

## Free / Medi-Cal Covered Medically Tailored Meals and Medical Nutrition Therapy for Discharged CHF Patients

The Medi-Cal MTM Pilot Program is a medical nutrition intervention for high utilizing Medi-Cal beneficiaries with a diagnosis of congestive heart failure (CHF). The intervention is 12 weeks in duration.

**Intervention Goal:** Reduce hospital and emergency department 30-day and 90-day readmissions.

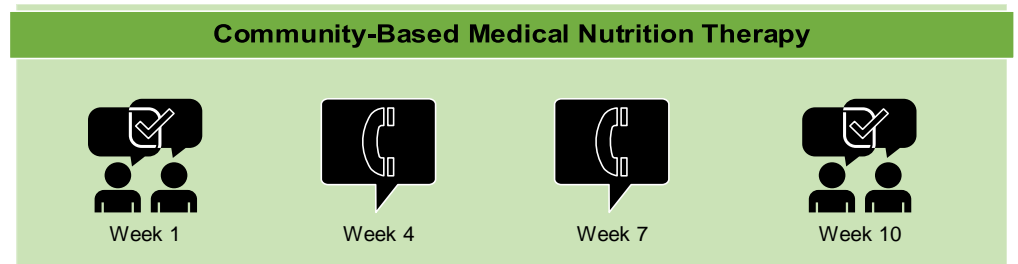
**Who:** Discharged Medi-Cal patients who were admitted due to CHF and have a history of being a high utilizer of health care services and/or likely at risk for readmission within 30 days.

**Cost:** Free for eligible Medi-Cal patients.

### Scope of Intervention

#### Medical Nutrition Therapy

- Community-based
- Four sessions
- Two sessions at home or in community setting



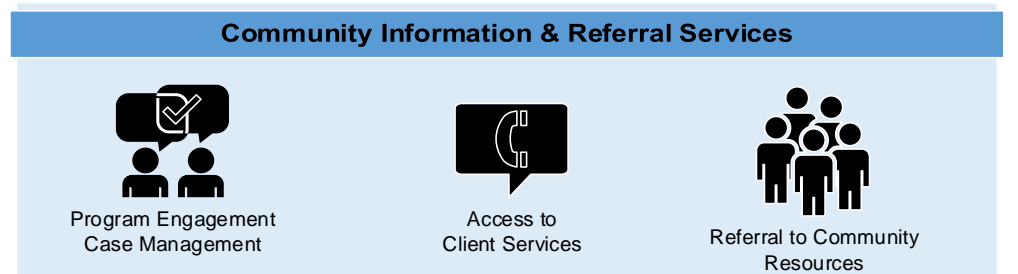
#### All Meals for 12 Weeks

- Medically tailored meals
- Tailored for CHF patients
- Periodic wellness checks during delivery



#### Information & Referral Services

- Program engagement case management
- Referral to community-based resources



### How to Refer



- A completed referral form is required. A clinician (MD, PA, NP, LCSW, RN, etc.) must make the referral.
- Work with our client services team to ensure patient is eligible.
- Meals can begin as early as 24 to 48 hours after approval.

**Call The Health Trust Client Services at 408-513-8748 to refer.**