Medically Tailored Meals
MTM

What is Medically Tailored Meals?

Medically Tailored Meals (MTM) and Medically Supportive Food (MSF) services are designed to address individuals' chronic or other serious conditions that are **nutrition sensitive**, leading to improved health outcomes and reduced unnecessary costs.

Eligible Diagnosis

Cancer	Cardiovascular (ex: Hypertension (≥ 130/80), Hyperlipidemia (elevated LDL, HDL, TG, total cholesterol))	Stroke	Chronic/End Stage Renal Disease (ESRD)	Chronic Obstructive Pulmonary Disease (COPD)
Asthma	Congestive Heart Failure (CHF)	Diabetes (Type 2/A1c >6.5)	Elevated Lead Levels	HIV/AIDS
Liver Disease/Fatty Liver	Malnutrition (ex: BMI <18.5/<5% (peds))	Obesity (ex: BMI≥30/ ≥ 95% (peds))	Gastrointestinal Conditions (ex: IBS)	High Risk Perinatal Conditions: (ex: Gestational Diabetes)
		mental/behavioral health disorders resulting in inability to maintain independent living (cannot do iADLs		

What is Required?



The provision of MTMs/MTGs must include an individual assessment of the Member's nutrition-sensitive condition and nutritional needs conducted or supervised by Registered Dietitian Nutritionist (RDN) to inform the development of a nutritional plan and connection to the appropriate MTM or MTG services.



The design of each of the MTM/MTG services (e.g., uncontrolled diabetes meal plan, congestive heart failure grocery plan) must be tailored by an RDN or other appropriate clinician to ensure the food provided adheres to established, evidence-based nutrition guidelines to prevent, manage, or reverse the targeted nutrition-sensitive health condition(s).



The MTM and/or MTG assistance provided (singularly or in a combination of meals and groceries) must meet at least two-thirds of the daily nutrient and energy needs of an average individual, as estimated by the RDN/clinician overseeing the design of the MTM/MTG services. "Medically tailored" interventions must be provided in specified quantities to constitute the majority of the Member's diet over the course of the intervention to have the intended impact on health outcomes. MTM/MTG must not contain ultra-processed foods nor foods with excessive sugar or salt.

Extensions

- MTM/MSF can be authorized for up to 12 weeks and may be reauthorized thereafter if medically necessary.
    - Looking at status of current condition-Better? Worse? Stable?
    - Has there been a change in condition?
    - New Condition?
    - What are the barriers and how are they being addressed?
- MCPs and their MTM/MSF providers are encouraged to check in with Members who are receiving this Community Supports at a more frequent cadence to assess whether Members are obtaining and eating the foods/meals provided through this Community Support, and whether any changes need to be made to improve the effectiveness of the MTM/MSF.

THANK YOU!

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