



Medically Tailored Meals
Meals As Medicine

Medically Tailored Meals

L.A. Care Medi-Cal and L.A. Care Medicare Plus (HMO D-SNP)

Medically Tailored Meals (MTM) is a therapeutic nutrition intervention aimed at improving health outcomes and reducing hospital readmission rates. Designed by Registered Dietitian Nutritionists (RDN), home-delivered meals support referring providers in treating chronic illness, targeting specific nutritional needs of the patient while reducing barriers associated with food insecurity and mobility.

Community Supports MTM

Eligible members receive 2 meals per day for up to 12 weeks, paired with nutrition education from a health educator or RDN. Program extension possible upon review.

Eligibility

L.A. Care members must meet each of the following:

1. Be an active **L.A. Care Medi-Cal** or **L.A. Care Medicare Plus (HMO D-SNP)** member
2. Have at least **one of these chronic conditions**:
 - Congestive heart failure (Age 40 or above)
 - Chronic kidney disease (Age 18 or above), stage 3 or stage 4
 - Diabetes (Age 18 or above) with A1c ≥ 9

Exclusions

L.A. Care members **must not** have any of the following exclusions:

- Gestational diabetes, dependence on renal dialysis, End-Stage Renal Disease (ESRD); **OR**
- Member is currently in another MTM program; **OR**
- Member does not have access to cold food storage; **OR**
- Member is unable to receive delivered meals; **OR**
- Member is in hospice or Skilled Nursing Facility, or incarcerated.

D-SNP Post-Discharge Meals Benefit

L.A. Care Medicare Plus members experiencing a post-discharge event may qualify for a 2-week meal benefit (2 meals per day) that is not bound to the health condition or exclusion criteria noted



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under Community Supports MTM. Consider this available option in the Community Supports Medically Tailored Meals Service Authorization Request form for post-discharge D-SNP members.

Criteria

L.A. Care members must meet each of the following:

- Be an active **L.A. Care Medicare Plus (HMO D-SNP)** member
- Recently discharged from an Inpatient Hospital or Skilled Nursing Facility (SNF) stay

Referral

Refer eligible L.A. Care members by fax using the Community Supports Medically Tailored Meals Service Authorization Request form. Navigate to <https://www.lacare.org/providers/provider-resources/forms-manuals> and select “CS Medically Tailored Meals Referral Form” under the Health Education Forms dropdown. Please complete form using a computer prior to submission.

For more information, please contact L.A. Care’s Health Education Department at (855) 856-6943, or via email at MealsAsMedicine@lacare.org.



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