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STATE COMPTROLLER



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OFFICE *of the* STATE COMPTROLLER
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Dear Plan Member,

I wanted to let you know about several important changes we are making to the Health Enhancement Program (HEP) in 2024. Our participation rates have been incredible, and HEP continues to result in better health care outcomes for plan members by encouraging preventive care and regular screenings. Recently, my office worked with the Health Care Cost Containment Committee to align HEP requirements with national standards and focus on those with the greatest impact. Therefore, beginning in 2024, several HEP requirements will be removed. These changes, combined with administrative improvements, will make complying with HEP requirements easier while maintaining the Program's health and financial benefits.

Starting in 2024:

- All requirements for child dependents have been removed, except child dependents (age 6+) must have at least one dental cleaning per year.
- The vision exam requirement has been removed for all participants.
- The HEP application for reinstatement is no longer required. If you are out of compliance, once you complete all outstanding HEP requirements, you will be automatically reinstated in the Program.


Starting in 2025:

- To align with national preventive standards, the preventive physical exam visit will be required every 2 years across all age brackets for the employee or retiree and their spouse, and the mammogram requirement will have a baseline at age 40 with follow-up screenings every 2 years.

Early detection remains the gold standard for best practices in quality health care. The State of Connecticut Health Enhancement Program is nationally renowned as outperforming the benchmarks for prevention of certain cancers and preventable diseases. All HEP requirements align with the latest U.S. Preventive Taskforce recommendations. Our shared goals are to prevent or reduce high risk health conditions that would negatively impact the quality of life of our covered employees, participants, and their families.

Your HEP requirements for 2024 are attached. Please take action now to schedule appointments to ensure your requirements are completed before the end of the year. Your HEP portal will reflect these new requirements on March 1, 2024.

Sincerely yours,



Sean Scanlon
State Comptroller