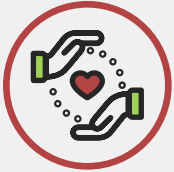


Medically Tailored Meals (MTMs)

Frequently Asked Questions



What are Medically Tailored Meals (MTMs)?

MTMs are medically appropriate meals delivered to the homes of individuals living with complex severe or chronic illnesses who are too sick to shop or cook for themselves.



Who is eligible for MTMs?

Recipients with complex - often diet-related - severe and chronic illnesses are eligible to receive MTMs after being referred by a medical professional or health care plan.



What makes MTMs different from other meals?

MTM plans are individually tailored to the medical needs of recipients by Registered Dietitian Nutritionists (RDNs) according to the [FIMC MTM Nutrition Standards](#). Dietary restrictions are often layered to accommodate multiple co-morbid conditions.



How frequently do recipients receive MTMs?

Recipients receive 10-21 meals per week depending on nutrition need for a minimum of 12 weeks. Recipients are reassessed for eligibility at least every 6 months.



What additional support do recipients receive?

MTMs are paired with one-on-one nutrition counseling or Medical Nutrition Therapy with an RDN.



What is the goal of MTMs?

MTM meal plans are designed to **improve recipients' health outcomes, lower health care costs, and increase patient satisfaction.**



How do MTMs benefit their recipients?

MTMs positively impact the health of individuals living with complex severe and chronic illnesses, prevent unnecessary emergency department visits and hospitalizations, and ensure essential nutrition access for individuals with complex illnesses across the country.

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PATIENT HEALTH CONCERNS

MTM recipients are high-need, high-cost individuals with elevated risk of hospitalization or skilled nursing facility admission due to multiple co-morbid conditions¹ including:

- Cardiovascular disease
- Diabetes
- COPD
- Chronic kidney disease
- End-Stage Renal Disease
- Cancer
- HIV
- Other diseases that frequently cause patients to need care in hospitals

RATIONALE

Peer-reviewed research² has demonstrated that for individuals with complex health conditions, medically tailored meals (MTMs) led to:

16%

Net Reduction in
Health Care Costs

72%

Fewer Skilled Nursing
Facility Admissions

70%

Drop in Emergency
Department Visits

A recent study by the Tufts University Friedman School of Nutrition Science and Policy found that if every eligible patient were able to access MTMs in just the first year, our country would realize:

**\$14
Billion**

in Savings for Our
Health Systems

**1.6
Million**

Hospital Visits
Avoided

¹ Berkowitz SA, Terranova J, Randall L, Cranston K, Waters DB, Hsu J. Association between receipt of a medically tailored meal program and health care use. *JAMA Intern Med.* 2019;179(6):786-793. doi:10.1001/jamainternmed.2019.0198

² See: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2797397>