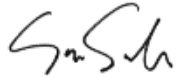
**Starting in 2025:**

- To align with national preventive standards, the preventive physical exam visit will be required every 2 years across all age brackets for the employee or retiree and their spouse, and the mammogram requirement will have a baseline at age 40 with follow-up screenings every 2 years.

Early detection remains the gold standard for best practices in quality health care. The State of Connecticut Health Enhancement Program is nationally renowned as outperforming the benchmarks for prevention of certain cancers and preventable diseases. All HEP requirements align with the latest U.S. Preventive Taskforce recommendations. Our shared goals are to prevent or reduce high risk health conditions that would negatively impact the quality of life of our covered employees, participants, and their families.

Please review the [2024 HEP requirements chart](#) and take action now to schedule appointments to ensure your requirements are completed before the end of the year. Your [HEP portal](#) will reflect these new requirements on March 1, 2024.

Sincerely yours,



Sean Scanlon  
State Comptroller

### 2024 HEP Requirements Chart

Click on the chart for a printable version or to bookmark.

2024 PREVENTIVE SCREENINGS	Dependent Requirements	Employee and Spouse Requirements				
	6-26 years	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Preventive Visit <small>(Changing to every 2 years for all ages in 2025)</small>		Every 3 years		Every 2 years		
Dental Cleaning	At least 1 per year	At least 1 per year				
Cholesterol Screening		Every 5 years (age 20+)				
Breast Cancer Screening <small>(for women) (Changing to every 2 years for women age 40+ in 2025)</small>		N/A		1 mammogram between ages 45-49	As recommended by your doctor	
Cervical Cancer Screening <small>(for women)</small>		Pap every 3 years (age 21+)	Pap only every 3 years or Pap/HPV combo every 5 years			N/A
Colorectal Cancer Screening		N/A		Colonoscopy every 10 years (45+), Cologuard screening every 3 years, or Annual FIT/FOBT to age 75		

If you are not enrolled in the Health Enhancement Program (HEP), you can disregard this message.

*Copyright © 2024 Office of the State Comptroller: Care Compass, All rights reserved.*