

THE MEDICALLY TAILORED HOME-DELIVERED MEALS DEMONSTRATION PILOT ACT OF 2021

H.R. 5370

This proposal will deliver cost savings to the health care system and enable medically vulnerable seniors with serious health conditions to receive nutritious meals in their homes.

RATIONALE

Among individuals with complex health conditions, medically tailored meals (MTMS) led to:

16%

Reduction in
Health Care Costs

72%

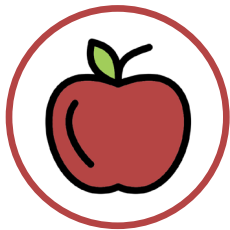
Fewer Skilled Nursing
Facility Admissions

70%

Drop in Emergency
Department Visits

DEMONSTRATION COMPONENTS

WILL OPERATE IN AT LEAST 10 STATES OVER 3 YEARS



Medicare beneficiaries with certain chronic health conditions will receive a 12-WEEK MINIMUM MTM intervention

These health conditions include:

- Congestive heart failure
- Diabetes
- COPD
- Chronic kidney disease
- End Stage Renal Disease
- Other diseases that frequently cause patients to need care in hospitals

The Medically Tailored Meal (MTM) intervention includes at least **2 MTMS PER DAY**, or more; and access to one-on-one nutritional counseling or **MEDICAL NUTRITION THERAPY**.

OUR GOALS

Evaluate the impact of a medically tailored meal intervention on health care utilization, clinical outcomes, and overall health care expenditures for Medicare beneficiaries living with certain diet-sensitive chronic health conditions following in-patient hospitalization.



CURRENT STATUS OF MEAL COVERAGE IN MEDICARE

In traditional Medicare - covering 2/3 of Medicare beneficiaries - there is **NO COVERAGE FOR MEALS** at all.

In the Medicare Advantage Program - covering 1/3 of Medicare beneficiaries - insurers can **OPT** to include meals as a supplemental benefit for **CERTAIN BENEFICIARIES** under narrow circumstances.

Where a demonstration model achieves savings and maintains or improves quality, CMS has the **AUTHORITY TO EXPAND** the model to the full Medicare program.

MEDICALLY TAILORED MEALS DEFINED

Medically tailored meals are delivered to individuals living with severe illness through a referral from a medical professional or healthcare plan. Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN), and are designed to improve health outcomes, lower cost of care, and increase patient satisfaction.

ENTITIES ELIGIBLE TO PARTICIPATE IN THE DEMONSTRATION



- To participate in the demo, a hospital must apply in partnership with a medically tailored meal organization (an organization with at least one year experience preparing and delivering medically tailored meals) to provide the full intervention of meals and nutritional counseling/ Medical Nutrition Therapy.
- CMS will select **OVER 20 HOSPITALS** in at least **10 STATES OR MORE** to participate in the demonstration.
- Individuals must be referred from an insurer or health care provider.

PARTICIPATING HOSPITALS WILL REPORT KEY OUTCOMES:

- Health care utilization:
 - Inpatient admission and readmission
 - Emergency transports
 - Emergency department use
- Overall cost to the Medicare program
- Relevant clinical outcomes for an individual's chronic health conditions