

## PRIORITIZE YOUR HEALTH WITH PREVENTIVE CARE

From annual check-ups to cancer screenings, preventive care is designed to keep you healthy by finding health issues early – often before you have any symptoms. The State of Connecticut created the Health Enhancement Program (HEP) to encourage the completion of recommended preventive services.

The HEP requirements were updated for 2024 and 2025 based on the latest guidelines from the U.S. Preventive Services Task Force.

*Preventive services are covered at 100% by the State of Connecticut Health Plans.*

### DON'T DELAY: SCHEDULE YOUR PREVENTIVE CARE TODAY

It can be difficult to schedule preventive care appointments on short notice, so schedule your appointments now to make sure you complete your requirements by December 31.



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(Monday-Friday, 8:30 a.m.-10 p.m. ET)



# HEALTH ENHANCEMENT PROGRAM (HEP)

BY THE STATE OF CONNECTICUT. ADMINISTERED BY QUANTUM HEALTH.



## IT'S TIME TO CONFIRM YOUR 2024 HEP STATUS

PREVENTIVE CARE SAVES LIVES



# COMPLETE YOUR RECOMMENDED PREVENTIVE CARE BY DECEMBER 31

HEP rewards you for completing your recommended preventive care by reducing your medical premiums and waiving your in-network deductible. By complying with the HEP requirements each year, you save \$100 per month on your medical plan premiums (\$1,200 per year) and earn a waiver of a \$350 in-network deductible for each enrolled family member (up to a maximum of \$1,400 per family). The HEP requirements were updated for 2024 and 2025 based on the latest guidelines from the U.S. Preventive Services Task Force.

2024 PREVENTIVE SCREENINGS	Dependent Requirements	Employee and Spouse Requirements				
	6-26 years	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Preventive Visit <i>(Changing to every 2 years for all ages in 2025)</i>		Every 3 years		Every 2 years		
Dental Cleaning	At least 1 per year	At least 1 per year				
Cholesterol Screening		Every 5 years (age 20+)				
Breast Cancer Screening (for women) <i>(Changing to every 2 years for women age 40+ in 2025)</i>		N/A		1 mammogram between ages 45-49	As recommended by your doctor	
Cervical Cancer Screening (for women)		Pap every 3 years (age 21+)	Pap only every 3 years or Pap/HPV combo every 5 years			N/A
Colorectal Cancer Screening		N/A		Colonoscopy every 10 years (45+), Cologuard screening every 3 years, or Annual FIT/FOBT to age 75		

The requirements are based on your age as of January 1 each year. As Quantum Health receives your claims, your preventive care will be marked complete in your online account.

## ADDITIONAL STEPS REQUIRED IF YOU HAVE A CHRONIC CONDITION

If you have one of the following chronic conditions, you must complete additional steps to stay in compliance with the program.

- Diabetes (type 1 or 2)
- Asthma or COPD
- Heart disease/heart failure
- Hyperlipidemia (high cholesterol)
- Hypertension (high blood pressure)

### CONFIRM HEP COMPLIANCE AND LEARN MORE

- Go to [carecompass.ct.gov](https://carecompass.ct.gov), follow the steps to register or log in to Quantum Health, and then click on the **My Health** tab in your Quantum Health account
- Call your Quantum Health Care Coordinators at (833) 740-3258

