



# State of Connecticut Health Plan Clinical Health Program Offerings

State of Connecticut employees, Partnership Plan, and their spouses and dependents

## Orthopedic Care

Virtual service available seven days per week with licensed medical professionals via video chat or phone with acute or chronic musculoskeletal pain or joint mobility and stability issues. An 8-week Spine Health Program includes a pre/post range of motion evaluation, exercise plan and virtual coach assistance throughout.

**Administrator:** Upswing Health

**Eligibility:** All members. Dependent children under 18 can use Upswing with parental consent and supervision.

**Enrollment:** Any time at [upswinghealth.com/partner/ct](https://upswinghealth.com/partner/ct)

## Diabetes Prevention

A 12-month virtual class utilizing the CDC recognized diabetes prevention program curriculum begins every quarter providing educational meetings, coaching and challenges that build healthy habits and focus on meaningful lifestyle change to prevent the onset of type 2 diabetes. One-on-one coaching is available to participants.

**Administrator:** Wellspark

**Eligibility:** Members 18+ who are prediabetic determined by fasting glucose A1c &/or taking the CDC Prediabetes risk test. Those with Type 1 or 2 diabetes, are pregnant or have a BMI below 25 are ineligible.

**Enrollment:** Sign-up for the next class using the contact information on [carecompass.ct.gov/diabetes](https://carecompass.ct.gov/diabetes)

## Diabetes Management and Diabetes Reversal

**Diabetes Management Program:** Provides free monthly test strips for members diagnosed with type 1 and type 2 diabetes as well as connects them with diabetes health coaches for advice and support.

**Diabetes Reversal Program:** A virtual clinic for participants diagnosed with type 2 diabetes, focusing on weight loss, blood sugar reduction, and medication reduction through personalized nutrition plans and support. No medication, surgery, or calorie counting required.

**Administrator:** Virta Health

**Eligibility:** Members 18-79. Management Program is for those with either type 1 or 2 diabetes. The Reversal Program is exclusively for those diagnosed with type 2 diabetes.

**Enrollment:** Apply any time at [virtahealth.com/join/soc](https://virtahealth.com/join/soc)

## Weight Management

Flyte combines anti-obesity medications with obesity medicine specialists. Upon patient consent, Flyte providers can collaborate with the member's PCP by sending Encounter Summaries upon request.

**Administrator:** Intellihealth/Flyte

**Eligibility:** Members 18+ with a BMI of 30+ or a BMI of 27+ with one weight-related condition (for example, diabetes, heart disease, sleep apnea).

**Enrollment:** Apply any time at [joinflyte.com/care-compass](https://joinflyte.com/care-compass)

**Important:** Medications prescribed for weight loss or weight management are covered only if they are prescribed by a Flyte physician.

## Health Enhancement Program (HEP)

HEP is a voluntary benefit for plan members, offering lower premiums and prescription savings for meeting annual preventive and chronic condition education requirements.

For a list of required exams and screenings based on age, FAQs and HEP well-being seminars, visit [CareCompass.CT.gov/hep](https://CareCompass.CT.gov/hep).

## Providers of Distinction

"Providers of Distinction" offer top-quality care, coordinating the entire treatment process when a member selects a listed provider for an eligible procedure, they earn a cash reward. Upon claim processing, members will receive a confirmation letter with steps on how to receive the incentive check.

For more information on the Providers of Distinction, and to look up providers in the program, visit [CareCompass.CT.gov/providersofdistinction](https://CareCompass.CT.gov/providersofdistinction).

## Questions?

If you have any questions on the State of Connecticut health plan offerings, contact Quantum Health at 833-740-3258.



For more information on programs offered with the State of Connecticut health plan, visit: [CareCompass.CT.gov/state/medical](https://CareCompass.CT.gov/state/medical).