

## **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.

- **Download a Referral Form at [www.angelfood.org](http://www.angelfood.org) and click on Clients, then CHF Pilot OR**
  - **Call Project Angel Food Client Services at (323) 845-1810 to refer.**

