

Authorization Guide for Medically Supportive/Medically Tailored Meals

Service is to improve member health outcomes, lower hospital readmission rates, ensure a well-maintained nutritional health status and increase member satisfaction. This service is covered up to two meals per day: for up to 12 weeks. While there is no official limit, medically tailored meals are not intended to be a permanent solution. Typically, extensions are up to 14 additional weeks (26-week program total). However, if medical and/or nutritional support need is presented, this limit can be exceeded.

Members must meet the following criteria to qualify for the Medically Supportive Food and Nutrition service:

Eligibility	Restrictions
<ul style="list-style-type: none"> • Members with chronic conditions;ⁱ and • Members discharged from the hospital or skilled nursing facility; or • Members at high risk of hospitalization or nursing facility placement; or • Members with extensive care coordination needs. • Assessment is required by registered dietitian or certified nutrition professionalⁱⁱ to be submitted prior to meal request. 	<ul style="list-style-type: none"> • Member is part of a duplicative nutrition or medically supportive food program. • Meals cannot respond solely to food insecurities. • Meals cannot be eligible for or reimbursed by another food program.
Program overview	Service includes:
<p>Medically Supportive/Tailored Meals service includes:</p> <ul style="list-style-type: none"> • Up to two meals per day and/or medically supportive food and nutrition services for up to 12 weeks, or longer if medically necessary. • Meals delivered to the home immediately following discharge from a hospital or nursing home. 	<ul style="list-style-type: none"> • Medically tailored meals provided to the member at home.ⁱⁱ • Medically supportive groceries, healthy food vouchers, and food pharmacies.ⁱⁱⁱ • Behavioral, cooking, and/or nutrition education.
Total lifetime maximum: N/A	
<p>Codes: S5170 home delivered prepared meal, U6 S9470 nutritional counseling, diet, U6 S9977 per weekly grocery box, delivered, U6 Unit of Service: Per Delivered Meal/Per Weekly Grocery Box Delivered/Per Nutritional Assessment.</p>	
<p>State services to be avoided: State Plan services to be avoided include but are not limited to inpatient and outpatient hospital services, emergency department services.</p>	
<p>Allowable providers: Providers must have experience and expertise with providing these unique services.^{iv}</p>	

ⁱChronic Conditions (includes but not limited to): diabetes, cardiovascular disorders, congestive heart failure, stroke, chronic lung disorders, human immunodeficiency virus (HIV), cancer, gestational diabetes, or other high risk perinatal conditions, and chronic or disabling mental/behavioral health disorders.

ⁱⁱMedically Tailored Meals: meals provided to the member at home that meet the unique dietary needs of those with chronic diseases. Tailored to the medical needs of the member by a registered dietitian (RD) or other certified nutrition professional reflecting appropriate dietary therapies based on evidence-based nutritional practice guidelines to address medical diagnoses, symptoms, allergies, medication management, and/or side effects to ensure the best possible nutrition-related health outcomes.

ⁱⁱⁱMedically supportive food: tailored groceries, healthy food vouchers, and food pharmacies.

^{iv}Examples: Home delivered meal providers; area agencies on aging; nutritional education services to help sustain healthy cooking and eating habits; Meals on Wheels providers; medically supportive food and nutrition providers.