

# Medi-Cal Medically Tailored Meal Pilot Program

As a member of the Food is Medicine Coalition ([calfmc.org](http://calfmc.org)), The Health Trust is one of 6 agencies in the state of California participating in a Medi-Cal Medically Tailored Meal Pilot Program. The goal of the project is to reduce hospital readmissions and emergency room utilization, resulting in cost savings. This is the first and largest program of its kind in the United States.

## What Is Provided

Medi-Cal clients with congestive heart failure who have been recently discharged from a healthcare facility will receive 3 heart healthy medically tailored meals per day and 4 medical nutrition therapy sessions from a registered dietician. Clients will be enrolled for 12 weeks, free of charge.

## How To Refer Clients

1. Identify clients with congestive heart failure who will be discharged.
2. Complete application for the program and send to The Health Trust **on or before discharge date**.
3. The Health Trust staff will check client eligibility for the program, and if eligible, will contact the client and begin meal delivery within one week of discharge.
4. The Health Trust registered dietician will contact client if eligible to schedule first medical nutrition therapy session within two weeks of discharge.
5. The Health Trust staff will provide ongoing feedback as needed to referrers.

## About The Health Trust

The Health Trust is an operating foundation founded in 1996. Our mission is to build health equity in Silicon Valley. We believe everyone should be afforded the opportunity to be healthy - especially the most vulnerable. To that end, we provide direct services, fund community-based organizations whose work aligns with our mission, and advocate for policies and initiatives that help advance our mission. To learn more, please visit [healthtrust.org](http://healthtrust.org).

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