

Medically Tailored Meals

Medicaid HMO (Health Maintenance Organizations) In Lieu of Service

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Agenda

- Background
- Overview of new benefit
- Service definition
- Referrals and member eligibility
- Provider enrollment
- Next steps
- Questions and answers





Background



Chronic Disease in Wisconsin

- 10.3% of Wisconsinites have been diagnosed with diabetes¹
- Cardiovascular disease is the leading cause of death in Wisconsin²
- 29% of all pregnancy related deaths in 2020 were caused by cardiovascular conditions or hypertensive disorders³



Food is Medicine

- Many diseases or conditions are caused or worsened by diet
- Food is Medicine is a range of interventions that respond to the link between nutrition and health





Food is Medicine Interventions

FOOD IS MEDICINE PYRAMID



- Treatment-oriented services like medically tailored meals
- Prevention-oriented services like government food programs (SNAP and WIC)



Medicaid in Wisconsin

- A state-federal program that provides health care coverage to low-income adults, children, and people with disabilities
 - BadgerCare Plus: low-income adults, children, and pregnant people
 - SSI Medicaid: low-income adults with disabilities who are eligible for Supplemental Security Income (SSI)
 - Over 1 million people in Wisconsin are enrolled
 - Medicaid members have a higher burden of chronic disease compared to the general public
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Medicaid HMOs (Health Maintenance Organizations)

- HMOs are health plans contracted by DHS to administer the BadgerCare Plus and Medicaid SSI HMO programs
- Over 80% of Medicaid members in Wisconsin have an HMO
- HMOs help Medicaid members access services, provide care management, and can offer additional wellness programs, including medically tailored meals



Overview of New Benefit



New! Medically Tailored Meals

- In 2025, Medically tailored meals (MTMs) will be a new in lieu of service for eligible members enrolled in participating BadgerCare Plus or Medicaid SSI HMOs
- MTMs are fresh or frozen prepared meals customized by a registered dietitian to meet a person's unique health needs



Benefits

- MTMs help people:
 - Manage a medical condition
 - Meet their nutrition goals
 - Avoid hospital stays or emergency room visits
- The service also:
 - Improves health outcomes
 - Lowers the cost of care
 - Increases member satisfaction





In Lieu of Service (ILOS) Defined

- A service that is offered by an HMO "in lieu of" or instead of at least one other Medicaid covered service
- The service may substitute either immediate or future need of a covered service, such as a future hospital stay or emergency room visit
- Many states are using ILOS to offer preventive services, such as those that address health-related social needs



Federal Requirements for ILOS

- In lieu of services are optional for HMOs and members
- Members must be enrolled in a participating HMO to receive the service
- Services must be “medically appropriate and cost effective”
- Combined in lieu of service costs may not exceed 5% of total Medicaid payments to HMOs



Service Definition



Service Details

- Eligible members can get:
 - Up to two meals per day
 - For up to twelve weeks, or longer if medically appropriate (up to one year)
 - At no cost to them
- Initial and follow up visits with a registered dietitian





Customized

- Follow evidence-based nutritional practice guidelines to address medical conditions or symptoms
- Accommodation for common food restrictions, preferences, and allergies
- Gluten free, vegetarian, dairy free, and/or vegan options
- Culturally appropriate meals with traditional ingredients





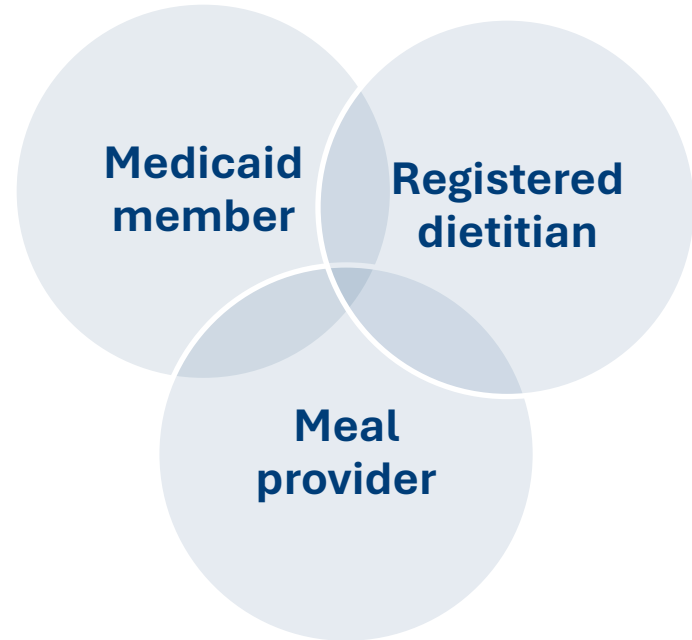
Easy to Use

- The meals will be already prepared, portioned, and possibly cooked
- Members should only need to reheat the meal and should not need extensive kitchen equipment or cooking skills
- The meals may be delivered or available for pickup, depending on the service provider



Registered Dietitians

- **Must:**
 - Be licensed (certified) by the State of Wisconsin
 - Be employed or contracted by the meal provider, who will bill Medicaid
 - Meet with the member in person or via telehealth to develop an individualized meal plan





Referrals and Member Eligibility



Eligibility

- ☑ Members enrolled in a BadgerCare Plus HMO or Medicaid SSI HMO may be eligible for the meals
- ☑ The member must have coverage with an HMO that has opted in to offer the benefit
- ☑ Members must also be in one of the eligible populations to receive the benefit



Eligible Populations

High-risk pregnant or
postpartum members

Members with diabetes discharged
from a hospital in the past 90 days

Members with cardiovascular disease
discharged from a hospital in the past 90 days



Not Eligible

- ✘ Members in any other Medicaid programs, such as:
 - Family Care
 - Family Care Partnership
 - Include, Respect, I Self-Direct (IRIS)
 - PACE
 - Children's Long-Term Support Services (CLTS)

 - ✘ Members with a fee-for-service plan are not eligible
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Three Referral Pathways

-  Medical Referral
-  Self Referral
-  HMO Referral



How It Works

Medical Referral

Care provider identifies the service is medically appropriate and refers patient to the HMO

HMO verifies medical appropriateness, determines eligibility and authorizes the service

Self Referral

Medicaid member learns about the service and requests it directly from their HMO

HMO determines eligibility and medical appropriateness and authorizes the service

HMO Referral

HMO identifies prospective candidates and reaches out proactively



Provider Enrollment



Provider Enrollment

- Providers are required to enroll with WI Medicaid before contracting with HMOs
- Provider enrollment opened on 12/1/2024

Meal providers will be enrolled with the provider type **Food is Medicine**

Their provider specialty will be **medically tailored meals**



Meal Providers

- Food Is Medicine providers must:
 - Be experienced at providing Food is Medicine services
 - Have protocols that ensure food quality, freshness, and safety
 - Employ or contract with registered dietitians who will supervise the meal plans and assess members' dietary needs



Next Steps



Next Steps



Assisting providers with enrollment



Communicating to announce benefit to members, referring providers, and other interested parties



Monitoring 2025 service utilization and costs for each eligible population



Resources



- WI Medicaid Food is Medicine webpage and ForwardHealth Update:
 - dhs.wi.gov/medicaid/foodismedicine.htm
 - www.forwardhealth.wi.gov/kw/pdf/2024-48.pdf
- Food Is Medicine Coalition:
 - fimcoalition.org/about-fimc/our-model/
- Food Is Medicine, from the U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion:
 - odphp.health.gov/foodismedicine



Questions and Answers





Thank you!

Protecting and promoting
the health and safety of
the people of Wisconsin



WISCONSIN DEPARTMENT
of HEALTH SERVICES



References

1. CDC. “Surveillance - United States Diabetes Surveillance System.” *Gis.cdc.gov*, 2023, gis.cdc.gov/grasp/diabetes/diabetesatlas-surveillance.html#.
2. “Heart Health in Wisconsin.” Wisconsin Department of Health Services, Dec. 2017, dhs.wi.gov/publications/p01270.pdf.
3. “Wisconsin Maternal Mortality Review Team Recommendations: 2020 Pregnancy-Associated Deaths.” June 2024.
4. “Massachusetts Food Is Medicine State Plan .” June 2019.