



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. Designed by Registered Dietitian Nutritionists (RDN), home-delivered meals, groceries or other medically supportive food assist referring providers in treating chronic illness by targeting the specific nutritional needs of the patient.

Eligible members receive:

- Home-delivered, healthy meals, groceries or produce boxes tailored to their health needs.
- Two meals per day or a weekly produce or grocery 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 as needed.

Eligibility

To qualify, participants must be an active L.A. Care Medi-Cal or L.A. Care Medicare Plus (HMO D-SNP) member and have a chronic or other serious health condition that is nutrition sensitive. Examples include (but are not limited to): cancer(s), cardiovascular disorders, hypertension, high cholesterol, dyslipidemia, heart failure, stroke, chronic kidney disease, end stage renal disease, COPD, diabetes, elevated lead levels, human immunodeficiency virus (HIV), gastrointestinal disorders, high risk perinatal conditions and malnutrition.

Members with any of the following limitations are not eligible:

- Member does not have a nutrition-sensitive condition
- Member is currently enrolled in another MTM program
- Member is unable to properly store meals
- Member is unable to receive delivered meals every week, or
- Member has a severe food allergy/intolerance or health condition that would make this MTM program unsafe

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



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Referral

Providers contracted with L.A. Care may submit a service authorization request using the L.A. Care Provider Portal at <https://lacare.my.site.com/LACProviders/s/>. Non-contracted entities may refer eligible L.A. Care members by fax using the Meals As Medicine Service Authorization Request form. Navigate to <https://www.lacare.org/providers/community-supports/meals>. 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.



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