



State of Connecticut Health Plan Healthy Living Programs

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

Orthopedic Care

Access care for acute injury or chronic joint pain. Receive a personalized recovery plan that may include virtual visits with an Upswing Health coach or physician, an exercise therapy program, and guidance from physical therapists via the Hinge Health mobile app.

Enrollment: Any time at hinge.health/connecticut

Diabetes Prevention

A 12-month virtual class using CDC curriculum to prevent type 2 diabetes, with group education webinars, virtual health coaching and healthy lifestyle challenges.

Enrollment: Sign-up for the next class using the contact information on 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 virtual access to 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.

Enrollment: Apply any time at virtahealth.com/join/soc

Well-being Seminars

30-minute health seminars led by Wellspark health professionals include ways to manage stress, quit smoking, boost immunity, choose healthy foods, practice meditation, chair exercises, and more. You can also meet your HEP Chronic Condition education requirement by attending the corresponding “Basics” seminar.

Enrollment: To see the upcoming schedule, visit CareCompass.CT.gov/wellbeing-seminars.

Mental and Behavioral Health Care

Proper mental and behavioral health care is essential to overall health. If facing an emotional crisis, feeling overwhelmed, or struggling to manage behaviors or substance misuse—whether it’s legal or illegal drugs, alcohol, or medications—help is available.

Find a provider or program that meets your needs at CareCompass.CT.gov/mental-health. In-person and telehealth visit options are available.

Health Incentive Programs

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.

Providers of Distinction

A Providers of Distinction offers top quality care by coordinating care from diagnosis to recovery. When a provider flagged as a Provider of Distinction is selected for care, a cash reward can be earned. 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.

Questions?

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



For more on State of Connecticut health plan programs, visit CareCompass.CT.gov/healthy-living