



**SENIOR & LONG TERM CARE DIVISION  
COMMUNITY SERVICES BUREAU**

**HOME AND COMMUNITY BASED WAIVER  
Policy Manual**

**Section: SERVICES**

**Subject: Health and Wellness**

**References: ARM: 37.40.1441**

**DEFINITION**

Health and Wellness services assists members 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:

1. Classes on weight loss, smoking cessation, and healthy lifestyles;
2. Health club/fitness center memberships;
3. Costs associated with adaptive recreation activities such as skiing, horseback riding, and swimming;
4. Art therapy;
5. Living well with a disability classes through Independent Living Centers;
6. Hydrotherapy; and
7. Hippotherapy.