



# **The MTM Bill: Reaching Medicare Beneficiaries with medically tailored home-delivered meals**

FOOD IS MEDICINE™  
— COALITION —



Dorella M. Walters, Chief Business Development Officer  
God's Love We Deliver



# Medically Tailored Home-Delivered Meals



- Medically tailored meals are delivered to individuals living with severe, complex or chronic illness through a referral from a medical professional or healthcare plan.
- Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN), and are designed to improve health outcomes, lower cost of care, and increase patient satisfaction.

## **Evaluate the impact of MTMs on:**

- **clinical outcomes,**
- **patient satisfaction,**
- **and overall health care expenditures for Medicare beneficiaries following in-patient hospitalization.**

# CURRENT STATUS OF MEAL COVERAGE IN MEDICARE

## FOOD INSECURITY IS NOT ADDRESSED

In traditional Medicare - covering 2/3 of Medicare beneficiaries - there is **NO COVERAGE FOR MEALS** at all.

## LIMITED ACCESS TO NUTRITION FOR SOME

In the Medicare Advantage Program--covering 1/3 of Medicare beneficiaries -- insurers can **OPT** to include meals as a supplemental benefit for **CERTAIN BENEFICIARIES** under narrow circumstances.

## OPPORTUNITY FOR DISRUPTION

Where a demonstration model achieves savings and maintains or improves quality, **CMS** has the **AUTHORITY TO EXPAND** the model to the full Medicare program.

# The Medically Tailored Home-Delivered Meal Demonstration Pilot Act

## DEMONSTRATION COMPONENTS

WILL OPERATE IN AT LEAST 10 STATES OVER 3 YEARS



**Medicare beneficiaries with certain chronic health conditions will receive a 12-WEEK MINIMUM MTM Intervention**

**Across 20 hospitals**

These health conditions include:

- Congestive heart failure
- Diabetes
- COPD
- Chronic kidney disease
- End Stage Renal Disease
- Other diseases that frequently cause patients to need care in hospitals

The Medically Tailored Meal (MTM) intervention includes at least **2 MTMS PER DAY**, or more; and access to one-on-one nutritional counseling or **MEDICAL NUTRITION THERAPY**.

# Bipartisan & Bicameral Support

## The HHS Secretary Will Report Key Outcomes:

- Health care utilization
- Hospital admission and readmission
- Skilled nursing facility admission
- Patient satisfaction
- Overall cost to the Medicare program
- Relevant clinical outcomes for an individual's chronic health conditions

### Supporters

#### Senate:

**Senator Stabenow  
Senator Marshall  
Senator Booker &  
Senator Cassidy**

#### House:

**Reps. McGovern,  
Malliotakis, Evans &  
Fitzpatrick**



## **Potential Impact:**

**According to an independent cost-modeling study by the Tufts Friedman School of Nutrition Science and Policy, if all eligible patients received MTM, nearly:**

**1.6M**

**hospitalizations could be avoided  
&**

**\$13.6B**

**could be saved in  
just the first year.**

## **Adding medically tailored meals to a care plan can lead to:**

- Significantly lower healthcare costs
- Drastically reduced hospitalizations
- Increased likelihood of discharge to home, rather than to an institution.

**Support  
The Medically Tailored  
Home-Delivered Meals  
Demonstration Pilot Act**





# Thank you!



**GOD'S LOVE  
WE DELIVER®**

**FOOD IS MEDICINE™**  
— COALITION —



**Dorella M. Walters, MPA**  
Chief Business Development Officer

[dwalters@glwd.org](mailto:dwalters@glwd.org)

D: 212.294.8123