

## **SECTION 7.1: COVERED SERVICES PAGE**

### **Home Delivered Meals – Medically Tailored Meals (MTMs)**

The purpose of Medically Tailored Meals (MTMs) is to assist participants with certain chronic conditions in meeting their nutritional needs to support and maintain self-sufficiency and enhance their quality of life when they are discharging from the hospital and/or nursing facility.

MTMs includes up to two (2) nutritionally balanced meals per day to be delivered to the home of a participant who:

- Has the following chronic conditions:
  - Congestive heart failure,
  - Diabetes,
  - Renal disease,
  - Oral dysphagia, and/or
  - Gluten intolerance.
  
- Is discharging from a hospital (from an inpatient admission) and/or nursing facility.

Participants may also receive nutritional counseling to support healthy food choices for their third meal and snacks.

MTMs provide the participant a minimum of one-third of the current recommended dietary allowance (RDA) as adopted by the United States Department of Agriculture (USDA). The provision of MTMs does not provide a full nutritional regimen.

All meals are developed under the supervision of a Registered Dietician (RD)/Registered Dietician Nutritionist (RDN)/Licensed Dietitian Nutritionist (LDN) and must comply with the current Dietary Guidelines for Americans as published by the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA), meet the current recommended dietary allowance (RDA)/dietary reference intakes (DRI) established by the Food and Nutrition Board of Institute of Medicine of the National Academy of Sciences and follow current standards for specific diseases or conditions.

RD/RDN/LDN must be credentialed and in good standing with the Commission on Dietetics Registration.

### **Nutritional Counseling**

Nutritional counseling provides supports to participants with certain chronic medical conditions (as identified above) via:

- In-person;

- By telephone; or
- Telehealth

This service provides guidance to participants, including but not limited to the following:

- Healthy eating choices;
- Healthy food options;
- Reading food labels; and
- Meal planning

Participants may also receive nutritional counseling to support healthy food choices for their third meal (as MTMs are limited to 2 meals per day) and snacks.

Nutritional counseling must be provided by a:

- Registered Dietitian (RD);
- Registered Dietitian Nutritionist (RD/RDN); or
- Licensed Dietitian Nutritionist

The nutritional counselor will complete an evaluation specific to the participants' medical diagnoses and a medically appropriate nutrition care plan that follow current standards for specific diseases or conditions.

Nutritional counselor(s) must be:

- Licensed to practice in the State by the Louisiana Board of Examiners in Dietetics and Nutrition; and
- Credentialed and in good standing with the Commission on Dietetics Registration.

### **Service Limitations**

MTMs limitations include:

- Two (2) meals per day for up to 12 weeks beginning the first day of meal delivery after the participant is discharged from a hospital or a nursing facility; and
- No more than two (2) 12 weeks of MTMs per Plan of Care year.

The maximum cost of MTMs is \$8.49 per meal.

CCW participants receiving Monitored In-Home Caregiving Services cannot receive Medically Tailored Meals/Nutritional Counseling.

Home Delivered Meals shall not overlap with MTMs or Adult Day Health Care (ADHC) attendance days. Duplicate billing is not allowed.

Nutritional Counseling services are limited to three (3) sessions per 12 weeks of MTM home delivery post discharge from hospital or nursing facility. The maximum cost is \$49.00 per nutritional counseling session.

## **SECTION 7.5: SERVICE ACCESS AND AUTHORIZATION**

### **Home Delivered Meals – Medically Tailored Meals (MTMs) & Nutritional Counseling**

Authorization for Medically Tailored Meals (MTMs) and Nutritional Counseling is issued according to the Plan of Care (POC).

The Prior Authorization (PA) for MTMs must be for 14 meals per week, not to exceed the limit of two (2) meals per day. MTMs can begin the day after the participant is discharged from the hospital or nursing facility and not to exceed 12 weeks. A service unit is one meal.

The Prior Authorization (PA) for Nutritional Counseling services are limited to three (3) sessions per 12 weeks of MTM home delivery post discharge. A service unit is one nutritional counseling session/service.

The provider type uses LaSRS® to retrieve PAs, but does not utilize LaSRS® to document the provision of services. The provider may bill, using the proper PA, after services are delivered.

Units of service:

<b>Type of Delivery Method</b>	<b>Unit of Service</b>
Medically Tailored Meals	Per Service/Meal
Nutritional Counseling	Per Service

## **SECTION 7.6: PROVIDER REQUIREMENTS**

### **Home Delivered Meals – Medically Tailored Meals (MTMs) & Nutritional Counseling**

Provided by a Home Delivered Meal provider that:

1. Is enrolled in Medicaid as a home delivered meal provider; and
2. **For in-state providers, including their subcontractors** – Has met all Louisiana Office of Public Health’s certification permits and inspection requirements for retail food preparation, processing, packaging, storage, and distribution;

3. **For out-of-state providers** – Has met all of the United States Department of Agriculture (USDA) food preparation, processing, packaging, storage, and out-of-state distribution requirements. Permits and licenses must be issued by the state in operation.

## SECTION 7.7: RECORD KEEPING

Providers must refer to the chart below regarding documentation of Medically Tailored Meals and Nutritional Counseling services.

<b>Home Delivered Meal Providers</b>	
<b>Copy of Invoice</b>	Document delivery of MTMs to the home, including number of meals shipped, date of mailing, and price per unit.
	Document delivery of Nutritional Counseling session/service, copy of evaluation and nutritional meal plan, date of service/session and price per unit.

## SECTION 7.8: REIMBURSEMENT

### Home Delivered Meals – Medically Tailored Meals (MTMs) & Nutritional Counseling

Reimbursement for MTMs and Nutritional Counseling must not exceed the set rates and the 12 week maximum limits. For MTMs, the provider uses the PA to bill for services after the MTMs have been delivered to the home. For Nutritional Counseling, the provider uses the PA to bill for services after the counseling session occurred.

Providers may span date bill for up to a two weeks supply of MTMs.