



OFFICE of the
STATE COMPTROLLER

Start the New Year with Wellness ✨



CARE COMPASS

Monthly Schedule Well-being Seminars

Register now!
HEP Chronic Disease Basic Seminars
General Well-being Seminars
For employees, spouses, and dependents



New webinar!

Confronting Loneliness: Creating Connection

[REGISTER: Friday, February 28, 12:00pm](#)

Attend this seminar to understand the complexities of loneliness, its profound effects on health and well-being, and practical strategies for finding relief. Learn to recognize the signs of loneliness in yourself and others, gaining insights into effective interventions and support systems. Empower yourself with knowledge and tools to combat loneliness and foster meaningful connections.

Wellness Tip of the Month:

- **Set Realistic Goals:** Start small with achievable health habits, like adding an extra 10 minutes of movement to your daily routine or incorporating a serving of vegetables into one meal each day. Small changes build momentum for lasting results!

Want more tips? Join our seminars to kickstart your wellness journey this year!

HEP Chronic Condition Basics Seminars

Did you know the State of Connecticut health plan offers 30-minute health seminars led by Wellspark health professionals?

- These seminars are designed to help you take charge of your well-being and are **not recorded** to ensure your privacy.
- If you're in the [HEP Chronic Condition program](#), attending a 'Basics' seminar can satisfy your education requirement. Simply include your medical insurance ID# when registering to get credit!



Handling High Blood Pressure (Hypertension Basics)

[REGISTER: Tuesday, February 18, 1:00pm](#)

[REGISTER: Thursday, February 27, 11:30am](#)



Conquering Congestive Heart Failure (CHF Basics)

[REGISTER: Tuesday, February 4, 1:00pm](#)

[REGISTER: Thursday, February 13, 4:00pm](#)



Triumph Over Tobacco (Your Journey)

[REGISTER: Wednesday, February 19, 4:00pm](#)



Dominating Diabetes (Diabetes Basics)

[REGISTER: Tuesday, January 7, 1:00pm](#)

[REGISTER: Thursday, January 16, 4:00pm](#)



Conquering COPD (COPD Basics)

[REGISTER: Tuesday, January 21, 1:00pm](#)
[REGISTER: Thursday, January 30, 11:30am](#)

General Well-being Seminars



(Healthy) Food as Medicine

[REGISTER: Wednesday, February 5, 6:00pm](#)

[REGISTER: Friday, February 14, 12:00pm](#)

While medicine can have an impact on preventing, reducing or treating chronic disease, diet can have an even bigger impact. Participants will learn to view food as more something that drives out hunger but the fuel that powers your body. Participants will learn about healthier choices to help prevent or manage many chronic diseases.



Centered Living (Balancing Body and Mind)

[REGISTER: Thursday, January 9, 6:00pm](#)

[REGISTER: Friday, January 17, 12:00pm](#)

This session guides you through chair and standing exercises. It emphasizes releasing physical tension, loosening joints and realigning posture while eliciting the relaxation response.



Stress Management (Rush to Relax)

[REGISTER: Wednesday, January 22, 4:00pm](#)

[REGISTER: Friday, January 31, 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.

*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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