



IEHP UM Subcommittee Approved Authorization Guideline			
Guideline	Medically Tailored Meals	Guideline #	UM_CSS 08
		Original Effective Date	1/1/2022
Section	Community Support Services	Revision Date	03/28/2022

COVERAGE POLICY

- A. Medically tailored meals are tailored to the medical needs of the Member by a registered Dietitian or other certified nutrition professional based on evidence-based nutritional practice guidelines.
- B. Meals are delivered to the home immediately following discharge from a hospital or nursing home.
- C. IEHP Members must meet the following to be eligible for Medically Tailored Meals:
 1. Individuals with chronic conditions such as 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. Members receiving CalFresh may still participate in the medically tailored meals service.

COVERAGE LIMITATIONS AND EXCLUSIONS

- A. Service covers up to two medically tailored meals per day for up to 12 weeks.
- B. Meals that are eligible for or reimbursed by alternative programs are not eligible.
- C. Members may not be receiving duplicative support from other State, local or federally funded Programs (excluding CalFresh), which should always be considered before using Medi-Cal or IEHP funding.

ADDITIONAL INFORMATION

- A. Malnutrition and poor nutrition can lead to devastating health outcomes, higher utilization, and increased costs, particularly among Members with chronic conditions.
- B. High risk for hospitalization is based on a Member's predicted cost of care.

CLINICAL/REGULATORY RESOURCE

California Advancing and Innovating Medi-Cal Proposal (CalAIM) is an initiative by the Department of Health Care Services (DHCS) to improve the quality of life and health outcomes of Medi-Cal beneficiaries. A key feature of CalAIM is the introduction of a menu of Community Support Services, previously known as In Lieu of Services (ILOS), medically appropriate and cost-effective alternatives to services covered under the State Plan. Federal regulation allows states to permit Medicaid managed care organizations to offer Community Support Services as an option to Members (Code of Federal Regulations).

DEFINITION OF TERMS

Medically tailored meals: meals provided at home to meet the unique dietary needs of those with chronic diseases.

REFERENCES

State of California-Health and Human Services Agency, Department of Health Care Services, 2021. Medi-Cal In Lieu of Services (ILOS) Policy Guide, III. In Lieu of Services-Service Definitions.

DISCLAIMER

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