## Health Enhancement Program Chronic Condition Tracker

<table>
<thead>
<tr>
<th>Primary Care/Specialist Office Visit (Annual preventive visit counts towards requirement)</th>
<th>Diabetes Type I and Type II</th>
<th>Heart Failure/Heart Disease (Coronary Artery Disease)</th>
<th>Asthma and COPD (Chronic Obstructive Pulmonary Disease)</th>
<th>Hyperlipidemia</th>
<th>Hypertension</th>
</tr>
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<tbody>
<tr>
<td>Two per year</td>
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### The Following screenings occur at one of your required two visits per year:

- **HDL screening**
  - Yes
- **LDL screening**
  - Yes
- **Triglyceride screening**
  - Yes
- **Hemoglobin A1c (HbA1c) test**
  - Yes
- **Retinopathy screening**
  - Yes
- **Pulmonary Function Studies**
  - N/A
- **Osteoporosis Screening**
  - N/A

### Condition Specific Medication Regimen (if appropriate)

- **As Recommended by Physician**
  - Heart Failure diagnosis- One of the following:
    - a.) ACE-inhibitor
    - b.) Angiotensin II
    - c.) Beta-blocker
  - Asthma diagnosis- One of the following:
    - a.) prescribed long acting inhaled corticosteroid
    - b.) inhaled corticosteroid plus Beta 2 agonist
    - c.) oral leukotriene.
    - COPD Diagnosis- One or more inhaled bronchodilators and Tiotropium bromide
    - As Recommended by Physician

### Disease Counseling and Education Programs (if appropriate)

- 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.

> Annual Flu Shots are covered at No Charge and are highly recommended for any Members with Chronic Conditions. When receiving a Flu Shot at your pharmacy, show your CVS Caremark prescription card. When 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**
- **Exercise Regularly**
- **Quit Smoking**
- **Manage your Stress**
- **Eat Healthy**

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](http://www.osc.ct.gov)