

# Medically Tailored Meals

## L.A. Care Medi-Cal and Cal MediConnect Members

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, proximity and physical disability. Eligible members may receive 2 or 3 meals per day for up to 12 weeks, paired with nutrition education from a health educator or RD. 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 **Cal MediConnect** member.
2. Have at least **one chronic condition**:
  - Congestive heart failure (Age 40 or above), stage C or stage D
  - Chronic kidney disease (Age 18 or above), stage 3 or stage 4
  - Diabetes (Age 18 or above) with A1c  $\geq 8$  and one of the following:  
> 200 units of insulin/24hr or uses U500 insulin or 3 or more anti-diabetic medications
3. Meet at least **one acuity/complexity criteria**:
  - Two or more inpatient stays in the last 12 months, with a primary or secondary diagnosis for congestive heart failure, chronic kidney disease, or diabetes
  - Two or more emergency department visits in the last 12 months, with a primary or secondary diagnosis for one of the following: congestive heart failure, chronic kidney disease or diabetes

### Referral

Providers may refer eligible L.A. Care members by fax using the Community Supports Medically Tailored Meals referral 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. Complete referral 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](mailto:MealsAsMedicine@lacare.org).

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\* Referral does not ensure participation. Members that are institutionalized, or do not meet suitability criteria as determined by RDN may be excluded.

