



# Health Enhancement Program

## Chronic Conditions

### Track your progress

By enrolling in the Health Enhancement Program you will be rewarded for engaging in your own health. This plan can save you money on condition-specific doctor visits and certain related prescription drugs. Your Health Enhancement Program includes incentives for the following physician diagnosed conditions:

- Diabetes Type I and Type II
- Heart Disease (Coronary Artery Disease)
- Hyperlipidemia (High Cholesterol)
- Asthma
- COPD (Chronic Obstructive Pulmonary Disease)
- Heart Failure
- Hypertension (High Blood Pressure)

Your commitment to the program plays a key role in helping you achieve your personal health goals. In addition to the age-based minimum preventive screening and exam requirements (refer to Preventive tracker), we encourage you to make lifestyle improvements to help keep you and your family healthy. We highly recommend that you make regular appointments with your Primary care Physician or Chronic Condition specialist, take your prescribed condition specific medications, eat healthy, exercise regularly, manage your stress, quit smoking and get your flu shot every year.

To help track your progress, print a copy for each member of the family with one of the above conditions every year.

Member Name: \_\_\_\_\_

### Applicable to All Chronic Conditions:

Exam/screening	Frequency	Date of Exam/screening(s)	Completed
Primary Care/Specialist Office Visit (Includes Annual preventive visit)	Two per year	(1) / / (2) / /	Yes/No
Condition Specific Medication Regimen and Lifestyle Improvements	As Recommended by your Physician		Yes/No
<b>Disease Counseling and Education Program Participation:</b> If identified as High Risk, you will be contacted by a health care counselor familiar with the specific program applicable to your condition(s) who will explain current strategies to control the disease; you will receive materials to help you and your enrolled dependents to better understand and control or eliminate the disease condition; and you will be provided a variety of on-line and/or printed support. If you refuse to participate when contacted by your Health Plan, you will be deemed non-compliant with HEP and will forfeit applicable rewards.			

### Condition Specific Recommendations:

For Diabetes, Heart Failure and Heart Disease- The following screenings occur at one of your required two visits per year:

HDL Screening     LDL Screening     Triglyceride screening  
 Hemoglobin A1c (HbA1c) -Diabetes Diagnosis Only     Retinopathy screening-Diabetes Diagnosis Only  
 Annual Pulmonary Function Study (if diagnosed with COPD)

Osteoporosis Screening- One per two years if over the age of 40 and taking chronic oral corticosteroids (if diagnosed with Asthma)

➤ Annual Flu Shots are covered at No Charge and are highly recommended for any Members with Chronic Conditions. If receiving a Flu Shot at your pharmacy, show your CVS Caremark prescription card. If receiving a Flu Shot at your Doctor's Office, show your Medical Insurance ID card.

♦ Take your Prescribed Condition Specific Medications    ♦ Talk to your Primary Care Physician    ♦ Eat Healthy  
 ♦ Exercise Regularly    ♦ Quit Smoking    ♦ Manage your Stress

As is currently the case under the State Health plan, any medical decisions will continue to be made by you and your physician. Employees and their enrolled dependents in the Health Enhancement Program will have available, and agree to participate in, disease counseling and education programs, which consist of the following components and these are the components you must meet to fulfill your commitment to the Health Enhancement Program. These programs only apply to those employees and their enrolled dependents in the disease states listed in the description of the Health Enhancement Program. For more details on the Health Enhancement Program please visit your employer's website at: <http://www.osc.ct.gov>