



## Medically Tailored Meals (MTM) Programs

### Who We Are

CalFIMC is an association of nonprofit organizations in California that provide medically tailored meals and nutrition services to thousands of severely and chronically ill individuals.

CalFIMC is also a member of the national [Food is Medicine Coalition](#).

### Our Mission

We develop, refine and sustain medically tailored meal and nutrition services programs that are an integral part of cost-effective and high quality healthcare for those in need.



### What We Do, Who We Help

We offer a supportive, holistic approach to health and wellness for individuals with chronic and acute diseases, such as congestive heart failure, AIDS/HIV, diabetes, and kidney disease.

CalFIMC is a community-focused, results-oriented group of agencies with more than 150 years combined experience feeding and caring for high-risk and high-need individuals.

Our members' nutritious, medically tailored meals—now serving 16,000+ California residents in 8 counties and growing—lead to better health, improved patient satisfaction, reduced rehospitalizations and emergency department visits, and lower health care costs.

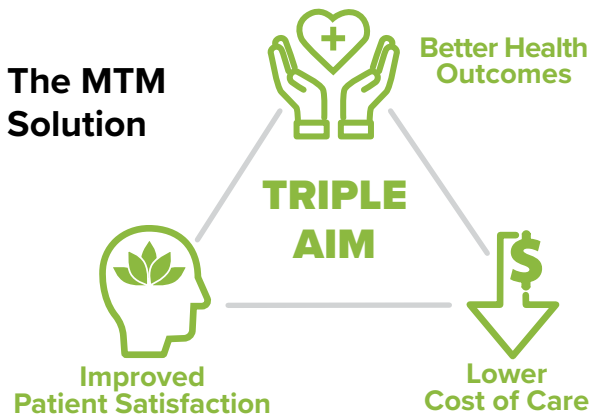
### The Challenge

**86%** [Portion of healthcare spending for those with chronic conditions](#)

**85%** [Older adults have at least one chronic condition](#)

**33%** [Patients enter hospital malnourished](#)

### The MTM Solution



### The Outcomes

Recent studies from other MTM interventions demonstrate the benefits of this innovation, including:

**32%**  
↓ [Net healthcare cost savings](#)

**50%**  
↓ [Reduction in hospitalizations](#)

**50%**  
↑ [Increase in Rx compliance](#)





## CalFIMC's Medically Tailored Meals (MTM)

### Background

The Medi-Cal MTM Pilot Program is a three-year, state-funded, \$6 million innovation to evaluate the impact of a medically tailored meal intervention on the health outcomes and health care costs of seriously ill Medi-Cal patients with congestive heart failure.

The California Department of Health Care Services oversees the program and has engaged evaluators to measure its effectiveness. Preliminary data on the program is promising. The state pilot, launched in April 2018, is expected to conclude at the end of 2021.

CalFIMC member agencies also contract with health plan partners—including Anthem Blue Cross, Blue Shield of California, Kaiser Permanente, L.A. Care Health Plan, and San Francisco Health Plan—to offer MTM services to their client members.

### Services in our MTM Programs



#### Home-delivered MTM

Clients receive 12 weeks of home-delivered MTM. The meals provide between 66% and 100% of daily nutritional needs. MTM are approved by a registered dietician, using evidence-based practice guidelines.



#### Community-based Medical Nutrition Therapy

Clients have four consultations with a registered dietician and receive medical nutrition therapy that is focused on prevention, delay, or management of chronic diseases and conditions.



#### Wellness Checks & Client Engagement

Client services conducts wellness checks and responds to client delivery needs during the intervention, with the goal of keeping clients engaged until the program's completion.

### Our Expected Benefits

As the number of people diagnosed with chronic illnesses that require special diets rises, the need for nutritional support services will grow. CalFIMC is well positioned to provide high quality services and works with both private and government health insurance programs.

CalFIMC expects that data gathered on participants in the pilot programs will add to the body of research on the significant cost savings and health benefits of MTM.

CalFIMC believes MTM should be a covered health benefit and available to all patients with serious, chronic diseases during a vulnerable time in their lives.

