

Access your HEP Information anytime through your CUSTOMIZED & SECURE participant portal

Get started by going to www.CTHEP.com and following the simple STEPS below

**Begin by
Creating a New
Account**

Participant Login

ConneCT2yourhealth
Care Management Solutions – a ConnectiCare affiliate

Select Language Powered by Google Translate

Welcome to the State of Connecticut
**HEALTH
ENHANCEMENT
PROGRAM (HEP)**

Learn More - Click Below

Watch an online tutorial about HEP and this web site.

Why is it important to register?
Who should register?
Is this site secure?
What can I do from this site?
Having trouble logging in?

Step 1: Enter Your Identification

Employee, spouse and dependents over age 18 each **must create their own account**. Please begin by entering the last four digits of the **social security number of the enrolled employee**. Then enter **YOUR first and last name, date of birth**, and the **zip code** of your home address. Finish step 1 by entering the **security phrase** below.

Last 4 digits of Employee SSN:

Your First Name:

Your Last Name:

Date of Birth (mm/dd/yyyy): Zip:



If you are having trouble, click the refresh button

**To learn about why this security process is important, please click the question mark in the box above.*

Cancel

Next Step

Step 2: Set-up Your Account Information

To Create your new account, please enter a **username** and **password**. Passwords must be 6-20 characters and contain one number and one capital letter. If the email field is already filled in, please confirm it is your correct personal email address. If it is incorrect, or if there is no email address filled in, please add and confirm a personal email address now.

Username:

Password:

Must be 6-20 characters and contain one number and one capital letter

Confirm Password:

Personal Email:

Confirm Email:

I do not have an email address.

Cancel

Next Step

Step 3: Respond to Security Questions

Please **select two questions** below and enter your answers for future reference. You will be asked these questions when requesting a forgotten username or password. You must select two different questions and supply two distinct answers.

Question 1:

Select ...

Answer:

Question 2:

Select ...

Answer:

Cancel

Continue

Step 4: View Your Personalized HEP Status

My HEP Status | My Health Information | HEP Information | My Healthy Living Plan | Message Center (0) | My Account

Welcome to the Health Enhancement Program!

For more information, click on the HEP Information tab above. Remember - all preventive and chronic (if applicable) requirements must be completed by 2/28/2014.

My 2013 Program Goals

Completed 5 of 5 total preventive requirements: **100%**

My Goal Status
 Change selection to view dependent's status

Goal	Required By	Status
1) Cholesterol screening (either LDL, HDL OR Triglycerides) - age 50+ every year	12/31/2013	★
2) Colorectal cancer screening - age 50+ - every 10 years	12/31/2013	★
3) Dental cleanings - age 18+ - twice per year (only one visit will be required for 2013)	12/31/2013	★
4) Preventive visits - age 50+ - every year	12/31/2013	★
5) Vision exam - age 18+ - every two years	12/31/2013	★

★ - Met Requirements/Recommendations ✖ - Not Yet Met Requirements / Recommendations

This information and compliance status is based on the most current paid claims information. You should check back frequently because your information is updated monthly. If you do not have dental insurance through the State of Connecticut, you are not required to meet the dental preventive health requirements. **Spouse and Dependents over age 18 each must create their own account to see details of their HEP compliant status. Or, the employee may contact Care Management Solutions 877-687-1448 to request a privacy release.**

Chronic Condition Requirements:

If you have one of the HEP chronic conditions and have not received counseling calls from CMS, you must complete one of the following activities by February 28, 2014 to be considered compliant:

1. Read the educational materials related to your condition(s) available on the HEP Information tab above. After you have read the materials, you may click [here](#) to complete and electronically submit your HEP Chronic Condition Counseling and Education Attestation. Once you complete the attestation electronically, you will be able to print a confirmation copy for your records. If you prefer to submit your attestation via the mail or fax, please follow the instructions at the end of the last page of the educational materials and be sure to submit a form for each condition if applicable. A confirmation will be mailed to you after we have received your attestation(s).
or
2. Speak with a nurse about your chronic condition by calling us at 877-687-1448. During the call, a nurse will conduct a full assessment, and if appropriate, engage you in further case management.

Step 5: View Other Tabs for More Information



My HEP Status | My Health Information | HEP Information | My Healthy Living Plan | Message Center (0) | My Account

Here's to Your Health! - Welcome to the Health Enhancement Program

If you're ready to take an active role in managing your health, the State of Connecticut HEP can help. The chart below shows current compliance for you and your covered dependents with State of Connecticut HEP requirements for preventive care and recommendations for chronic care. **If you or your covered dependent have been identified with one or more chronic conditions, you are also required to participate in disease counseling and education. You will be contacted by Care Management Solutions.**

The chart below shows your current compliance with State of Connecticut HEP Preventive Care requirements for Calendar Year 2013 and chronic care recommendations. For more information, click on the HEP Information tab above.

Who does this program apply to?

If you are actively employed, or you retired from State service after 10/2/2011, you are eligible to enroll in the program. You may also be eligible for the financial benefits of the HEP program.

If you have questions regarding HEP, please



Please note that In order to protect Personal Health Information (PHI), Employees, Spouses and dependents 18 years and older must register and create their own account in order to view their specific HEP Compliance Requirements.