



## APPENDIX F-1: SCOPE OF SERVICES:

### Health and Wellness Services

#### Service Definition

**Health and Wellness Services** maintain or improve the health, well-being, socialization, or inclusion of the member in their community. Services support whole-person culturally appropriate wellness by promoting stress relief, non-pharmacologic pain management, self-determination, and community connections. Services prevent or delay higher cost institutional care through health and wellness activities that focus on healthy habits.

Health and Wellness includes:

1. Healthy lifestyle services, such as:
  - a. Classes, lessons, events, or other educational opportunities, to address issues regarding living with a disability and having a healthy lifestyle, including nutrition, physical activity, and sensory regulation.
  - b. Health and wellness web and mobile applications.
2. Healthy lifestyles services increase the capacity of the member to self-advocate, navigate community resources, and improve overall health and socialization skills. These skills keep members in the community and out of an institution.
  - a. Evidence-based or culturally appropriate complementary medicine and wellness services, such as:
    - i. Yoga;
    - ii. Meditation or mindfulness classes;
    - iii. Tai Chi;
    - iv. Traditional African-Based Holistic Services;
    - v. Ayurveda;
    - vi. Traditional Chinese or Oriental Medicine;
    - vii. Reiki;
    - viii. Native American healers (treatments may include prayer, dance, ceremony and song, participation in sweat lodges, and the use of meaningful symbols of healing, such as the medicine wheel and/or other sacred objects), and
  - b. Sexuality Education and Training- including:
    - i. A proactive educational program about the values and critical thinking skills needed to form and maintain meaningful relationships, healthy sexuality, and sexual expression
    - ii. Learning objectives include positive self-image, communication skills, reproductive anatomy, conception and fetal development, safe sex, and health awareness.
    - iii. Positive outcomes include safety from negative consequences of being sexual, assertiveness about setting boundaries and reporting violations, expressing physical affection in a manner that is appropriate, and making informed choices about the relationships. Independent living skills are enhanced and improved work outcomes result from a better understanding of interpersonal boundaries, and improved communication, critical thinking, and self-reliance skills.

| Service Definition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <div style="margin-left: 40px;">iv. Sexuality Education can be taught in a group classroom setting with the support of direct support professionals, family members, and natural supports.</div> <div style="margin-left: 20px;">3. Health and Wellness services must address a specific goal or outcome documented in the MCP. Services may not be primarily recreational or diversional in nature. This service excludes items or services that are harmful or contraindicated for the member, as determined by the member's interdisciplinary team (IDT).</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Provider Qualifications                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <ul style="list-style-type: none"> <li>• Fitness centers must comply with Wis Stat. § 100.178 and Wis. Admin. Code Ch. DHS 174.</li> <li>• Personal trainers must have a national certification from an accredited agency and current cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) certification.</li> <li>• Individual and agency wellness providers must have licensure, certification, registration, accreditation, experience, or training appropriate to the service being provided.</li> <li>• Individuals or agency-employed professionals providing sexuality education and training must meet at least one of the following qualifications:             <ul style="list-style-type: none"> <li>i. Sexuality Educator, Counselor, or Sex Therapist certified by the American Association of Sexuality Educators, Counselors, and Therapists (AASECT), or</li> <li>ii. Any of the following professionals with specialized training in sexuality education:                 <ul style="list-style-type: none"> <li>a. Psychologist;</li> <li>b. Licensed Clinical Social Worker;</li> <li>c. Licensed Professional Counselor;</li> <li>d. Applied Behavior Analyst;</li> <li>e. Other licensed or certified professional approved by the Department to provide the services.</li> </ul> </li> </ul> </li> </ul> |
| Applicable Service Limitations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>• This service may not duplicate any service that is provided under another waiver service category or through the Medicaid State Plan.</li> <li>• This service excludes adaptations needed to participate in health and wellness activities. Adaptations are covered under Assistive Technology. This service excludes the purchase of food and any ingested herbs, treatments, or nutritional supplements.</li> <li>• Excludes physician services.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |