



NEWS

From the Consumer Health Action Network
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Democrats Running for Governor Unveil Plans to Cover Everyone

The two Democratic candidates for Governor, John DeStefano and Dan Malloy, have released plans to provide health care insurance coverage for every resident of Connecticut. A comparison of the plans shows some similarities and some differences. Democrats will choose between DeStefano and Malloy in a primary election on August 8th.

	DeStefano	Malloy
Name of the Program	CT Healthcare Consortium	CT Universal
How would it work?	Create affordable, private health insurance options for uninsured people and businesses	Expand HUSKY to adults without children & small businesses, increase income limits
What's in it for people?	Working families will get subsidies and tax credits to buy coverage	More working families will qualify for HUSKY
What's in it for employers?	Tax breaks to offer coverage	Access to lower cost HUSKY coverage for workers
Will it keep current health benefits in programs and insurance?	Yes	Yes
How is it funded?	Closing corporate tax loopholes	More federal money & increase cigarette taxes

The DeStefano plan relies mainly on creating options for affordable health care coverage through creation of a government-regulated and supported private insurance pool, the Connecticut Healthcare Consortium. The Malloy plan relies heavily on expanding the HUSKY program to provide affordable coverage, through creation of a new program, CT Universal.

For more info on the plans, go to:

DeStefano plan www.destefanoforct.org
Malloy plan www.danmalloy.com



Congratulations to the Waterbury Access Project

The Waterbury Access Project finds doctors willing to provide free care to uninsured patients in the Waterbury area. The program has connected 1,560 patients with health care from 312 areas doctors and both Waterbury hospitals in only seven months of operation. But there is far more to do. Unfortunately, the Waterbury Access Project's federal grant is running out at the end of this year.

Access Project staff came to our Advocacy Training Series last fall to learn how to effectively ask the state for funding to continue their important work. With technical assistance from the Consumer Health Action Network, the Access Project held a successful legislative breakfast early in the spring, and followed the process through the legislative session. In the final budget, the Waterbury Access Project was granted \$250,000 allowing them to continue providing services to Waterbury's uninsured. Access Project Director, Dr. Kevin Carr, said, "You showed us how to find state government's front door, how to get in." **Any Waterbury area resident who needs health care but has no insurance, can call the Access Project at 573-7563.**

Congratulations to

Nancy Butler of Branford

Nancy won \$50 in groceries in our
survey raffle

Many thanks to all who
returned the survey

Healthy Summertime Tips

Whether you usually maintain a healthy lifestyle or have been meaning to jump-start that New Year's resolution, summer is the perfect time to work towards your health goals.

Here are a few things to remember while having fun in the sun:

-Protect Your Skin

Always wear sunscreen when outdoors. Higher SPF (Sun Protection Factor) and frequent reapplication help block the sun's harmful rays all day. Don't forget your hat and sunglasses!

-Stay Hydrated

Make sure you drink at least eight glasses of water per day, more if you're in the sun or exercising to avoid dehydration and heat stroke. Start carrying a water bottle with you.

-Get Moving

The weather is gorgeous and the waves, parks, and trails beckon! Swim, walk, jog, bike, play tennis, throw around a Frisbee, and take advantage of the countless fun exercise opportunities summer sunshine offers.

-Enjoy the Summer's Bounty

Many fruits and veggies are naturally in season now, so they taste fantastic and will keep your body energized as you spend quality time with your friends and family. Stop by your local farmer's market or grocery store and plan picnics full of watermelon, mmm!

Register to Vote

You must be registered to vote as a Democrat to vote in the August 8th Democratic Primary.

This election will decide who represents the Democratic Party in the November elections. Voters will be choosing between John DeStefano and Dan Malloy for Governor and between Ned Lamont and Joe Lieberman for US Senate.

**If you aren't registered to vote,
call us toll-free at 1-888-873-4585 for help.**