



Do you have a **spinal cord injury  
or nervous system condition?**

Are you **unable to move around  
without assistance?**

Health First Colorado can help  
**improve your quality of life**

through a program called the

**Complementary and Integrative  
Health (CIH) Waiver**



Health First  
COLORADO™

Colorado's Medicaid Program

# What is a Waiver?

Home and Community Based Services (HCBS) Waivers are programs offering **services and benefits** to help people with **specific health conditions** live more independently in the community. Waiver programs give you

**choice, control, and access to  
a full array of supportive services.**



## Complementary and Integrative Health (CIH) Waiver

If you have a **nervous system condition** which prevents you from moving around on your own, the CIH Waiver can provide support to you in your home or community.

### Services Available

- Acupuncture
- Chiropractic
- Massage Therapy
- Adult Day Services
- Consumer Directed Attendant Support Services
- Home Delivered Meals
- Home Modification
- Homemaker Services
- In-Home Support Services
- Life Skills Training
- Medication Reminder
- Non-Medical Transportation
- Peer Mentorship
- Personal Care (with Remote Supports options)
- Personal Emergency Response Systems (PERS)
- Respite Care
- Transition Set Up

### Learn More

[hcpf.colorado.gov/cih](https://hcpf.colorado.gov/cih)



# How can I get these services?

## You may qualify if you:

- Are 18 or older
- Have a spinal cord injury (traumatic or non-traumatic), multiple sclerosis, brain injury, spina bifida, muscular dystrophy, or cerebral palsy
- Require assistance to move around

## If you are a Health First Colorado member:

Contact your local Case Management Agency to see if you qualify for the CIH Waiver.

A Case Management Agency (CMA) helps you see if this program is right for you and helps you find services.

## If you are NOT a Health First Colorado member:

Contact your local CMA,

or apply online at: [co.gov/PEAK](https://co.gov/PEAK)



If you have a **spinal cord injury or nervous system condition**, Health First Colorado can provide you with **acupuncture, chiropractic, and massage therapy** as well as other supportive services.



## Contact Us

If you have questions about this program, contact your local **Case Management Agency (CMA)**.

To find your local CMA, go to:

[hcpf.colorado.gov/CMA](http://hcpf.colorado.gov/CMA)



Or, your **County Human Services Office**

[hcpf.colorado.gov/counties](http://hcpf.colorado.gov/counties)

Or, email:

[HCPF\\_HCBS\\_Questions@state.co.us](mailto:HCPF_HCBS_Questions@state.co.us)



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Department of Health Care  
Policy & Financing