

**SECTION
SERVICES**

SUBJECT
Health and Wellness

DEFINITION

Health and Wellness services assist individuals in acquiring retaining and improving self health, socialization and adaptive skills to reside successfully in the community.

COVERED SERVICES

This service includes adaptive health, wellness services and therapeutic recreational services such as:

- Classes on weight loss, smoking cessation, and healthy lifestyles;
- Health club/fitness center memberships;
- Costs associated with adaptive recreation activities such as skiing, horseback riding, and swimming;
- Art therapy;
- Living well with a disability classes through independent living centers;
- Hydrotherapy;
- Hippotherapy;
- Illness Management and Recovery; and
- Wellness Recovery Action Plan.

