

STAY HEALTHY SAVE MONEY

More info: www.CTHEP.com
Or call Care Management Solutions at:
877.687.1448

2014 HEP Requirements

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PREVENTIVE SCREENINGS	AGE						
	0 - 5	6-17	18-24	25-29	30-39	40-49	50+
Preventive Visit	1 per year	1 every other year	Every 3 years	Every 3 years	Every 3 years	Every 2 years	Every year
Vision Exam	N/A	N/A	Every 7 years	Every 7 years	Every 7 years	Every 4 years	50-64: Every 3 years 65+: Every 2 years
Dental Cleanings*	N/A	At least 1 per year	At least 1 per year	At least 1 per year			
Cholesterol Screening	N/A	N/A	Every 5 years (20+)	Every 5 years	Every 3 years	Every 2 years	Every year
Breast Cancer Screening (Mammogram)	N/A	N/A	N/A	N/A	1 screening between age 35-39**	As recommended by physician	As recommended by physician
Cervical Cancer Screening (Pap Smear)	N/A	N/A	Every 3 years (21+)	Every 3 years	Every 3 years	Every 3 years	Every 3 years
Colorectal Cancer Screening	N/A	N/A	N/A	N/A	N/A	N/A	Colonoscopy every 10 years or Annual FIT/FOBT

*Dental cleanings are required for family members who are participating in one of the state dental plans

**Or as recommended by your physician

As is currently the case under your State Health plan, any medical decisions will continue to be made by you and your physician

HEALTH ENHANCEMENT PROGRAM (HEP) *summer newsletter*

Summer is the season of healthy living – when we’re most inspired to be active and eat the best fruits and vegetables at their prime! It’s also a great time to complete Health Enhancement Program (HEP) requirements early – before the late-year rush!

Visit the online HEP portal right away – at www.cthep.com – to find out what HEP requirements you may need!

HOT TOPICS

- **IT’S ABOUT TIME:** It can take months to get an appointment with certain doctors – particularly for colonoscopies! Call your doctor or dentist NOW to schedule an appointment to meet the Dec. 31 HEP deadline.
- **I KNOW I’M COMPLIANT:** You completed all of your screenings a month ago, but the HEP online portal says you’re not compliant. Don’t worry (yet)! The HEP portal relies on claims data received from your insurance carrier following an appointment. As a result, it may take 2-3 months before the portal reflects that you’ve completed a screening.
- **LET’S GET PHYSICAL:** The HEP online portal says that you’re due for a “preventive visit.” A preventive visit – or routine physical – is a general screening that must be completed by a medical doctor. It should include lab work such as a cholesterol screening.
- **KEEP IN TOUCH:** Help us verify whether we have the correct email and phone number to reach you by logging in to the HEP portal – at www.cthep.com. Once logged in, click on “Account” at the top and confirm that we have your correct contact information – or enter it if you haven’t already done so.

CHRONIC CONDITIONS CORNER

If you have one or more of the HEP chronic conditions, there are multiple ways to complete your chronic condition(s) requirements online at www.cthep.com.

For each condition that you have, take an online survey or read a fact sheet about your condition(s) before December 31, 2014.



Another option is to call a HEP nurse at 877-687-1448, Monday through Friday 8 a.m. to 5 p.m. During the call, a nurse will conduct a full assessment, and if appropriate, engage you in further case management. If a HEP nurse should call you, you must accept the call to remain compliant with HEP requirements.

Please remember that you must also complete your required preventive screenings in order to continue participating in HEP.

DEALING WITH DEPENDENTS

HEP preventive screenings completed? Check! Chronic condition requirements completed? Check!

Perhaps you’ve squared away your own HEP requirements, but your family member won’t check their own status or complete an outstanding screening in time for the Dec. 31 deadline. Here are some quick tips to help your dependents through this process:

Remember that all dependents 18 and older can check their own status on the HEP portal, just as employees and retirees can do for themselves and children under 18 at www.cthep.com.

If your dependent would rather have you monitor their status, they can complete a waiver to allow you to discuss their status specifics with a HEP staff person. The waiver is available at www.cthep.com under “Forms,” titled “PHI” or “Permission to Release Personal Health Information.” Have your dependent sign and return the form.

IMPROVING LIVES, SAVING LIVES

The chief goal of the Health Enhancement Program is to give employees, retirees and their families the necessary tools to live long and healthy lives. Read how the Health Enhancement Program has improved – and even saved – lives.



A participant reported to a HEP case manager that her husband had a mandatory colonoscopy and, due to that test, was diagnosed with colon cancer, allowing him to be treated early. She said the program “saved my husband’s life.”

One participant reported that HEP saved her life after a required mammogram revealed breast cancer early. Following the discovery of a deep tumor, the cancer was treated and she is now cancer free.

A participant explained to her HEP case manager that she had never gotten a cholesterol screening before HEP, and did so only because of the program requirement. The screening determined that she had very elevated triglycerides, so she was started on medication. Because the participant is not overweight and exercises regularly, she did not think she was at risk.