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