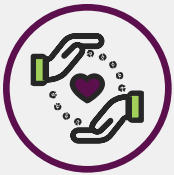


Medically Tailored Meals (MTMs)

Frequently Asked Questions



What are Medically Tailored Meals (MTMs)?

MTMs are delivered meals customized for patients with severe, complex or chronic conditions based on therapeutic, evidence-based dietary specifications.



Who is eligible for MTMs?

Recipients with complex - often diet-related - illnesses have been shown to benefit most from MTMs, though ongoing research is demonstrating benefits for additional populations. Patients are identified and referred in partnership with healthcare.



What makes MTMs different from other meals?

MTMs are more than healthy food. Meal plans are assigned based on an assessment of the individual's nutritional needs by a Registered Dietitian Nutritionist (RDN) according to the [FIMC MTM Nutrition Standards](#). Dietary restrictions are often layered to accommodate multiple co-morbid conditions.



How frequently do clients receive MTMs?

Recipients should receive a minimum of 10 meals per week for 6 months. Recipients are re-assessed for eligibility at least annually.



What additional support do recipients receive?

MTMs are paired with a nutrition assessment and other nutrition services such as medical nutrition therapy, nutrition counseling, and nutrition education with an RDN or qualified practitioner based on need.



What is the goal of MTMs?

The MTM intervention is designed to improve recipients' health outcomes, lower health care costs, and increase patient satisfaction.



How do MTMs benefit their recipients?

MTMs positively impact the health of individuals living with complex, severe and chronic illnesses, prevent unnecessary emergency department visits and hospitalizations, and ensure essential nutrition access for individuals with complex illnesses across the country.

Medically Tailored Meals (MTMs)

Frequently Asked Questions

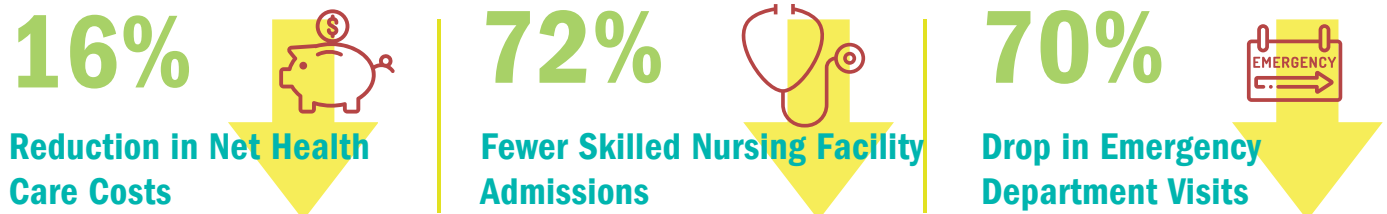
PATIENT HEALTH CONCERNS

MTM recipients are individuals with high frequency of healthcare utilization and elevated risk of hospitalization or skilled nursing facility admission due to multiple co-morbid conditions¹ including:

- Cardiovascular disease
- Diabetes
- COPD
- HIV
- Cancer
- Chronic kidney disease
- End-Stage Renal Disease
- Other diseases that frequently cause patients to need care in hospitals

RATIONALE

Among individuals with complex health conditions, medically tailored meals (MTMS) led to:



A recent study by the Tufts University Friedman School of Nutrition Science and Policy found that if every eligible patient were able to access MTMs in just the first year, our country would realize:

