

Mom's Meals NourishCare® Home Delivery

Nutrition-packed meals delivered directly to Health Net
Seniority Plus Sapphire Premier II (HMO)
members in select counties



Health Net®



Nutrition impacts readmission rate

Nutritional risk factors significantly increase the likelihood of hospital readmissions. Well-nourished patients are less likely to be readmitted:

- Studies show that malnourished patients are **two times more likely** to be readmitted to the hospital.¹
- **39% fewer** people were readmitted if they received post-discharge meals.²
- A majority of elderly patients arrive at the hospital malnourished,³ and their stay is approximately **four times longer** than average.⁴

Available for select Seniority Plus members

Health Net,* in partnership with Mom's Meals NourishCare®, is offering home-delivered meal service to Seniority Plus Sapphire Premier II (HMO) members in the following counties, effective as of January 1, 2019:

- Alameda
- Los Angeles
- San Diego
- Fresno
- Orange
- San Francisco
- Imperial
- Riverside
- Tulare
- Kern
- San Bernardino

How it works

Service includes up to 28 meals delivered every two weeks that meet nutritional requirements of major health conditions. High-quality meals designed by dietitians are shipped to the member's home in a temperature-controlled cooler and can be refrigerated up to two weeks.

Condition-specific menus created by chefs include:

- Diabetes-friendly
- Heart-friendly
- Renal-friendly
- Lower-sodium
- Gluten-free
- Vegetarian
- Pureed
- Cancer support
- General wellness

To place an order

To initiate service, providers can contact Mom's Meals NourishCare at **1-844-657-8721**, Monday through Friday, 7:00 a.m. to 6:00 p.m. Central time (CT). The member will receive the initial meal delivery within 72 business hours of order processing.

Health Net is financially responsible for this program. Diagnosis code and authorization are not required. If you have questions about this program, contact CAMedicareRetention@healthnet.com.



¹Florida Medical Quality Assurance, Inc. (FMQAI), the Medicare Quality Improvement Organization of Florida under contract with the Centers for Medicare & Medicaid Services, Presentation: Results from the ACL 2010 ADRC Care Transition Program and CMS Investments.

²Thomas, et al. Malnutrition in subacute care. *Am J Clin Nutr* 2002; 75:308-13. Evaluation of 837 patients admitted over 14 months to a subacute care center. Nutritional status was assessed by anthropometric measurements, biochemical markers and Mini Nutritional Assessment (MNA) score. In malnourished patients, 25% required readmission to acute-care hospital compared with 11% of the well-nourished group.

³Ziliek and Gunderson, 2009.

⁴Thomas et al., (2002). Stroke patients demonstrated that poor nutrition was correlated to longer length of stay, survival, post-stroke complications including death, pneumonia, infections and GI issues.