



**Meals As Medicine**  
*Medically-Tailored Meals*

# Meals As Medicine

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

Meals As Medicine 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.

Eligible members receive:

- Home-delivered, healthy meals or produce boxes tailored to their health needs.
- Two meals per day or a weekly produce box for up to 12 weeks, or longer if medically necessary (with new service authorization request form).
- Nutrition education from a health educator or Registered Dietitian.

### Eligibility

To qualify, participants must be an active L.A. Care Medi-Cal or L.A. Care Medicare Plus (HMO D-SNP) member, and belong to any of the following population subsets:

1. Individuals with chronic conditions, such as 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.
2. Individuals being discharged from the hospital or a skilled nursing facility or at high risk of hospitalization or nursing facility placement.
3. Individuals with extensive care coordination needs.

Members with any of the following limitations are not eligible:

- Enrollment in another MTM program.
- No access to cold food storage or unable to properly store meals.
- Inability to heat or prepare meals for consumption.
- Inability to receive delivered meals as scheduled.
- A severe food allergy/intolerance or health condition that would make this MTM program unsafe.



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Program meals are not covered to respond solely to food insecurities. Service requests must be medically necessary.

## **Referral**

Refer eligible L.A. Care members by fax using the Meals As Medicine Service Authorization Request form. Navigate to <https://www.lacare.org/providers/forms-manuals> and select “Meals As Medicine SAR 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](mailto:MealsAsMedicine@lacare.org).



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